FIRST Steps Newsletter Links by Month, April 2019 – December 2019

# April 2019

## Resources

https://journeyrecoveryproject.com/

<https://safetosleep.nichd.nih.gov/>

https://www.theounce.org/achieveondemand/

https://www.samhsa.gov/iecmhc/podcasts-webinars

https://institutefsp.org/

## Listserves and Newsletters of Interest

https://impaqint.com/work/case-studies/child-abuse-neglect-technical-assistance-strategic-dissemination

http://www.healthrecovery.org/

https://facesandvoicesofrecovery.org/

https://www.mass.gov/massachusetts-home-visiting-initiative-mhvi

<https://www.naadac.org/>

# May 2019

## Relevant Trainings

<https://www.samhsa.gov/brss-tacs>

https://www.samhsa.gov/sites/default/files/programs\_campaigns/brss\_tacs/brss-209\_supervision\_of\_peer\_workers\_overview\_cp6.pdf

<https://institutefsp.org/modules>

<https://facesandvoicesofrecovery.org/>

## Basecamp

<https://basecamp.com/welcome-back>

# June 2019

## Care Collaboration Workshop

https://basecamp.com/welcome-back

## Non-Pharmalogical Approaches

https://www.youtube.com/watch?v=IMM7CrIeBfA

<https://store.samhsa.gov/sites/default/files/d7/images/sma18-5071fs3.jpg>

https://www.opqc.net/sites/bmidrupalpopqc.chmcres.cchmc.org/files/Resources/Neonatal%20Abstinence%20Syndrome/opqc\_nas\_parent\_guide\_092914.pdf

https://journeyrecoveryproject.com/#/resources

## Safe Sleep Resources

https://www.mass.gov/infant-safe-sleep

https://safetosleep.nichd.nih.gov/

https://eecweb.eec.state.ma.us/ProfessionalDevelopment/WebFindTraining.aspx

https://www.cdc.gov/sids/index.htm

## Eat, Sleep, Console

https://www.neoqicma.org/

<https://www.nnepqin.org/>

# July 2019

## Upcoming Webinar: Tobacco Conversation

http://www.healthrecovery.org/projects/tape-project/

## Take it to Basecamp!

https://basecamp.com/welcome-back

https://basecamp.com/welcome-back

## Resources of Smoking Cessation

http://makesmokinghistory.org/

https://massclearinghouse.ehs.state.ma.us/

<https://massclearinghouse.ehs.state.ma.us/PROG-BSAS-NRT/SA1060.html>

# August 2019

## Journey Recovery Project

https://journeyrecoveryproject.com/

## Basecamp!

https://basecamp.com/welcome-back

https://basecamp.com/welcome-back

## Upcoming Trainings & Local Events

https://www.mass.gov/orgs/bureau-of-substance-addiction-services

https://www.cvent.com/c/calendar/66c093dd-41d5-4c76-9dfd-dda0178086f1

## Breastfeeding on Mat

https://store.samhsa.gov/system/files/sma14-4124.pdf

https://www.albany.edu/sph

https://www.albany.edu/cphce/bfgr19.shtml

## Breastfeeding Initiative

https://www.mass.gov/orgs/bureau-of-family-health-and-nutrition

https://www.mass.gov/breastfeeding-initiative

https://www.mass.gov/doc/youve-got-what-it-takes-a-guide-to-help-you-make-breastfeeding-a-success-0/download

## Resources

https://www.mass.gov/wic-information-for-participants

http://www.babycafeusa.org/your-nearest-baby-cafe.html

https://www.lllmarivt.org/findagroup

https://www.mochamoms.org/i4a/pages/index.cfm?pageid=1&pageid=3267

https://www.mochamoms.org/i4a/pages/index.cfm?pageid=1&pageid=3267

https://massbreastfeeding.org/

## Breastfeeding Uncovered

https://www.medela.us/breastfeeding/media-center/medela-celebrates-national-breastfeeding-awareness-month-with-breast-pump-donation-and-storytelling-partnership

https://www.youtube.com/watch?v=LUkOJaqjEo8&list=PLa-IxUZzcIFxGHSiiLum2i98voEiy2Mnr&index=8&t=7s

https://www.youtube.com/watch?v=Jmo7V91iuxQ&list=PLa-IxUZzcIFxGHSiiLum2i98voEiy2Mnr&index=8

<https://www.youtube.com/watch?v=TF7NhxCd-NI&list=PLa-IxUZzcIFxGHSiiLum2i98voEiy2Mnr&index=10&t=49s>

# September 2019

## September is National Recovery Month

https://www.samhsa.gov/

https://www.recoverymonth.gov/sites/default/files/toolkit/National%20Recovery%20Month%202019%20Toolkit.pdf

## Recovery Month Resources

https://facesandvoicesofrecovery.org/

https://www.moar-recovery.org/

https://www.youtube.com/playlist?list=PLAWzAhT15N-qurIyzUG8bI8OHA1w80utI

https://www.addictionrecoveryguide.org/resources/mobile\_apps

https://helplinema.org/

https://www.mass.gov/orgs/bureau-of-substance-addiction-services

## Basecamp!

https://basecamp.com/welcome-back

https://basecamp.com/welcome-back

## Success Spotlight: Bay State Community Services

https://plymouthrecoverycenter.org/

https://quincyfamilyrc.org/

<https://anewwayrecoveryctr.org/>

## FIRST Steps Together Celebrates Recovery Month

https://www.shatterproof.org/rise-against-addiction-5k-walkrun

## Journey Recovery Project

https://journeyrecoveryproject.com/

## Upcoming Trainings

https://www.mass.gov/orgs/bureau-of-substance-addiction-services

https://adcare.com/

<https://www.cvent.com/c/calendar/66c093dd-41d5-4c76-9dfd-dda0178086f1>

# October 2019

## October is Domestic Violence Awareness Month

https://zoom.us/j/9729921381#success

https://www.jfcsboston.org/Our-Services/Community-Services/Journey-to-Safety-Response-to-Domestic-Abuse

https://www.youtube.com/watch?v=9C32KCO\_4\_0

## Intimate Partner Violence Resources

https://www.casamyrna.org/

https://janedoe.org/

https://janedoe.org/know-more/

https://www.mass.gov/service-details/department-of-transitional-assistance-domestic-violence-services

https://www.thehotline.org/

http://www.ncadv.org/

https://rainn.org/

https://hotline.rainn.org/online

## Intimate Partner Violence & Substance Abuse

https://www.thehotline.org/is-this-abuse/pregnancy-abuse/

https://www.thehotline.org/is-this-abuse/pregnancy-abuse/#recent-posts-2

## Specialized Massachusetts Programs

https://www.atask.org/site/

https://www.jfcsboston.org/Our-Services/Community-Services/Journey-to-Safety-Response-to-Domestic-Abuse

https://www.maps-inc.org/cause/domestic-violence-sexual-assault-advocacy/

http://www.maps-inc.org/office-locations/

https://tnlr.org/en/

https://www.odscunity.org/

https://saheliboston.org/

## Power and Control Model for Women Affected By Substance Use

http://www.ncdsv.org/

https://victimsofcrime.org/docs/Toolkit%20Bulletins/womenssubabusewheelnoshading.pdf?sfvrsn=0

https://www.loveisrespect.org/

https://www.loveisrespect.org/is-this-abuse/power-and-control-wheel/

## Square One: Supporting All Families Equally (SAFE) Domestic Violence Support Group for Women

https://www.womanshelter.org/

## Upcoming Trainings and Events

https://www.mass.gov/orgs/bureau-of-substance-addiction-services

https://adcare.com/

https://www.cvent.com/c/calendar/66c093dd-41d5-4c76-9dfd-dda0178086f1

## Success Spolight: Square One Store

<https://startatsquareone.org/>

# November 2019

## Protecting Recovery During the Holidays

https://myrealrecovery.com/why-are-holidays-difficult-when-youre-in-addiction-recovery/

https://myrealrecovery.com/

https://www.theprocessrecoverycenter.com/money-recovery-christmas-edition/

https://www.theprocessrecoverycenter.com/

## How to Foster Everyday Gratitude in Children Living with Parental Addiction

https://nacoa.org/

https://nacoa.org/gratitude/

## Holiday Resources

https://public.3.basecamp.com/p/n5BW6tqivu2zAUuDbRan4B8v

https://christmasinthecity.org/programs/thanksgiving-in-the-city/

https://massachusetts.salvationarmy.org/MA/Locations

https://public.3.basecamp.com/p/uFSrTAM32R7xkbzXgpohy1Pd

https://www.globesanta.org/aboutreq.aspx#request

https://massachusetts.salvationarmy.org/MA/Locations

https://public.3.basecamp.com/p/XkudxvyejyP8K7XarJvr5tq1

## Holidays Without Your Children

http://www.risemagazine.org/

http://www.risemagazine.org/2016/11/missing-my-children-on-the-holidays/

## Upcoming Trainings and Events

https://www.mass.gov/orgs/bureau-of-substance-addiction-services

https://adcare.com/

https://www.cvent.com/c/calendar/66c093dd-41d5-4c76-9dfd-dda0178086f1

## The Great American Smokeout is November 21

https://www.cancer.org/?\_ga=2.204707088.1699688128.1570413890-1932218224.1570124985&\_gac=1.22337225.1570413890.Cj0KCQjwoebsBRCHARIsAC3JP0KwQpO5oaQDDP1qhhAngfI5aplzB3ieLOkPAtAQp4c6Dwat0MWJ3qwaAnbrEALw\_wcB

https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html

http://makesmokinghistory.org/quit-now/steps-to-quitting/

<http://makesmokinghistory.org/wp-content/uploads/2014/06/TC2429_QuitPlan.pdf>

# December 2019

## FIRST Steps Together Website

https://www.mass.gov/first-steps-together

## Practicing Self Care

<https://socialwork.buffalo.edu/resources/self-care-starter-kit.html>

## This is What 'Self-Care' Really Means, Because It's Not All Salt Baths and Chocolate Cake

https://thoughtcatalog.com/brianna-wiest/2017/11/this-is-what-self-care-really-means-because-its-not-all-salt-baths-and-chocolate-cake/

## How to Mother Yourself in Recovery-- According to a Mom

https://www.thetemper.com/how-to-be-your-own-mother-in-early-recovery-according-to-a-mom/

## Upcoming Trainings and Events

https://www.mass.gov/orgs/bureau-of-substance-addiction-services

https://adcare.com/

https://www.cvent.com/c/calendar/66c093dd-41d5-4c76-9dfd-dda0178086f1

## Mindfulness for Early Childhood Organizations

<https://www.zerotothree.org/>