

STEPHEN CENTER HERO Program



~ Health, Empowerment, Responsibility and Opportunity ~

The HERO Program is located at 5217 S. 28th Street, Omaha Nebraska, 68107. The phone number is (402) 715-5440.

The Stephen Center HERO Program provides substance abuse treatment for low-income and homeless persons. Services are also provided for persons who are dually diagnosed with both substance abuse and mental illness. The HERO Program is based on the Integrated Dual Diagnosis Treatment of recovery utilizing evidence based practices and client focused care.

Fast Facts:

- 1 The HERO Program consists of Short Term Residential Treatment, followed by Intensive Outpatient within a structured living environment utilizing a “step-down” system of care.
- 2 The HERO Program Facility is 24-hour staff secured.
- 3 The HERO Program also offers Intensive Outpatient and Outpatient care to clients living outside the Stephen Center residence on a sliding fee basis.
- 4 The HERO Program is staffed by a multi-disciplinary team of counselors and therapists from a variety of backgrounds to ensure individualized treatment planning and family/support system integration.
- 5 Treatment Interventions are based on evidence-based practices utilizing the client’s motivation to change.
- 6 Motivational approaches to instill self-efficacy and hope.
- 7 Group and individual therapy that address both substance abuse and mental illness.
- 8 Counseling that emphasizes active treatment and relapse prevention.
- 9 Involvement of family in the treatment process.
- 10 Use of self-help groups (12-Step program) in *support* of the treatment process.
- 11 Pharmacological treatment and medical management integrated into the treatment process using community resources and controlled self-medication.
- 12 Holistic approach to health including active health promotion.
- 13 Outreach and collaboration with other service delivery agencies.
- 14 Referrals are made to appropriate community facilities when clients do not respond to treatment or do not meet admission requirements.

If you have any questions, please feel free to contact us at (402) 715-5440.