*Jennifer M. Shuart, LICSW, PMHNP-BC, APRN*

*Stepping Stones to Well Being, LLC*

**PROGRAM PHILOSOPHY**

Stepping Stones to Well-being is designed to provide comprehensive treatment services in a culturally competent manner to those person(s) who desire support and intervention related to the challenges and stresses that life can bring. The philosophy that support and intervention is based on is related to the stage of change model; treatment is based upon the client’s motivational stage. The over-arching goal of the treatment is to foster healthy and adaptive self-choice.

**CLIENT COMMITMENT**

Client commits to:

1. Attend scheduled appointments on time;
2. Give a 24-hour notice, if an appointment has to be missed;
3. Participate in his/her treatment planning;

**RULES OF BEHAVIOR**

Threatening and violent behavior are not permitted during sessions. The use of alcohol or other substances during sessions, or prior to sessions, is also not permitted. If there is a concern about safety, the session will be terminated and a plan will be created with all parties involved to ensure safety for all participants and providers.

**REASONS FOR DISCHARGE FROM TREATMENT**

1. Successful completion of treatment. A mutual decision between the client and therapist is reached services are no longer needed.
2. Voluntary termination from the program. Either a transfer or discontinuance of treatment. The client reaches this decision.
3. Discharge from the program due to treatment non-compliance.
4. Inappropriate Behavior (see above).