

Stepping Stone of San Diego Launches Outpatient Drug and Alcohol Treatment Program

- *Stepping Out treatment program opening in April 2018*
- *New program continues Stepping Stone's mission to provide recovery services to the LGBTQ and HIV-Positive communities*
- *New outpatient treatment center to be located in North Park, San Diego, California*

SAN DIEGO, CA - *Stepping Stone of San Diego* is proud to announce the opening of the *Stepping Out* alcohol and drug treatment program serving the LGBTQ and HIV/AIDS-affected communities. This outpatient program, which starts in April 2018 and will be housed in a new outpatient treatment center in the heart of North Park, allows *Stepping Stone* to bring their more than 41 years of alcohol and drug recovery expertise and experience to more people seeking recovery from alcohol and drug addiction.

The *Stepping Out* program offers a treatment option for people when residential treatment isn't possible or isn't necessary, but 12-step meetings are not enough. *Stepping Out* will offer a variety of programs and schedules for its clients.

With outpatient options and capacity in San Diego County so limited, *Stepping Stone* Executive Director Cheryl Houk said, "The timing is perfect for us to expand our services. We understand the unique challenges faced by those in the LGBTQ community seeking recovery and the importance of a safe and structured environment in which to recover. *Stepping Out* is the only outpatient program in the San Diego area primarily focused on the LGBTQ community and the social and emotional challenges that often coincide with addiction."

Outpatient clients will receive the same proven treatment *Stepping Stone* has been providing to the San Diego LGBTQ community and those affected by HIV/AIDS for over 41 years. This treatment combines the leading evidence-based and holistic approaches to treatment with the loving and caring community that *Stepping Stone* is known for. These programs, methods and traditions have helped thousands of addicts and alcoholics find sobriety, and adding *Stepping Out* to its continuum of care will allow *Stepping Stone* to help even more individuals.

"Our Board of Directors set a goal of reestablishing the outpatient program in order to offer more choices and recovery opportunities to the communities we serve," said *Stepping Stone* Board Chairman Michael Moore. "We are grateful for the support of our community in helping us achieve this important milestone, and to the hard work of our staff in making this program a reality."

The outpatient treatment center will offer programs for insurance clients, private pay clients, and will also be home to a unique program supporting those with HIV/AIDS, supported by Ryan

White funding*. Scholarship and sliding scale fees will be available for those who need assistance for access to treatment options.

About Stepping Stone of San Diego, Inc.

Stepping Stone was founded in 1976 in response to the unique challenges LGBTQ people face suffering from addiction. Stepping Out will continue that tradition of focus on at-risk communities. Alcohol and drug dependency further weaken a population that is already deprived of basic civil rights within society at large. The agency's mission has been to create safe places where individuals can tackle the challenges of being gay and/or transgender, of being HIV positive, and of suffering from alcohol or drug addiction. Though specializing in the LGBTQ community, the program is open to all who can benefit from the environment and services offered.

Stepping Stone of San Diego, Inc., operates a 31-bed residential treatment facility in City Heights. This location offers a three-to-six-month residential program, ongoing clinical therapy, HIV case management and is home to our First Things First program which is the starting point for many on their recovery journey. The center is also home to many 12-Step meetings and community events. *Stepping Stone* also operates a sober living home in Hillcrest dedicated to those with HIV who need a safe, sober living environment.

####

Michael Moore (Board Chair) and Cheryl Houk (Executive Director) are available for interviews.

Press Contact:

Michael Moore
Board Chair
Stepping Stone of San Diego, Inc.
3767 Central Avenue
San Diego, CA 92105
michael@steppingstonesd.org
619/807-4007

**This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health Services (HHS) under contract H89HA00001, HIV Emergency Relief Project Grants for a contracted amount with the County of San Diego. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, the U.S. Government of the county of San Diego.*