

FIRST STEPS TOGETHER

FAMILIES IN RECOVERY SUPPORT NEWSLETTER



SUCCESS SPOTLIGHT - MONTACHUSETT OPPORTUNITY COUNCIL (MOC)

The MOC FIRST Steps Together site recently held a graduation event for 14 participants who completed a 14-week Sober Parenting Journey curriculum. The group was co-facilitated by Family Recovery Support Specialist Alvina Duffy and clinician Maria Rader. Additional FIRST Steps Together staff supported the group with child care, transportation logistics and creating special certificates and letters of appreciation for all of the group members. **Graduates shared that some of their most meaningful recovery work to date had been done as a part of this supportive group setting.** MOC plans to hold an 8-week drop in group this fall to extend the opportunity for participants to get together and maintain the beneficial recovery and parenting community that was created. Local businesses provided food for the sessions and for the final celebration. Alvina reflected, "Seeing the reactions of group members as they were recognized for their accomplishments was very rewarding for all!"



Clinician Maria Rader and Family Recovery Support Specialists Alvina Duffy, Shannon Dinardo and Jenna LeBlanc

JOURNEY RECOVERY PROJECT

Check out the updated [Journey Recovery Project](#) website. "Wherever you are on your recovery or parenting journey, this website is for you. Here you will find advice, information, and resources to help you take care of yourself and your family."

BASECAMP!

[Basecamp](#) is the FIRST Steps Together project home base for cross site communication and resource sharing. Past newsletters, recorded webinars, message boards and more all in a centralized location. **[Take it to Basecamp!](#)**

UPCOMING TRAININGS & LOCAL EVENTS

9/23, [Breastfeeding in the Bay State 2019](#), Waltham, [Massachusetts Breastfeeding Coalition](#)

10/10 [Stigma and Access to Treatment: Harvard University and University of Michigan Summit on the Opioid Crisis](#), Boston, [The François-Xavier Bagnoud Center for Health and Human Rights at Harvard University](#)

10/22, [Hepatitis C and the Opioid Crisis: A Berkshire County-Focused Public Health Seminar](#), Pittsfield, [Berkshire Opioid Addiction Prevention Collaborative](#)

11/4, [27th Annual A View from All Sides Conference](#), Framingham, [Children's Trust](#)

The [Bureau of Substance Addiction Services](#) has a lot of trainings coming up this fall that may be of interest. Please find their calendar [here](#).

AUGUST IS NATIONAL BREASTFEEDING MONTH!

BREASTFEEDING ON MAT

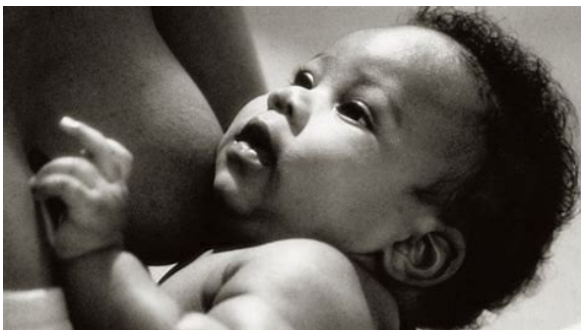
According to the SAMHSA's [Methadone Treatment for Pregnant Women](#), "**For women who are not HIV-positive and who are on methadone, breastfeeding is the best option.** Women who are Hepatitis C-positive usually are able to breastfeed but should check with a doctor first. The benefits of breastfeeding often outweigh the effect of the tiny amount of methadone that enters the breast milk. Though breastfeeding generally is recommended, you should still discuss it with your doctor."

For more information, check out this recent webinar from the [University at Albany School of Public Health Center for Public Health Continuing Education](#):

[Breastfeeding Recommendations for Women Impacted by Opioid Use Disorder and Infants with Neonatal Abstinence Syndrome](#)

BREASTFEEDING INITIATIVE

Visit the [Massachusetts Department of Public Health, Nutrition Division of the Bureau of Family Health and Nutrition Breastfeeding Initiative](#) to find comprehensive statewide resources on breastfeeding including: [You've Got What it Takes - A Guide to Help You Make Breastfeeding a Success](#)



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

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RESOURCES

These organizations provide FREE breastfeeding support, education and information for breastfeeding families. All have online resources. Some host monthly group meetings or provide individual help through phone, text or email.

[Massachusetts Women's, Infants and Children - \(WIC\) Breastfeeding Peer Counselor Support Services](#)

[Baby Café USA](#) - Free drop in café style meetings

[La Leche League of Massachusetts/Rhode Island/Vermont](#) - Meetings and individual help

[Mocha Moms](#) - Breastfeeding and parenting support for parents of color

[Nursing Mother's Council](#) - Meetings and individual help

[Massachusetts Breastfeeding Coalition](#) - Support, education and advocacy for nursing families

BREASTFEEDING UNCOVERED



[Breastfeeding Uncovered](#) is a digital narrative series from Medela where you will witness the stories of women who are breastfeeding in unique circumstances, from [a prison nursery](#) to [a Native American reservation](#) to [a mother in recovery from opioid addiction](#).