



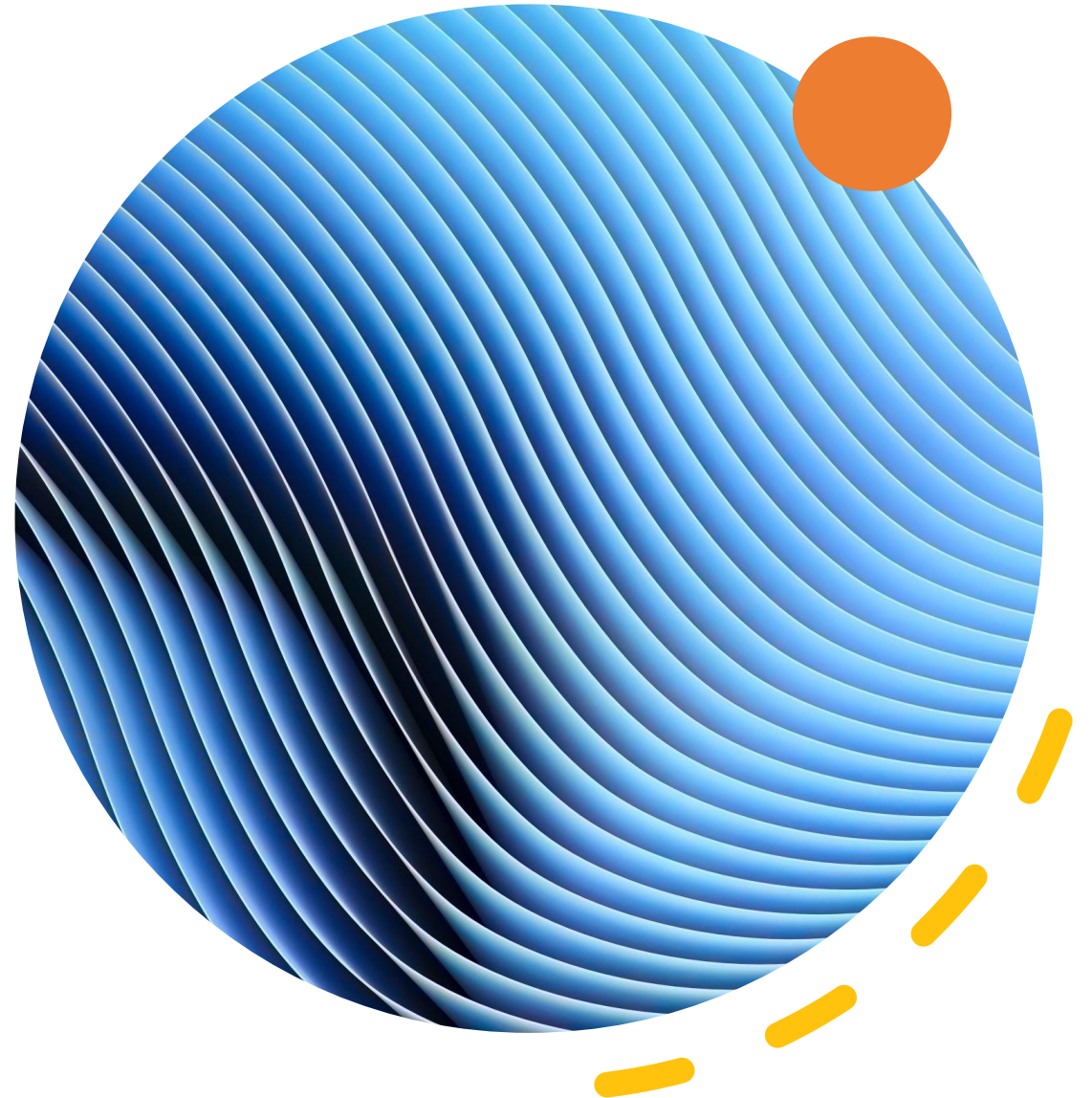
# **FIRST STEP PERINATAL**

## **TREATMENT PROGRAM**

The First Step Perinatal Treatment Program is a collaboration between Sierra Vista Child & Family Services (SVCFS) and Center for Human Services.

It is a contract program of Behavioral Health and Recovery Services (BHRS) in partnership with Community Services Agency (CSA).

- The First Step Program currently provides a continuum of substance abuse treatment to pregnant/postpartum and parenting women of Stanislaus County:
  - Intensive Outpatient Treatment, Outpatient Treatment, Recovery Services and Aftercare.





# ABOUT US

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First Step primarily serves women who are pregnant and are parenting children.

Women must be a Stanislaus County resident, have a SUD (Substance Use Disorder) diagnosis and have children under 18 years of age.

Priority for services is given to pregnant injection drug users, pregnant substance users, parenting injection drug users and parenting substance users.



# REFERRALS

- Stanislaus County Community Service Agency whose clients' children have been placed in out-of-home care or are at risk for placement due to the parents' substance abuse.
- BHRS Adult Recovery Program.
- Additional referral sources include:
  - Stan Works program whose clients are Cal-WORKS
  - Welfare to work
  - Stanislaus County Probation Department
  - Adult Drug Court or Proposition 36



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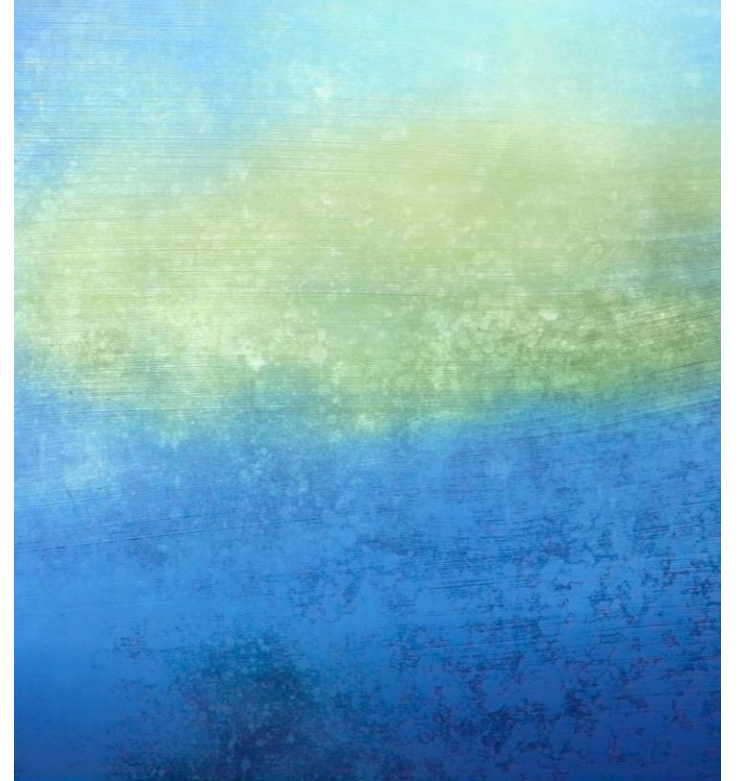
Health Services Agency whose pregnant and parenting women are identified as in need of drug and alcohol treatment services; women identified as at risk by private medical providers and local hospitals.

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Pregnant and parenting women who are referred by other agencies or who are voluntarily seeking services for their substance abuse are also eligible for services at First Step.

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First Step provides women with an opportunity to identify and acknowledge their substance use disorder, develop an understanding of the severe consequences of substance use to themselves and their children, learn coping strategies, improve self-esteem, enhance their self-control, improve parenting skills, and create support systems.



This is accomplished through evidence-based practices including:

Gender-specific group and individual counseling

Trauma-Informed Treatment

Motivational Interviewing

Psycho-Education and Relapse Prevention

Parent education and parent/child labs

Mandatory attendance at self-help support meetings to increase social

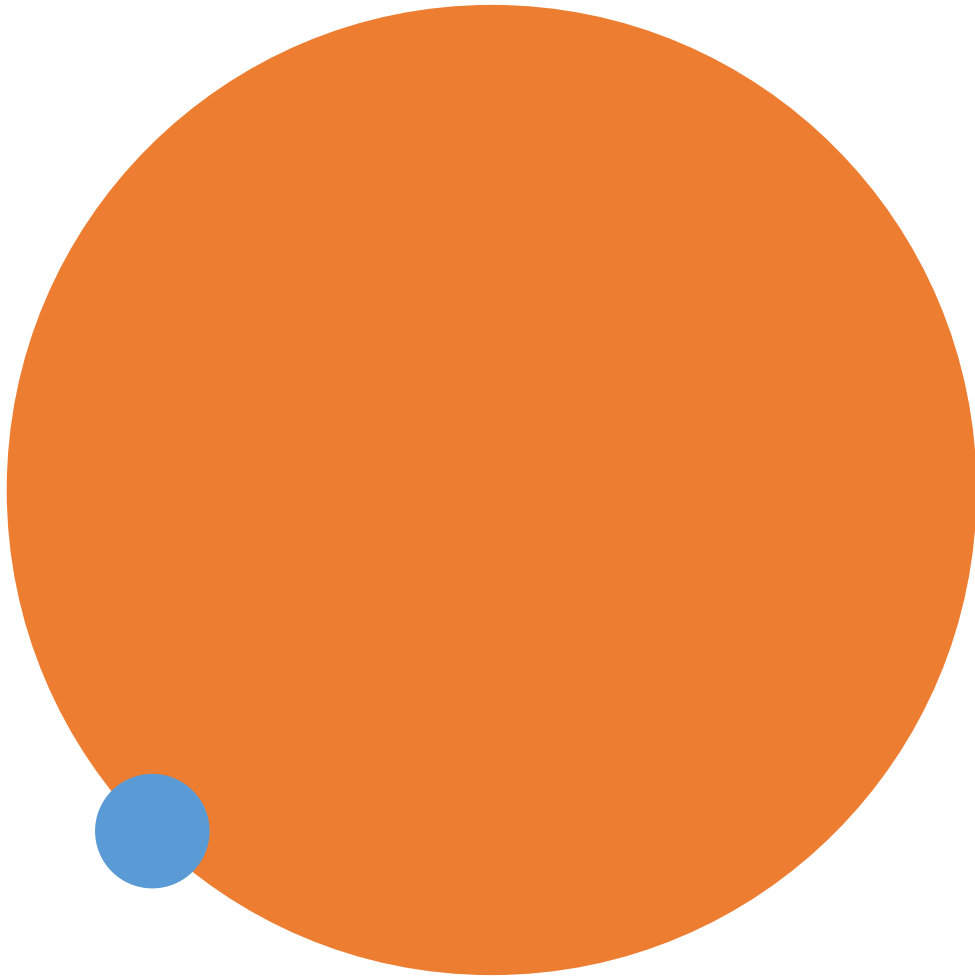
support as well as daily homework such as journaling the use of learned skills outside the treatment environment.



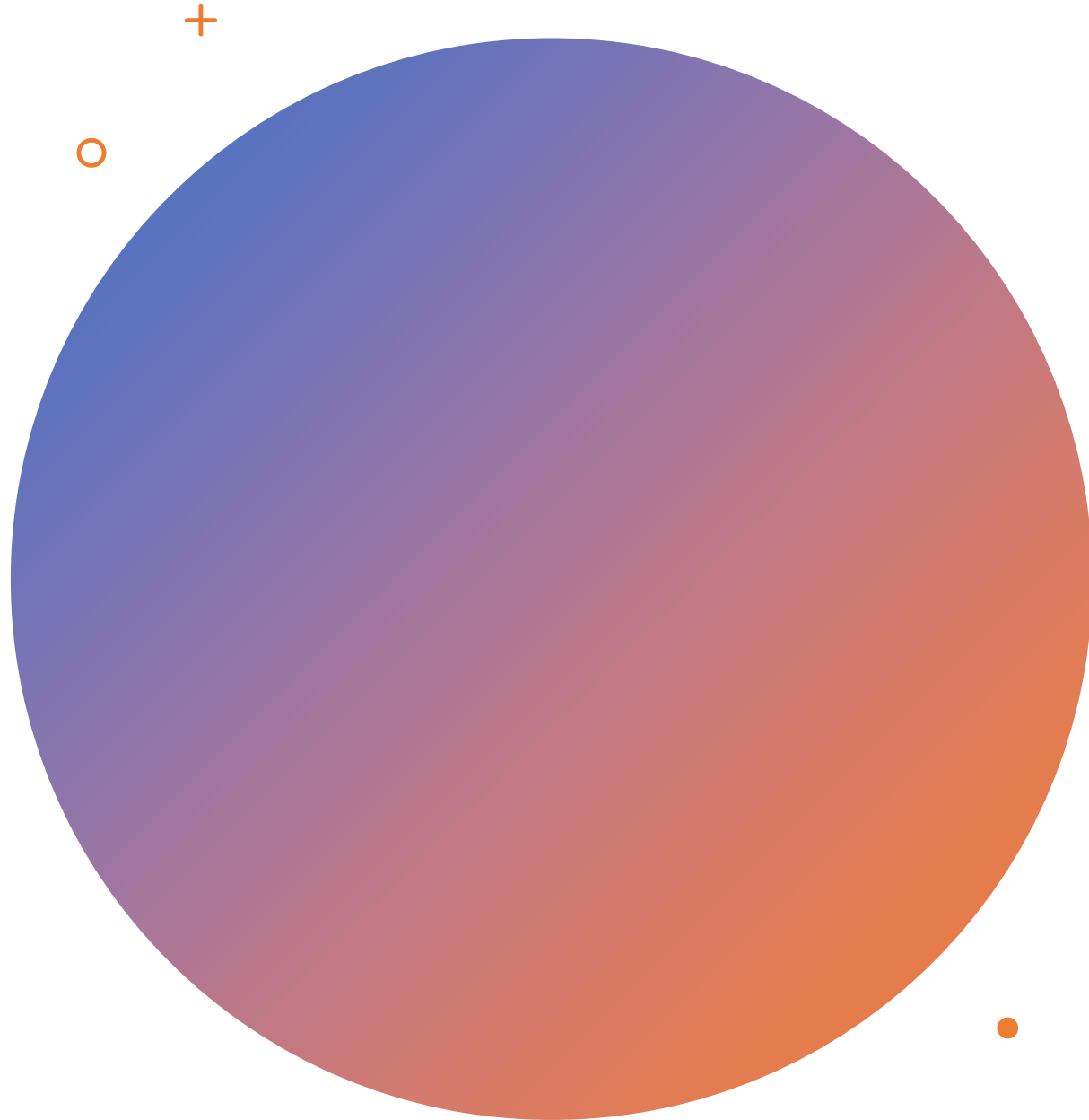


# OUR TEAM





- Our agencies have a large number of bi-lingual Spanish staff who provide mental health and case management services throughout both agencies.
- We employ staff with fluency in other languages including Cambodian, Laotian, Hmong, among others.
- We have a contract with Nor Cal and Healthy House of Merced County to provide interpreting services in Merced and Stanislaus County.
- We also have a contract with the Language Line in order to meet the linguistic needs of all clients who present for services.
- Our bilingual staff is provided with ongoing support and education in order to provide competent services to our clients.

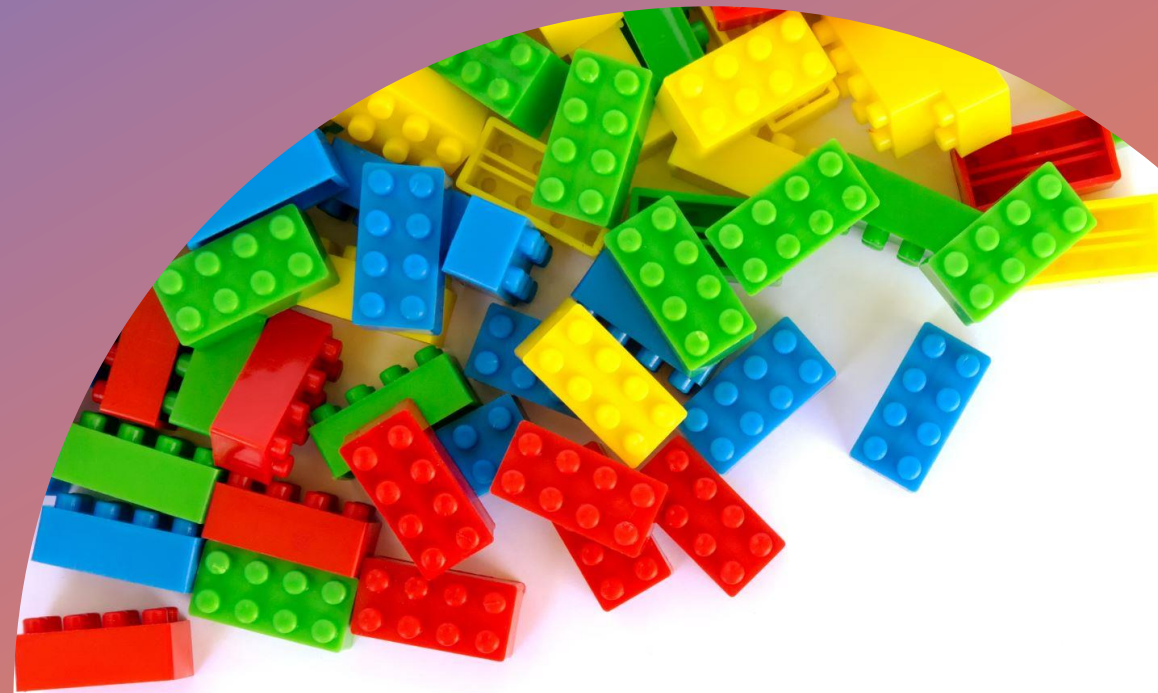



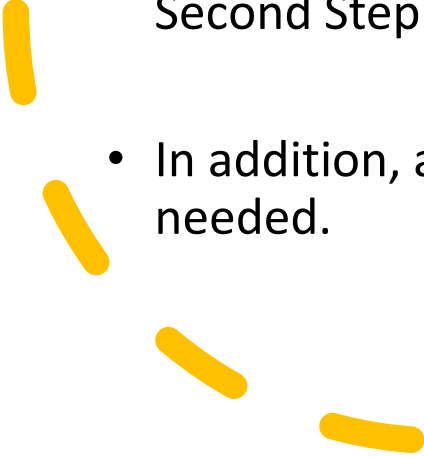
- All agency employees are required to attend mandatory diversity trainings sponsored by BHRS.
- Additionally, Sierra Vista Child & Family Services employs a Director of Cultural Competency who oversees all aspects of cultural diversity within the agency, including holding bimonthly Bilingual staff meetings and bimonthly cultural competency meetings specifically structured to support staff providing services to families whose primary language is one other than English.
- The program utilizes a multidisciplinary team of professionals including substance use counselors, parent educators, and childcare teachers on site to work with the women and their children to help them address the specific issues that led them to treatment.



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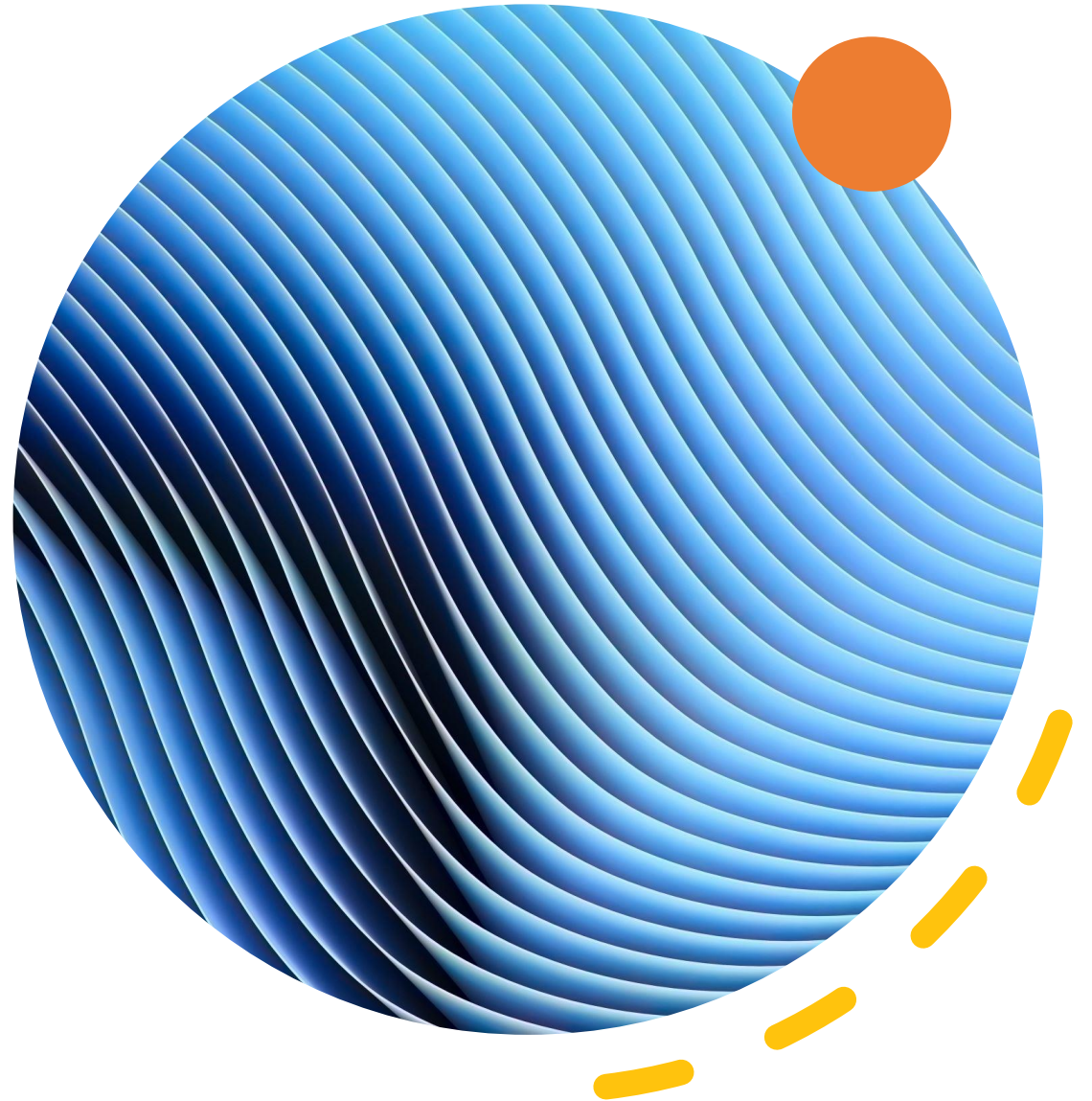
CHILD  
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- Childcare is provided for children 0-5 for women in all levels of treatment groups while attending in-person groups.
  - Parenting Education is also provided for all participants that are parenting or will be parenting children.
  - Several parenting curriculums are utilized including Positive Parenting, Parenting in Recovery, and Second Step.
  - In addition, a minimum of two parent-child labs are conducted with all clients and more if needed.
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## Services at First Step include

- Childcare for women in all levels of treatment for in-person groups
- Comprehensive Case Management
- Parent Education
- Parent-Child Labs
- Second Step for Preschool Children
- Parent/Child visitation for Child Welfare involved families



## Work Experience


- Women with sustained sobriety who have completed treatment through First Step have the opportunity to join the First Step team as a Mentor mom to learn such skills as peer mentor, and group facilitation skills.


## July 1, 2020 – June 30, 2021


• Ethnicity	Count	%
• Black/African Am	4	3.96%
• Hispanic	39	38.61%
• Native American	1	0.99%
• Other Pacific Islander	1	0.99%
• White	56	55.45%



# July 1, 2020 – June 30, 2021

 Language	Count	%
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 English	98	97.03%
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 Spanish	3	2.97%
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# July 1, 2020 – June 30, 2021

