

# STEPS Program

## Day Treatment and Outpatient Services

### *Supporting youth with the skills for developing healthy sexual boundaries and relationships*

The STEPS program serves youth with sexually abusive and trauma reactive behavior. Program goals are to reduce risk of further sexually abusive behavior, improve social skills, and promote community safety.

#### **Services:**

- Trauma Informed/Strength Based Treatment
- Individual, Family & Group Therapy
- Crisis Response, Safety Planning, Release Prevention
- Medication Management
- Support and Education
- Safety and relapse prevention planning
- Collaboration, After care and Referrals
- On-site School in the Day Treatment Program
- Outpatient Treatment in Kearny Mesa & Escondido

#### **Eligibility Requirements:**

- Youth ages 6-18 with sexually abusive/reactive behavior
- Full scope Medi-Cal

#### **Referrals:**

Referral packets are screened for eligibility and the youth are interviewed to determine optimal level of care, whether in the Outpatient or the Intensive Day Treatment setting.

Please mail or fax referral packets to:  
4660 Viewridge Avenue San Diego, CA 92123  
Phone: (858)565-2510  
Fax: (858) 565-0827

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