



## Telecare Shelton Next Steps

### Long-Term Evaluation & Treatment (E&T) Services

At the Telecare Shelton Next Steps program, we provide intensive mental health and psychiatric treatment services in a safe, welcoming environment for adults to continue their recovery work when longer-term treatment is in order. Next Steps offers a local opportunity for those who would have traditionally been moved to a state hospital setting.

We believe recovery starts from within, and that our job is to do whatever it takes to provide the support needed on your recovery journey. Our 16-bed secure facility includes a full staff of registered nurses, clinicians, peer specialists, and social workers on call 24 hours a day to provide wraparound support.

Our services are designed using Telecare's Recovery-Centered Clinical System (RCCS). This system incorporates evidence-based practices and innovative design components. RCCS focuses on choice-making skills, harm reduction techniques and strives to awaken the hopes and dreams of the individual. The RCCS emphasizes "no-force first" practices. Staff work with individuals within their cultural dynamic in building independence and self-responsibility in order to foster their recovery and successfully transition them home or to a less restrictive community setting.

### What to Expect

Your recovery plan starts with you. Upon arrival, a diverse team will provide an individualized assessment where we will work with you and your referring treatment team to honor the work you have done and progress you have already made in your recovery journey as we support you in the next steps.

**Our culture** is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can foster a supportive program setting.

**Our staff** are passionate, resourceful, and motivated. They are partners in recovery, and will be present throughout the journey toward recovery.

**Our goal** is to be a place that helps individuals thrive. We want each person to be the leader of their own recovery journey, and to create the life they want to experience.

**"The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human."**

— PATRICIA DEEGAN, PHD, FOUNDER OF COMMONGROUND

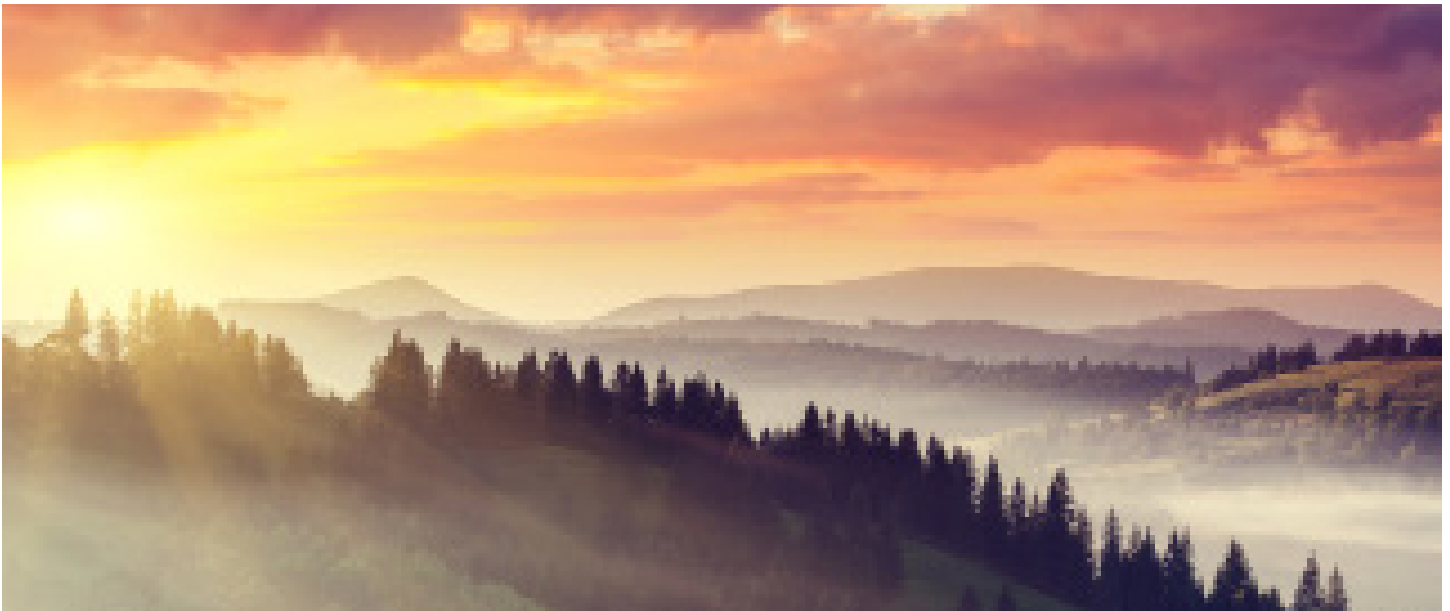


#### CONTACT

307 W Cota Street  
Shelton, WA 98584  
360-205-8010 Main  
360-946-2031 Fax

#### OFFICE HOURS

24 hours a day, 7 days a week



## Services at Telecare Shelton Next Steps

A variety of therapies and activities adapted to your needs and preferences are offered as part of your treatment plan. Services at Telecare Shelton Next Steps include, but are not limited to:

- Comprehensive evaluation and risk assessment, covering mental health and substance abuse
- Psychiatric assessment and treatment
- Peer support and community group meetings
- Social and recreational activities
- Rehabilitation programming
- Supportive counseling on group and individual basis
- Medication administration and management

## Becoming a Member

Individuals on 90-day or longer involuntary commitment orders are referred by local E&T's or state hospital diversion programs.

## Admission Criteria

Located in the Seat of Mason County, the Shelton Next Steps program serves residents of Washington State, ages 18 and older, who have a chronic or serious mental illness disorder and are experiencing an acute crisis which requires extended 24/7 care in a locked setting due to involuntary order. This program is able to serve individuals who are independently mobile and do not require physical support to attend to daily health and hygiene needs.

## About Telecare

Telecare is a family- and employee-owned company that has been treating individuals with serious mental illness since 1965. We specialize in innovative, outcomes-driven services for high-risk individuals with complex needs. Our programs are recovery-focused and clinically effective and are designed in partnership with local, county, state, and other behavioral health organizations. We currently provide services in multiple states and have more than 3,700 employees.

This program is funded by HCA, ASO, BSO, and MHOs.