



# THE STEP PROGRAM

at Denver Health

**Do you know an adolescent or young adult who is suffering from drug abuse and other mental health problems such as anxiety, depression or ADHD? The Denver Health STEP (Substance Abuse Treatment Education & Prevention) Program can help.**

STEP offers a 12-week outpatient treatment program for adolescents and young adults (11-24).

The program includes:

- A comprehensive evaluation conducted by a therapist and board-certified child and addiction psychiatrist
- Motivational interviewing to encourage change in adolescents who are not initially interested in stopping their substance use
- Individual acceptance and commitment therapy
- Family sessions
- Prizes for clean urine drug screens
- Integrated treatment for co-occurring psychiatric disorders
- Medication-assisted treatment, as needed
- Plan for continued sober living

### **Contact us today!**

We are located at Denver Health and have clinics in several Denver Public Schools.

We accept most insurance.

Contact us at **303-602-1893** or **step@dhha.org**.

For more information  
about STEP visit  
**DenverHealth.org/STEP**



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## MYTH VS. REALITY

**MYTH:** A person has to want to stop using drugs or alcohol for treatment to work.

**REALITY:** Effective treatment used in STEP motivates adolescents to stop using drugs and alcohol, even if they do not initially think there is a problem.

**MYTH:** Inpatient rehabilitation is the only thing that works to treat substance abuse.

**REALITY:** Learning to be sober in one's typical environment is key to successful treatment. Outpatient programs keep teens in their typical environment. Inpatient and residential programs should be the last resort.

**MYTH:** It's just an adolescent phase.

**REALITY:** Most people complete adolescence without serious problems, and MOST teens are not using substances. It is not a phase. Furthermore, the earlier treatment happens, the better the outcome will be.

**MYTH:** If we treat the mental health concerns, the substance use will clear up on its own.

**REALITY:** Studies show substance abuse continues even with successful mental health treatment, unless the drug abuse is also treated.

**MYTH:** Everybody at my school uses drugs.

**REALITY:** In 2015, 79% of Colorado High School students didn't use marijuana and 70% did not have any alcohol in the past month.



LGBT referrals welcome. Denver Health offers open, affirming and excellent care for ALL people.

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