



**Kenneth L.-**  
Certified Addictions  
Counselor, Certified  
Prevention Specialist



**Deborah L.-**  
Certified Training  
Manager/Facilitator,  
Certified Life Coach

*A Personal Message to Our Clients –*

If you are like many of our clients, you have been searching for quite some time for a place that feels right and makes sense for the solution you are looking for.

Since 2001, 1<sup>st</sup> Step Referral Services has been providing prevention, education and counseling services for people just like you. We offer over 22 years of experience. However, no amount of experience or education can measure up to the passion we have for helping our clients meet their full potential.

*Our philosophy is simple:* We believe positive change comes about when people feel in control and happy about their choices. We help clients identify what's really behind their desire for change and help them see the way forward as a positive process rather than a pressured effort to achieve an outcome.

Breaking the barriers to success can often be challenging. There is a saying displayed in our office that pretty well sums up what you can expect from us. It says:

*A little hope...*

*A little promise...*

*A little smile...*

If you are ready to move ahead,  
We look forward to working with you.

# 1st Step Referral Services

Counseling &  
Prevention Services  
of Washtenaw County

*Helping Clients Meet Their Full Potential*

## Lifestyle Change Solutions

Education/Intervention  
Counseling

- ❖ Substance Abuse Issues
- ❖ Managing Anger Constructively
- ❖ Positive Decision-Making

Driver's License Restoration  
Court \*Employment \*School  
Family Issues \* Youth

### DIRECTIONS

**From I-94:** Take exit #183 (Huron St.) towards Ypsilanti. / Pass Michigan Ave. / Turn left on Pearl Street. / Arrive: 1<sup>st</sup> building on the right.

**From Michigan Ave:** Turn north on Huron Street / Turn left on Pearl Street. / Arrive: 1<sup>st</sup> building on the right.

**ONE BLOCK EAST OF AATA TRANSIT CENTER**

**FREE parking available off Huron Street  
between Michigan Ave and Pearl Street**

**1<sup>st</sup> Step Referral Services  
110 Pearl Street  
Ypsilanti, MI 48197**

# 734-485-6161

*[www.1st-step.com](http://www.1st-step.com)*

# Breaking the Cycle Programming

BTC is a continuum of program modules designed to meet the needs of individual participants. **Level-1 is the Awareness Segment.** Before change can happen, we need to recognize there is a problem. This segment serves as the foundation for higher levels of programming. It is structured to meet defined learning outcomes targeting substance abuse, anger management or thinking errors and decision-making. **Level -2 is the Application Segment.** These follow-up sessions focus on "individual" lifestyle change. Participants identify what is really behind their desire for change and allows them to see the way forward as a positive process. **Level-3 is the Accountability Segment.** Participants enrolling through this level benefit from one-on-one instructor intervention and review, plus a lengthier program to support sustainable progress.

*-Positive Change is a process, it is not event.*

1 AWARENESS

## BTC-1 Breaking the Cycle Substance Abuse

BTC-1 is designed so each participant walks away with a new perspective on their "relationship" with alcohol, marijuana and other drugs.

## MAC-1 Managing Anger Constructively Anger Management

MAC-1 introduces participants to options for expressing anger in positive ways regardless of what stressful situation is presented.

## INC-1 If Nothing Changes... Thinking & Decision-Making

INC-1 challenges participants to evaluate current thinking, behavior and decision-making patterns that are resulting in negative consequences.

## Breaking the Cycle: BTC-2 Follow-Up and Life Skill Sessions

BTC-2 is the follow up segment to level 1. It is based on the cognitive behavior theory that gives participants the opportunity to "re-think" learned behaviors and evaluate the impact on their 6 Major Life Areas in a safe and supportive environment. Participants are challenged to identify and apply healthier alternatives that support positive lifestyle change and *Break the Cycle* of negative consequences.



## Breaking the Cycle: BTC-3 Intervention and Review

BTC-3 is designed for the participant that would benefit from instructor intervention and review of their progress. Individualized self-study and self-application requirements are integrated into the participant's programming targeting areas of resistance and denial. BTC-3 provides a higher level of accountability and helps sustain long-term results.

2 APPLICATION

3 ACCOUNTABILITY

*Helping Clients Meet Their Full Potential*

## Assessment & Counseling Services

### Substance Abuse Assessments

An effective assessment begins with trust and respect. We lay the foundation for building a trusting relationship by providing a welcoming and professional environment combined with motivational interviewing and a client-focused evaluation that takes into account all aspects of the client's past and current substance use behaviors. Assessments are conducted by a Michigan Certified CAD/CPS. Recommendations are based on the DSM and ASAM Criteria.

### Outpatient Counseling (OP)

Developing and maintaining a successful recovery program requires a strong partnership between client and counselor. We are passionate about providing a program that engages the client in multiple aspects of early recovery and relapse prevention. Sessions are facilitated by a Certified Addictions Counselor/Prevention Specialist with over 20 years in the field and 22 years of personal recovery-related experience.

### Driver's License Evaluations

Going through the process to have a driver's license privilege restored can sometimes be overwhelming. We are committed to providing a quality, client-centered service. We guide clients through the DLAD administrative process, offer an individualized evaluation approach based on more than 15 years of DLAD experience and provide on-site drug testing.

### Individual Sessions Available

- Outpatient Counseling: OP
- Managing Anger Constructively: MAC-1
- If Nothing Changes: INC-1
- Breaking the Cycle: BTC-1
- Personal Life Coaching