

## ELIGIBILITY REQUIREMENTS:

- Child must be under 6 years of age
- Child must have Contra Costa Medi-Cal
- Parent must be active in their recovery (attending AA/NA meetings or participating in outpatient substance abuse program)
- Parent must be motivated to participate



*Ask the Program Coordinator at your recovery program about Next Steps.*

*They can refer you to us.*

*Or contact us directly at 925.439.9628*

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Funding is made possible by Contra Costa County Behavioral Health Services and First 5 Contra Costa. Next Steps is a program of Contra Costa ARC.

*NEXT STEPS*



*Improve your life with  
Next Steps!*

Are you ready to take the "next steps" to be a better parent?

We are here to help!



*"Since my involvement with Next Steps, I feel more confident in my parenting."  
Renee F. program participant*

### NEXT STEPS PROGRAM:

**Next Steps** is specially created to help parents like you, who are in recovery, to improve your relationship with your child. **Next Steps** will help you improve your parenting skills and create a more stable and balanced family life.

### HOW NEXT STEPS WORKS:

- We provide training and support for you and your child/children while you are in a residential, outpatient, or other substance abuse recovery program.
- Our team will work with you and your child for up to 18 months providing Aftercare Services.
- You can receive weekly (in-home or another community location that you choose) support to strengthen your parenting skills and the relationship you have with your child.



### WITH NEXT STEPS YOU CAN:

- Improve your confidence as a parent and your parenting skills.
- Improve your relationship with your child.
- Learn coping strategies based on *strength based* positive parenting.
- Learn how to decrease power struggles with your child.
- Learn how to interact with your child and keep them safe.
- Connect to community supports.



*"It's not quitting or stopping the drugs, it's staying off and Next Steps really help motivate me to do just that".*

*Tammy W. program participant*



### OUR TEAMS:

A therapist and family partner will work with you to solve problems and achieve goals that are relevant to you and your family. We work as your partner, providing support services that respect who you are, your culture and what makes you, you.

**Next Steps** team members are experienced in working with parents in recovery and their children.