

## The SAID Difference

After learning about your personal history and life challenges, our therapy team will work with you to create an individualized treatment plan that draws from the following options:

- Drug/Alcohol and Intimacy/Relationship/Trauma Assessments
- Individual, Group and Family Psychotherapy
- Daily Interactive Educational Sessions
- Nutrition Counseling with a Licensed Nutritionist
- Fitness at a New Onsite Gym with Licensed Trainers
- Yoga and Meditation with Certified Experts
- Intensive Family Involvement
- Relapse Prevention, Individualized Aftercare Planning and Follow-Up
- Onsite Medical Detox and Psychiatric Stabilization
- 12-Step Involvement
- Psychodrama and Creative Expression Therapies
- Dr. Brené Brown's The Daring Way™ Shame Resilience Curriculum

## About Right Step

Founded in 1990 and now the largest substance use disorders treatment provider 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. Chief Medical Officer Jason Powers M.D. is a national speaker and author of *When the Servant Becomes the Master*.

Right Step is part of Elements Behavioral Health, a family of behavioral health care programs that includes *Clarity Way, Journey Healing Centers, 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.

## Why SAID at Right Step DFW?

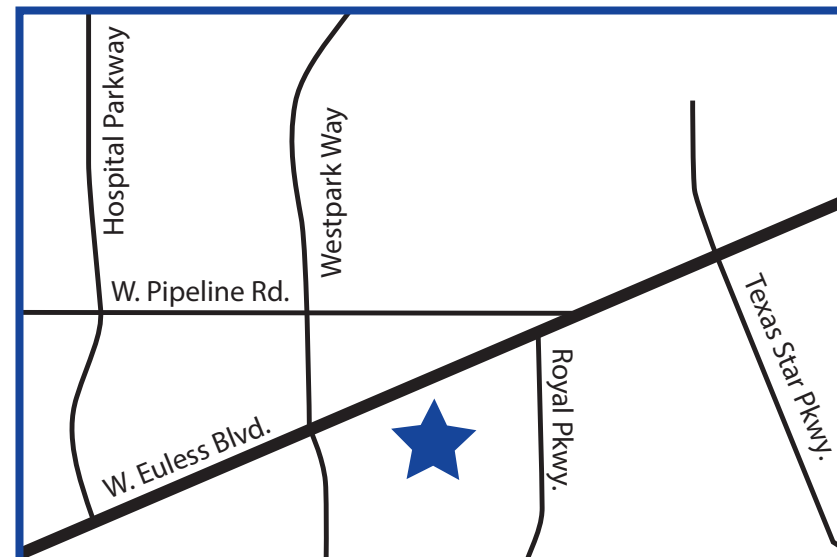
- Drug and alcohol treatment with a combined focus on intimacy, relationship and trauma concerns
- A dedicated female staff made up of senior master's level clinicians
- A gender-specific environment with fully separate women's housing, staff, services, programming and activities
- Program designed and overseen by internationally renowned addictions expert and author Robert Weiss, LCSW, CSAT-S
- Certified in Dr. Brené Brown's The Daring Way™ Shame Resilience Curriculum
- Accredited by The Joint Commission

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



### Right Step DFW

2219 W. Euless Blvd., Euless, Texas 76040  
Toll-Free: (877) 418-1992 • [RightStep.com](http://RightStep.com)



# Substance Abuse and Intimacy Disorders Treatment: For Women Only





## Why Women-Only?

One of the greatest strengths of early recovery lies in women developing the kind of non-sexual, non-romantic, community support that can only come from other women in a safe treatment setting. And here's why:

- Removing the distractions of male attention also removes unnecessary worries about how you look or what others think.
- In a dedicated women's program, it often feels safer to discuss deeply personal topics such as body image, trauma, sexuality and relationships.
- By removing any pressure or competition for male attention, there are fewer distractions from the difficult work of self-examination and recovery.
- A close-knit community of women provides an opportunity to learn from and bond with peers of all different ages and perspectives.
- Women in the SAID program are all "growing together," while working on the same life goals.
- Well-managed, women-only treatment environments offer a safer, more supportive community that helps to encourage self-acceptance, shame reduction, and meaningful, healing relationships.

## Is SAID Dallas/Ft. Worth Right for You?

Here are 10 questions to help you decide if SAID DFW is right for you:

- Do you ever use alcohol or other drugs to improve or substitute for a more fulfilling sexual and intimate life?
- Do you find that your friendships and/or romantic relationships most often involve others who frequently drink or get high?
- Have you ever felt that your relationship with food or spending has gotten out of control?
- Do you drink or use other drugs simply to enjoy or tolerate sex?
- Do you tend to lose interest once the "newness" of a romantic partner has worn off?
- Do you use alcohol or other drugs to help you tolerate neglectful, unrewarding, abusive and/or emotionally unavailable relationships?
- When you're not in a relationship, do you drink or use other drugs to cope with the discomfort of being alone?
- Did you experience abandonment, neglect or abuse in childhood?
- Does shame or embarrassment about past or present romantic or sexual experiences relate to your use of alcohol or other drugs?
- Have you been unsuccessful at previous attempts in treatment due to the distraction of romantic or sexual relationships?

We can help stop these often unidentified and under-addressed relationship and intimacy issues from undermining your ability to live a healthy, satisfying, sober life.

## Let Your Healing Journey Begin

At Right Step DFW, we deeply believe that creating a healthy life isn't simply about eliminating alcohol and drug use – it's about learning to celebrate your life by embracing joy, connection and emotional fulfillment. We directly address the emotional challenges that underlie addiction, specifically problems with intimacy, relationships, sexuality, past abuse or trauma. We also understand that today's complexities of juggling work, family and other competing priorities can consume today's women, so we work to help you restore the kind of life balance that can bring hope and healing to you and those you love.

Your healing journey begins with just one step. Take that first step now by calling SAID DFW.

**Toll-Free: (877) 418-1992 • [RightStep.com](http://RightStep.com)**



Welcome to the Substance Abuse and Intimacy Disorders (SAID) Program at Right Step Dallas/Ft. Worth, an innovative women's drug and alcohol treatment program with an emphasis on intimacy and relationship healing.

Over many years of providing addiction treatment we have noted that women often struggle to stay sober from alcohol and other drugs related to under-recognized, co-occurring emotional and relationship challenges, both past and present. Our goal is to openly address these concerns with the help of knowledgeable female professionals who know how to eliminate substance abuse, while also bringing greater connection and health to your life and relationships.