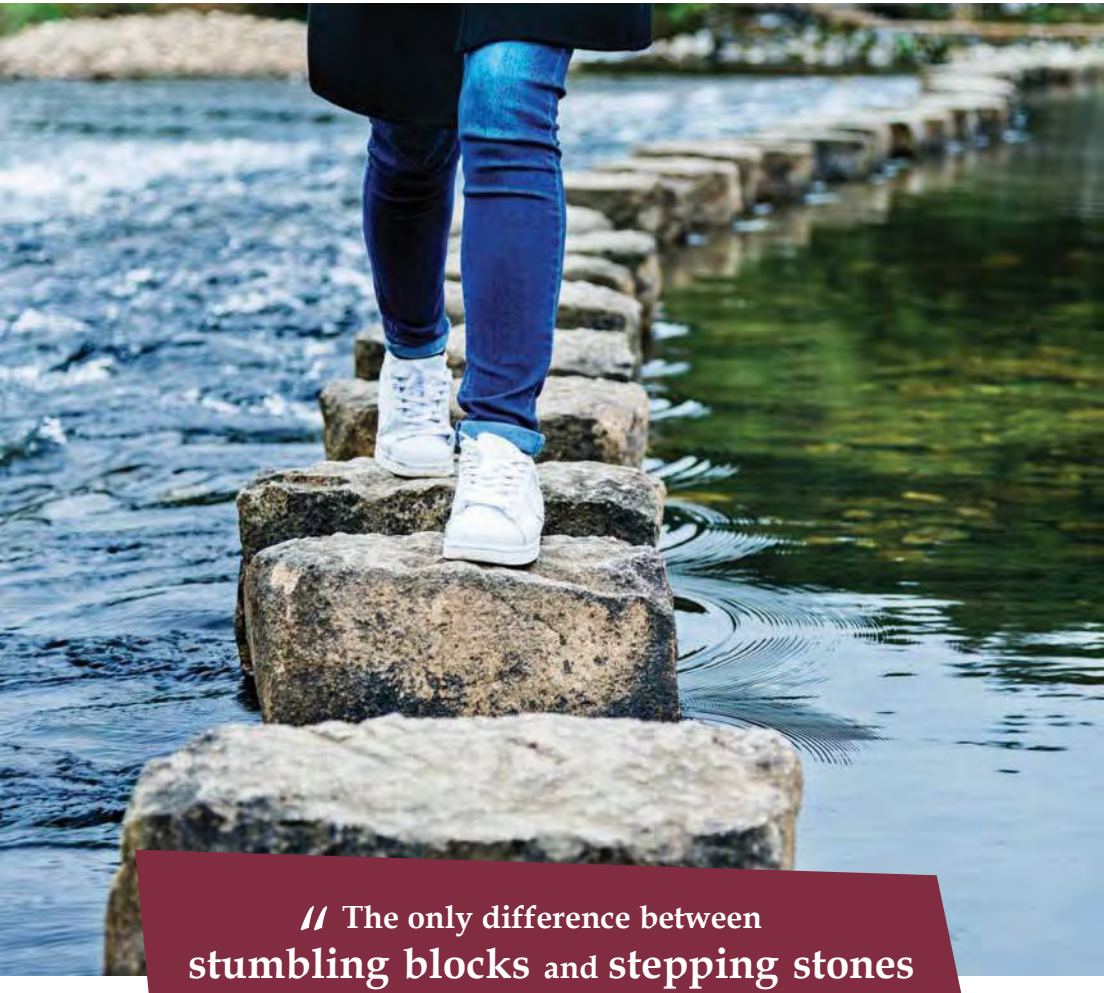


// The only difference between
stumbling blocks and **stepping stones**

is the way we use them. //

Stepping Stones of Rockford

Improving lives one step at a time

Stepping Stones of Rockford provides outstanding residential and outpatient mental health services to those with severe emotional disturbances and serious mental illness. We are dedicated to helping those we serve navigate the stumbling blocks of mental illness, by advancing their recovery, one step at a time.







Stepping Stones was established in 1969 by a small group of dedicated people who saw the need for community based residential mental health services in Rockford, and opened the area's first halfway house. As the organization grew, the halfway house model evolved into a more specialized community-based services approach. Stepping Stones now offers outpatient services in addition to residential services.

Stepping Stones is guided by a compassionate Board of Directors. Our visionary leaders, through their wisdom and guidance, ensure that we continue to provide quality care and the necessary support to those in need. Together, we are working towards a healthier future for those we serve and our community.

Stepping Stones offers services for individuals seeking help in the following areas:

- Trauma
- Bipolar Disorder
- Disorganized Thoughts, Hallucinations and Delusions
- Anxiety
- Depression
- Post-Traumatic Stress Disorder
- ***And other mental health related concerns***



Referrals

Stepping Stones accepts referrals from all sources for all of its programs:

- Self
- Family
- Clergy
- Educators
- Courts
- Employers
- Medical providers
- Youth organizations
- **Other organizations**

Insurance Accepted

Stepping Stones accepts Medicaid, Medicare and Managed Care payments. For individuals who have no insurance coverage, Stepping Stones offers a sliding scale fee schedule and will provide services regardless of the ability to pay.



To Schedule an Appointment

Call 815-963-0683 or email:
referrals@steppingstonesrockford.org

Treatment settings include:

Residential Services

Stepping Stones provides exceptional residential care for adults with mental illness in both supervised and supportive living environments.

Fully Supervised Group Homes

The goal of 24-hour residential care is successful transition to a less restrictive environment in the community. Individualized mental health care for those in group homes includes:

- Psychiatric Services
- Case Management
- Community Support Services
- Counseling
- Crisis Intervention
- Linkage and Referral Services

Recovery takes place in many forms and requires active participation. Those living in group home settings take part in cooking, weekly chores, community activities and building independence. Residents also receive support in using public transportation, finding natural supports and accessing employment and educational opportunities to reach their recovery goals.

Supervised and Supported Living

As residents exhibit psychiatric stability, regain living skills and develop the confidence needed to live with less supervision, they may choose to live in a more independent living environment while still receiving case management and other services. Individuals are admitted to the treatment setting that best meets their assessed needs, including:

- Supervised apartment complexes with 24-hour staffing
- Apartment complexes with daytime staffing
- Apartment complexes without staff on-site
- Community apartment/homes located in Winnebago County







Outpatient Services

Community Support Services are designed to meet the mental health, co-occuring, housing, social, educational, vocational, financial and other treatment support needs of all participants. Services are provided in locations that are natural and comfortable for the individual and their family/significant others as appropriate.



Counseling Center: Mental health is an important part of children's overall health and well-being and the number of young people experiencing challenges is growing. One in five adults in the U.S. experience mental illness annually. The Stepping Stones Counseling Center provides treatment choices and recovery opportunities to help.

We welcome children (ages 6+), adolescents and adults for treatment in our safe, comfortable treatment facility. Early Intervention is critical and proven, in many cases, to lessen the effects of mental illness and improve outcomes in children, adolescents and young adults who are prone to developing emotional issues.



Services

- Assessment
- Telepsychiatry
- Diagnostic Evaluation and Treatment
- Medication Management
- Planning
- Case Management
- Individual, Group and Family Supportive Counseling

The Stars of Light

The relationship between artistic expression and ongoing recovery is a significant one. The Stars of Light is a unique, award-winning program of Stepping Stones that uses dramatic and visual arts to promote recovery, educate the public and reduce the stigma that is still too often associated with mental illness.

Some of the Artistic opportunities the Stars of Light offers:

- Live theater performances
- Poetry readings and publications
- Music performances
- Book productions
- Fine art gallery showcases
- Video productions and appearances

STARS OF LIGHT

For more information or to schedule a performance, contact Stepping Stones @ 815-963-0683.

Support Stepping Stones

Your donation will make a positive difference in the lives of those receiving services at Stepping Stones.

By giving today, you will help us create a brighter tomorrow.

In Their Own Words...

I've been working at a part time job. I have my own apartment and it feels like home. I still have stuff to work on, but I'm in a good place. There is plenty of room for me to accomplish my dreams.
- Zeke

If it weren't for Stepping Stones, I don't know where I would be today or if I might be dead. I'm getting better and better...
– Mark

Acceptance of my illness and what I need to do to stay well is my way out of hell. I had to learn what worked for me. DBT coping skills, medication management, supported living, accountability, volunteer work with NAMI Northern Illinois and the Stars of Light, art, humor, faith and talk therapy are all a big part of my recovery.
– Tracy

Contact us to schedule an appointment.

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4930 E. State St.
Rockford, IL 61108
815-963-0683

Email: **referrals@steppingstonesrockford.org**

Stepping Stones of Rockford, Inc. is a private 501 (c)(3) healthcare organization and is accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF).

Visit us at: steppingstonesrockford.org

Stepping Stones is funded by: the Illinois Department of Human Services; Division of Behavioral Health & Recovery (DBHR), the Department of Children and Family Services, the Winnebago County Community Mental Health Board (WCCMHB) by the half-cent sales tax, Medicaid, Medicare, Managed Care companies, corporations, foundations, individual donors and other sources.

Aspire to Excellence carf International www.carf.org

WCCMHB Winnebago County Community Mental Health Board