

## What are the Sobriety Treatment and Education [STEP] Requirements?

### The STEP program is tough!

- ◆ Participants must have a genuine desire to eliminate drugs, including alcohol, from their lives.
- ◆ The Sobriety Treatment and Education Program lasts at least one year.
- ◆ Participants are required to:
  - Attend STEP Court sessions at least once per month for 12 months or longer;
  - **Complete all four STEP phases;**
  - Attend individual and/or group treatment, as directed;
  - Submit to multiple random drug and alcohol tests;
  - Attend support meetings (i.e. AA/NA), as directed;
  - Comply with the standard conditions of supervision;
  - Attend other programs and comply with other conditions, as instructed.

## How Do I Enter the Sobriety Treatment and Education Program?

### Participation is entirely voluntary!

- ◆ If a person is interested in joining the STEP program, the participant's history is evaluated, and the STEP U.S. Probation Officer interviews the potential participant.
- ◆ Selected participants join when all parties sign a Participant Agreement and Waiver. The offender is transferred from regular supervision by the U.S. Probation Office to supervision by the STEP Team.
- ◆ For more information about the Sobriety Treatment and Education Program, please contact the U.S. Probation Office:

**U.S. Probation Office**  
**Spokane (509) 742-6300**  
**Yakima (509) 574-5535**  
**Richland (509) 376-7467**

## U.S. District Court Eastern District of Washington

### Sobriety Treatment and Education Program [STEP]



**Est. 2007**

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# Are You Ready to Take the STEP to Life Long Sobriety?

The Sobriety Treatment and Education Program [STEP] is only one of a handful of Federal drug courts in the country. The program is a one-year minimum court-supervised program developed to reduce substance abuse and criminal behavior, and to increase rehabilitation through intense court intervention and treatment.

- ◆ Frequent drug testing, substance abuse treatment, rewards, and consequences are used to promote long-term sobriety, accountability, and productive lifestyles.

- ◆ The STEP Team helps participants obtain the tools necessary to succeed in becoming sober and productive. If participants are considering the STEP program only for the reduced term of probation or supervised release, and are not dedicated to achieving sobriety, they will likely not succeed.

## What are the Benefits of the STEP Program and Its Goals?

**Drugs and alcohol use destroys lives.**

For those who want to change their lives, the STEP program may be the answer. Participants build self-esteem, self-respect, and self-confidence. Participants are able to think more clearly and feel healthier.

- ◆ The goal of the STEP program is to provide participants with ongoing encouragement and individually-designed assistance.

- ◆ Participants receive drug and alcohol treatment and education in life skills.

- ◆ Successful completion of the STEP program reduces a participant's probation or supervised release term by one year.

- ◆ Upon graduation from the program, participants will have learned skills that allow them to avoid criminal behavior, continue a drug and alcohol-free life that is fulfilling and productive, and become contributing members of society.

## Who are the Sobriety Treatment and Education Program [STEP] Team Members?

The STEP Team is comprised of a U.S. District Court Judge, an Assistant U.S. Attorney, the Federal Defender or an Assistant Federal Defender, and a U.S. Probation Officer. A treatment provider assists the Team.

- ◆ All decisions are made by consensus of the Sobriety Treatment and Education Program Team. No one individual dictates decisions.

- ◆ The Team works together to help participants maintain sobriety and achieve personal and program goals.

- ◆ The STEP Team meets prior to the STEP Court session to review the participant's progress based on shared information from treatment providers, the probation office, employers, and others.

- ◆ During the STEP Court session, the participant receives rewards or consequences based upon his/her performance. The treatment provider is also present during the STEP Court sessions.

