

GET YOUR TEEN BACK IN STEP

Right Step's Gender-Specific Substance Use Disorders Treatment for Adolescents



Drugs Took Them Away... Treatment Can Help You Get Them Back

You once had dreams for your child. Then they started using alcohol and other drugs, and you wondered if there was any hope for the future you'd imagined.

Our philosophy is that kids do well when they can and substance use has interfered with their ability. We believe kids are not the problem so we teach them the skills to overcome the problem for lifelong recovery.

Right Step can return hope and healing to your family. Our network of adolescent substance use disorder treatment programs, which includes a residential treatment center in the Dallas-Fort Worth area and seven outpatient programs throughout Texas, provides personalized and affordable recovery programs for your teen.

Intensive Outpatient Treatment

Our intensive outpatient programs allow teens to continue attending school and residing at home while receiving treatment in a structured, supportive setting. For 10 hours each week, teens participate in:

- Individual, Group and Family Counseling with Licensed Professionals
- Educational Classes
- Spirituality Awareness
- Twelve-Step Meetings
- Relapse Prevention Planning





Adolescent Substance Use Disorder Treatment

Right Step Dallas-Fort Worth offers gender-specific substance use disorders treatment for adolescents ages 13 to 17. Since what works for one adolescent might not work for another, we draw upon a full spectrum of therapies until we find what works for your child. Our master's level counselors work closely with each family to design an individualized treatment plan that includes:

- Residential
- Assessment
- Weekly Individual and Family Therapy
- Education About Substance Use Disorders
- Experiential Group Therapy
- Onsite 12-Step Meetings
- Art Therapy
- Spirituality
- Yoga/Fitness and Meditation
- Parent Education
- Psychiatric Evaluations
- Relapse Prevention
- Outpatient

Teens struggling with depression, anxiety or other mental health issues also receive integrated care from our psychiatrist and 24-hour nursing staff. Recognizing the critical importance of family to each adolescent's recovery, we offer an intensive family program that includes weekly family therapy, educational groups and family support groups as well as weekly opportunities to visit with your child. While learning the skills of recovery, teens can stay on top of their studies at our accredited onsite school.



An Evidence-Based Curriculum

We believe that the challenges facing adolescents are best addressed by teaching them the skills they lack. Residential treatment is grounded in two complementary evidence-based curricula:

- Equipping Youth to Help One Another (EQUIP) – An award-winning method that teaches youth anger management, problem-solving and moral education to turn self-destructive behavior into positive social interaction
- Collaborative Problem-Solving – A skills-based approach to helping adolescents learn how to resolve problems that has demonstrated effectiveness in a residential treatment setting

Right Step has certified *The Daring Way*™ Facilitators onsite and we utilize *The Daring Way*™ Shame Resilience Curriculum, along with other traditional and complementary approaches.



Based on the research of Dr. Brené Brown, *The Daring Way*™ model examines the culture of scarcity, comparison and shame that is so prevalent in today's society, and teaches ways to move forward into empathy, self-compassion and wholehearted living.

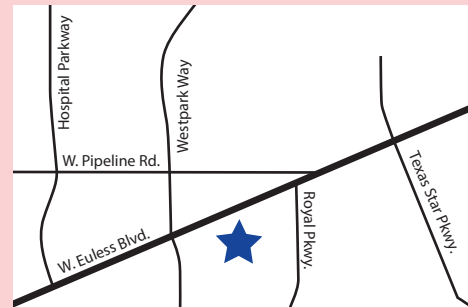
Our evidence-based approach helps teens create a positive peer culture, rebuild neural networks in the brain that have been damaged by substance use disorders and develop the skills they need for long-term recovery.



Why Right Step Dallas-Fort Worth?

- Gender-specific residential teen program with separate housing, programming and services for young men and women
- Accredited, onsite school with credentialed teachers
- An intensive family program
- Dual diagnosis treatment with an onsite psychiatrist and 24-hour nursing staff
- Comprehensive discharge and aftercare planning

***You had high hopes for your teen,
and you can have them again.
Get them back in step at Right Step.***



RIGHTSTEP™

LIVE LIFE SOBER

A Family Member of Elements Behavioral Health

Right Step DFW Central

2219 W. Eules Blvd., Eules Texas, 76040

24 Hours Toll-free: (866) 844-3249 • RightStep.com

RIGHT STEP IS ACCREDITED BY THE HIGHEST STANDARD IN HEALTHCARE,
THE JOINT COMMISSION, RECOGNIZING ONLY SEVEN PERCENT OF
BEHAVIORAL HEALTH FACILITIES NATIONWIDE.





About Our Company

Founded in 1990 and now the largest substance use disorders treatment company in the Southwest, Right Step has locations throughout Texas which specialize in all levels of chemical dependency treatment, from detox to aftercare.

Client satisfaction ratings exceed 96% and we are one of the "100 Fastest Growing Companies" headquartered in Houston, Texas.

Right Step is part of Elements Behavioral Health, a family of behavioral health care programs that includes Lucida Treatment Center, Promises Treatment Centers, The Ranch, The Recovery Place and the Sexual Recovery Institute. Elements offers comprehensive, innovative treatment for substance abuse, sexual addiction, trauma, eating disorders and other mental health disorders. We are committed to delivering clinically sophisticated treatment that promotes permanent lifestyle change, not only for the client but for the entire family system.

Chief Medical Officer Jason Powers M.D. is a national speaker and author of *When the Servant Becomes the Master*.

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