

# BEST PRACTICE CATALOG

Project Title: **STEPPING STONES PROGRAM**

Function Category:  PATIENT-FOCUSED    ORGANIZATION    STRUCTURES

Subcategory: **Care of Patients**

Heading: **Programming**

Key Word(s): **Stepping Stones**

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Hospital: **Metropolitan State Hospital**

**Purpose:** The purpose of the Stepping Stones Program is to provide the adult clients of Metropolitan off unit treatment that will:

- Supplement the treatment that is provided by the client's residential unit treatment team;
- Advance the hospital's mission by teaching skills that will enable the clients to function safely and more successfully in the community;
- Enhance their quality of life;
- Reduce recidivism.

**Brief Description:** Stepping Stones is the "umbrella" under which the following programs are provided:

- ❖ 1 Step Stepping Stones "Beginner Program"
- ❖ SSEAC Stepping Stones Educational Activity Center
- ❖ PHP Stepping Stones Partial Hospitalization Program

The Stepping Stones program will provide adults who suffer from a mental disorder with the following:

- ◆ Individualized, comprehensive, multidisciplinary, social skills training;
- ◆ Pre-vocational training skills;
- ◆ Group and individual psychotherapy.

Using the 3 programs (1 Step, SSEAC, and PHP), the clients will receive education, training, and psychotherapy, which will assist them in the definition and achievement of reasonable, understandable, measurable, behavioral, and attainable goals which will prepare them to achieve and maintain their maximum level of functioning and function safely in the least restrictive environment.

**Selection Basis/Criteria:**

The following items are available regarding this Best Practice:

Photographs    Video Tape    Drawings    Manual

Other : \_\_\_\_\_

DATE SUBMITTED: **October 13, 1998**

**I. C. 5. 008**