

FIRST STEPS TOGETHER

FAMILIES IN RECOVERY SUPPORT NEWS TO USE



UPCOMING TRAININGS & LOCAL EVENTS

FIRST Steps Together Trainings:

5/16 Care Coordination Collaborative Workshop, Worcester

Newborn Behavioral Observations Training:

Chicopee: May 22 and June 24

Plymouth: May 23 and June 20

5/31 [Supports & Challenges in Childhood Development: Individual & Community Resources in a Changing World](#), Newton [William James College](#)

6/4 [Science-Based Innovation Training: Reimagining Program Development & Evaluation](#), Cambridge [Center on the Developing Child, Harvard University](#)

6/11 [Substance Exposed Newborn Spring Summit 2019](#) Norwood [NEOQIC](#)

6/19 [Women Recover! Relationships Conference](#), Norwood [MA Dept of Public Health, Bureau of Substance Addiction Services](#)

The Children's Trust Trainings:

5/15 [Building Partnerships to Strengthen Families](#), Taunton

5/22 [Becoming A Dynamic Group Facilitator: Best Practices for Family Support Professionals](#), Marlborough

6/6 [Strengthening Families Through Protective Factors and Parent Cafes](#), Holyoke

6/13, [Becoming A Dynamic Group Facilitator: Best Practices for Family Support Professionals](#), Taunton

PEER WORKSHOP RECAP



On April 25, 2019 all of the Family Recovery Support Specialists (FRSS) came together at the beautiful Blackstone Heritage Corridor Visitors Center for a workshop. The day was spent building community, talking about sharing recovery stories, the importance of self-care and celebrating the great work FRSSs are doing with FIRST Steps Together.

RELEVANT TRAININGS



Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) advances effective recovery supports and services for people with mental or substance use disorders and their families. Here are a couple trainings we wanted to share:

- [Motivational Interviewing for Peer Support Providers \(1 hour, 27 minutes\) – February 12, 2015](#)
- [“Supervision of Peer Workers TA Resource” \(PDF | 702 KB\)](#)
- [Share Your Story – digital storytelling guide and storytelling video trainings](#)

SUCCESS SPOTLIGHT



Khyra Kelly, Family Recovery Support Specialist at Jewish Family and Children's Service

Khyra has been meeting with Kaitlin* for about 3 months. Kaitlin was working on building her recovery supports living with a partner who was actively using. At first it wasn't always clear to Khyra what they were working towards. Sometimes Kaitlin expressed interest in getting out of the house more, or trying to find a supportive mom's group, but then Kaitlin would seem to lose interest.

Khyra kept showing up and offering support and used supervision to express her own confusion over "What am I doing here?!" As someone who has experienced the benefits of recovery, Khyra wanted Kaitlin to get there too and was sometimes frustrated that they couldn't move more quickly. Kaitlin was sober, so what was getting in the way? And then it happened: after a difficult night at home, Kaitlin called Khyra to say that she needed to leave her partner and move into emergency shelter.

Khyra was able to meet Kaitlin at the Department of Transitional Assistance Office (DTA) office and normalize the feelings of loss and upheaval that were coming with such a sudden move. A few weeks after that, Kaitlin shared the devastating news that she had miscarried. They talked about the added grief in Kaitlin's life and how strong she was to stay sober. Through all this, Khyra was able to process with her supervisor the mix of worries and hopes she held for Kaitlin. "Being here has really helped me realize the importance of our relationship. I didn't know what I was doing with Kaitlin at first, but now I see, I was building a relationship with her so that when things got hard, she knew I was that person to call. It felt a little like I wasn't doing anything, but reflecting on it now, I see how important what I was doing really was!"

(*Name changed to protect privacy)

BASECAMP!



Let's keep the conversation going on [Basecamp!](#) We are loving that lots of folks are already jumping in on the conversations and sharing resources! Have a question or want to share something that worked well? Please post in the campfire or message board! See you on Basecamp!



Caring for Generations
JF&CS
Jewish Family & Children's Service

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[Institute for the Advancement of Family Support Specialists](#)

The National Family Support Competency Framework is a shared model of competencies and skills for all home visitors collected from over 20 states and territories.

[Faces and Voices of Recovery](#)

Faces & Voices of Recovery is dedicated to organizing and mobilizing the over 23 million Americans in recovery from addiction to alcohol and other drugs, and their families, friends and allies into recovery community organizations and networks. Together they strive to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery.