



Stepworks Outpatient FAQ

What is Stepworks Outpatient?

Stepworks Outpatient helps people take their next steps toward a successful, sober life. We offer

- partial hospitalization (PHP)
- intensive outpatient treatment (IOP)
- engaging therapy (individual and group)
- Medication-Assisted Treatment options
- primary care
- transportation to appointments
- comfortable sober living environments through Stepworks Sober Living

Do I have to complete the Stepworks 30-day residential program?

No, we accept

- patients coming out of detox
- patients who may not qualify for residential treatment
- patients who completed residential treatment elsewhere

All admissions to this program depend on our clinical team's recommendation.

Do you accept patients on MAT?

Yes. All medical appointments are facilitated by Intensive Health (see next question).

What is Intensive Health?

Intensive Health by Stepworks is a "medical home" for people with substance use disorder. Intensive Health provides a wide range of healthcare services.

What will my first thirty days look like?

Five-hours-a-day, five-days-a-week, you'll participate in our partial hospitalization program (PHP). You'll also meet with your case manager once-a-week for fifteen to thirty minutes. In your free time, you'll attend meetings and build friendships in the sober living community. After PHP, you'll step down to our intensive outpatient program, IOP, which is typically three-hours-a-day, three-days-a-week.

Do I have to get a job?

Soon, yes. But it's difficult to work while you're in PHP because of the schedule. If you do get a job, it cannot interfere. Missing a session because of work is not an excused absence. Now is a good time to start researching job opportunities. Your case manager can help you with this process.

Will I meet a boyfriend or girlfriend?

Patients must not have romantic relationships with each other. Right now, focus on your recovery.

Do I have to live at Stepworks Sober Living?

No, you don't have to live at Stepworks Sober Living to participate in our outpatient programs.

What is Stepworks Sober Living?

Stepworks Sober Living provides accountability, structure, and quality housing to people who have completed a treatment program.

What does it cost to live at Stepworks Sober Living?

- While you are in PHP, there are no rent charges.
- Stepworks provides a food card until you get on food stamps.
- Rent payments begin the day after you complete PHP.
 - Rent is prorated (based on your number of days in the program) and is \$20 per day.
- \$140 per week, due on Fridays
 - first payment: \$280 (covers first two weeks)
- Residents pay online and receive statements through text/email.

Will I have a roommate?

Yes. Each bedroom has two beds. You will share a communal living area and kitchen with the other residents. You will be provided linens, a dresser, and a locker for your medication and valuables. Each apartment is single-gender.

How long can I stay at Stepworks Sober Living?

There's flexibility, but the target duration is six months.

Do you provide transportation?

We can provide transportation from the residential facility to Sober Living if you need it. We also provide a free shuttle to PHP/IOP, Intensive Health, and other locations like probation and parole, the courthouse, physician offices, and the grocery store. You will receive a shuttle schedule.

Can I have my vehicle?

Yes, if approved by our team. The manager will inspect and search the vehicle. The vehicle must be in working order, and you must produce a valid driver's license, proof of ownership, and proof of auto insurance.

Can I have visitors?

- Yes. Visitation is 8:00 A. M. to 11:00 P. M.
- Visitors stay in the common area.

Can I leave overnight?

- Residents may request an **overnight pass** after 60 days.
- Residents may request a **weekend pass** after 150 days.

Is there a curfew?

- Quiet time is 11:00 P. M. to 8:00 A. M.
- Residents who work third shift must communicate with the sober living manager about it.

