



Resources to Support Families Affected by Substance Use

FIRST Steps Together is a home visiting program that offers community based and/or virtual services, delivered by a parent in recovery with training to support both recovery and parenting journeys. We also offer groups, care coordination, and the option of working with a mental health counselor. FIRST Steps Together is open to any person 18 years old or older, who has used opioids, stimulants, and/or other substances, AND who is pregnant or expecting a child, or has at least one child who is 5 years old or younger. Participants do not have to have custody of their children or be actively parenting.

For more information about our program, including contact information for each program site and a downloadable flyer and information card, please visit mass.gov/FIRST-Steps-Together

FIRST STEPS TOGETHER TOPIC-BASED NEWSLETTERS

[Supporting Parent Child Visitation](#)

[Goal Setting](#)

[Program Accomplishments](#)

[SAMHSA Recovery Dimensions](#)

[Support Groups](#)

[Book Sharing as a Tool for Engagement](#)

[Working with Dads](#)

[Holiday Resources](#)

[Supporting New Parents](#)

[Forging Partnerships](#)

[Mindfulness to Support Parent and Children](#)

[Tools to Support Parent/Child Relationships](#)

FIRST STEPS TOGETHER WEBINARS

Trauma, Resilience and Relationship in the Brains of Parents and Children: This three-part webinar was designed to help providers more deeply understand the relationship between trauma and resilience. The series looked at the impact of trauma on our brains, the cyclical nature of untreated multi-generational trauma, and the overlap and intersections of trauma and substance use.

[Part 1: How Trauma and Resilience Live in our Brains](#)

[Part 2: Thinking about Trauma & Resilience in Parent-Child Pairs](#)

[Part 3: Trauma and Substance Use Disorder](#)

Understanding and Treating Mother & Child Dyads: This webinar focused on the parent-child dyad, with a brief introduction to how initial and ongoing interactions between parent and child shape future attachment capacities and strengthen our ability to regulate our emotions. [Understanding and Treating Mother & Child Dyads](#)

Childhood Development Considerations for Home Visitors: This webinar presented an overview of brain development and the importance of attachment, communication, play, and literacy (i.e., reading, writing, talking, listening, crying) in child development. The trainers also shared tips and considerations for home visitors in each of these areas. [Childhood Development Considerations for Home Visitors](#)

Trauma and Trauma Informed Care in Young Children: This webinar provided an overview of the effects of trauma in the brains, bodies, and behavior of children at different ages and developmental stages, and how we as providers can support parents and caregivers to create healing environments. [Trauma and Trauma Informed Care in Young Children](#)

Additional Webinars

[Understanding and Preventing Burnout](#)

[Supporting Families of Children with Special Needs](#)

[Understanding CORI Checks](#)

[Credit Basics](#)

[Racial Inequities in Maternal Health](#)