

Addiction Treatment Works



At The Counseling Center...

Our mission is to improve the lives of our clients and our community. We work to heal their mind and body, to inspire and to provide excellent service in alcohol and drug addiction treatment, primary healthcare, recovery support, case management, behavioral health, vocational development and to be a resource to all members of the community for outreach, prevention, education, and advocacy.

We believe treatment and prevention services work, and that people do recover from addiction. We believe people can improve the quality of their lives and restore their self respect, reestablishing themselves as productive individuals in the community. We believe that individuals who use prevention services learn new skills, gain new perspectives and develop effective coping strategies, which assist them in making choices, promoting a healthy quality of life.

About Stepping Stones Outpatient Program (SSOP)

Stepping Stones Outpatient is an integrated treatment program for adult women focusing on mental health and substance abuse disorders. The program is designed to accommodate women with children (ages 12 and under), pregnant women, and women reunifying with their children.

Services Offered at SSOP

- Individualized Treatment Plan
- Intensive group therapy and individualized counseling
- Integration into community 12-step support groups
- Peer Recovery Support
- Medication Assisted Treatment
- Prenatal Education
- Pediatric Occupational Therapy for clients' children
- On-site Child Care
- Transportation
- Mental Health Services
- Independent Living Skills
- Nutrition
- Health and Wellness Education

"I came to Stepping Stones because I was sick and tired of the way I was living my life. I didn't want to use drugs anymore but wasn't sure if that was really possible for me. Stepping Stones gave me the tools and support I needed to live a responsible and productive life, free of alcohol and drugs. I can look at myself in the mirror today and be proud of what I see and what I have accomplished." - Client Testimonial



A client looks over items in the Care Closet, part of the SSOP After Care Program.

"While in treatment, the support I got from the other mothers and the things that I learned from them was incredible. The fact that my baby was conceived while I was clean, I knew that I had this new accountability, this new life that was depending on me. I learned the simple things that normal people take for granted, like how and what to feed my child. I am so grateful for the life recovery has given me."



The Counseling Center Services

After completing a screening and assessment, we can determine which program is appropriate to address individualized needs. The following programs and services are currently offered.

- Individual, group, and family counseling
- Mental health counseling
- Medication Assisted Treatment
- Men's Outpatient treatment with supportive housing
 - Marsh House
 - Second Chance Center
- Women's Outpatient treatment with supportive housing
 - St. Lucy's
 - Stepping Stones
- Housing for clients transitioning back to independent living
- Case Management Services
- Occupational & Vocational Services including training, support and partnership programs
- Jail Diversion program
- Loved Ones Group meeting locations and video sessions available online
- Transportation Service
- Primary health care at our partner agency, Compass Community Health Care Center
- Crisis Center 24 Hour Hotline, emergency mental health and addiction services and referrals. Phone: (740) 354-1010 or 1-855-381-1010



Our **Day One Admission Center** offers a calm atmosphere with friendly staff to help you start your recovery process. We will work with you to determine what treatment plan will fit your unique needs.

Address

816 4th St.
Portsmouth, OH 45662

(740) 354-6685

(800) 577-6685



Monday - Friday | 8:00 AM - 4:00 PM

For more information contact:

Women's Admission Coordinator
DayOne@thecounselingcenter.org

www.TheCounselingCenter.org



Commission on Accreditation
of Rehabilitation Facilities

Case Management/Services Coordination: Integrated: AOD/MH (Adults)

Crisis and Information Call Centers: Integrated: AOD/MH (Adults)

Outpatient Treatment: Integrated: AOD/MH (Adults)

Prevention: Integrated: AOD/MH (Children and Adolescents)

The Counseling Center is certified to provide alcoholism and addiction services by Ohio Mental Health and Addiction Services (OMHAS).

Partial funding is received from The Alcohol Drug Addiction and Mental Health Services (ADAMHS) Board serving Adams, Lawrence, and Scioto Counties.



Stepping Stones Program

Substance Use Disorder and
Mental Health Treatment
for Women with Children
and Expectant Mothers

