Next Step Program

Sovereign Health offers the Next Step Program to all of its patients to prepare and motivate them toward community integration. Next Step assists patients with academics, volunteering, employment and other important life skills that focus on completing tasks and reaching goals.

Next Step helps patients take the necessary steps for continual progression through the individual recovery process and for sustaining healing and recovery after treatment.

Next Step Program Provides:

- Building Resumes
- Role-playing for Interviews
- Researching Careers
- Interviewing Opportunities
- Volunteering Opportunities
- Discharging Plans

For more information, please visit www.sovhealth.com

24/7 ADMISSIONS HELPLINE 866.601.6829
Next Step Program

Next Step screens patients at various levels of care prior to entering the Intensive Outpatient Program. The screening process is necessary to determine the barriers that may prohibit long-term remission and to assist in identifying personal goals that support positive self-esteem in recovery.

Patients Served
- Men and Women
- 18 Years and Older

Levels of Care
- Intensive Outpatient
- Outpatient

Meet the Chief Clinical Officer

Anthony J. Mele, Psy.D.
Dr. Anthony J. Mele is a licensed psychologist who brings almost 25 years of clinical expertise and executive leadership to the behavioral healthcare industry. As Chief Clinical Officer for Sovereign Health, Dr. Mele oversees the development and delivery of state-of-the-art behavioral health treatment serving hundreds of patients in a nationwide network of facilities.

“What first struck me about this organization is the amount of passion the staff displays regarding the mission of Sovereign Health. It’s obvious that the administrative and clinical staff all have a shared commitment to helping the patients, and I’m thrilled to be a part of that.”

– Dr. Anthony J. Mele
Chief Clinical Officer

Treatment Modalities
- Individual, Group and Family Therapy
- Cognitive Rehabilitation and Brain Wellness
- Experiential Therapy
- Life Skills that Sustain Long-term Remission

Multidisciplinary Team
- Psychiatrist
- Primary Therapist
- Case Manager/ Next Step Counselor
- Family Therapist
- Clinical Concierge

Ancillary Services
- Court / Legal Services Guidance
- Financial Counseling Guidance
- Life Skills / Vocational Planning
- Academic Counseling Guidance
- Community Resource Guidance

Most Private Insurance Accepted. Call us today at 866.601.6829 to speak with a treatment specialist, complete a confidential assessment and review financial options.