

FIRST STEPS TOGETHER

FAMILIES IN RECOVERY SUPPORT NEWS TO USE



NEWS & UPDATES

Hello and welcome to the first edition of the FIRST Steps Together **News to Use** newsletter!

Our Training/TA team plan to pull together links, information, articles, resources, success stories and project updates to share twice a month. This will consolidate information in one place for easy reference. Future issues may be organized around a theme that we will solicit input on from everyone working on the project in advance.

We are very excited that sites are screening and enrolling clients! Congratulations to everyone as we know how much preparation and training has been done thus far to get to this place.

On April 25th, we will be hosting a Family Recovery Support Specialist (FRSS) gathering that we are very excited about. In this workshop, FRSS staff will share ideas about telling recovery stories, self-care and stress management. We will also set the stage for how monthly FRSS calls will be structured and experienced. The workshop will be at the Blackstone Heritage Corridor Visitor Center in Worcester and run from 9:30-3:30. Lunch will be provided and we ask that all FRSS staff attend.

If you have a success story or ideas for something to be included in a future newsletter --such as favorite resources you are using in your work--we invite you to send us a note or give anyone on the Training/TA team a call. We look forward to hearing from you!

Warm regards, Clare Grace, Adrienne, Erica and Maureen

SUCCESS SPOTLIGHT

This week's success spotlight comes from Jenn Barnaby who is the Center for Human Development (CHD) Pittsfield Recovery Services Program Supervisor.

Jenn and her team opened up their new office in Pittsfield in January and have been working hard at making as many community connections as possible. Last week she met with the head of the mother baby unit at the local hospital and was able to enroll someone they referred to her that day! Jenn had brought along her premade folders that had the needed paperwork (screener, intake, enrollment forms and releases) which made things easier.

Sharing information about FIRST Steps Together through networking also paid off recently when a community member came in contact with a woman in need of services, and she knew exactly who to call. Jenn hung up the phone, walked a few blocks to where the woman was sitting on a park bench and talked with her about her situation. She was then able bring her back to the office to talk about getting her connected to services including FIRST Steps Together.



CHD FIRST Steps Together Team - Patrick Tuohy, Nicole Walden, Jenn Barnaby, and Rena Garzone

UPCOMING TRAININGS & LOCAL EVENTS

FIRST Steps Together Trainings:

4/18 Learning Collaborative Webinar (4/23 repeated)

4/25, Family Recovery Support Specialist Workshop, Blackstone Heritage Corridor Visitor Center, Worcester

5/16 Care Coordination Collaborative Workshop, Worcester

5/22 & 6/24 Central/Western MA NBO Training

5/23 & 6/20 Southeastern MA NBO Training

5/2-5/3 [Trauma and Attachment Symposium](#), Hadley, MA [Cutchins Programs for Children & Families](#)

5/7-5/8, [Partners in Perinatal Health](#), Norwood, MA

5/10, [Beyond NAS](#), Plymouth, MA [To the Moon and Back](#)

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

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

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

UPCOMING WEBINARS

CANTASD, [Workforce Well-being: Centering Yourself to Better Support Others](#), April 11

Brazelton Touchpoints, [Learning to Listen webinar series](#), April 17, May 21, June 4

US Breastfeeding Committee [Racial Equity Webinar Series](#), May 28, July 24, September 24

UPCOMING CONFERENCES

Some of these are out of state but we wanted to share

[Black Maternal Health Symposium 2019](#), April 12, Boston

[National Children of Incarcerated Parents Conference](#), April 14-17, 2019, Phoenix, AZ

[21st National Conference on Child Abuse and Neglect](#), April 24-26, 2019, Washington, DC

[18th Annual Suicide Prevention Conference. Innovations in Suicide Prevention](#), May 1-2, 2019, the Sheraton, Framingham

[10th Annual Community Health Worker Conference](#), May 16, 2019, Norwood

[30th Annual International Trauma Conference](#), May 29 – June 1, Boston

[Covington Curriculum Conference](#), June 4-6, Stamford, CT

[Ninth National Breastfeeding Conference & Convening](#), June 14-15, Bethesda, MD



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RESOURCES

[Journey Recovery Project](#)

The Journey Project is an interactive Web resource for pregnant and parenting women who have questions or concerns about opioid and other substance use.

[Safe Sleep](#), Information on how to keep sleep time safe for infants

[The Ounce](#), trainings designed specifically with the needs of home visitors and supervisors in mind.

[SAMHSA](#) Center of Excellence for Infant and Early Childhood Mental Health Consultation, offering podcasts and webinars

[The Institute for Family Support](#)

[Professionals](#) Offering Family Support Professionals the opportunity to learn new skills and grow their careers.



LISTSERVES AND NEWSLETTERS OF INTEREST

- ▶ [CANTASD Child Abuse and Neglect Technical Assistance and Strategic Dissemination Center](#)
- ▶ [Institute for Health and Recovery](#)
- ▶ [Faces & Voices of Recovery](#)
- ▶ [Massachusetts Home Visiting Initiative](#)
- ▶ [NAADAC, Association for Addiction Professionals](#)