



Recognizing Progress



FIRST Steps Together is a strengths-based, person-centered, trauma-informed/healing centered program. Grounded in this philosophy is the belief that individual goals should be identified by the participant based on their own needs and hopes for the future. Our program embraces all paths of recovery and harm reduction, and participant goals and progress will be specific to each person.

Here are some examples of progress that we may see in the families we work with:

<p>PARENTING PROGRESS</p>	<ul style="list-style-type: none"> ■ More confidence in parenting skills ■ More able to understand what their child's behavior is communicating ■ More able to identify and meet child's needs ■ Maintained/increased Family Time ■ Progress made towards parent's own custody goals ■ Parent and child feel more connected during Family Time and times apart ■ Parent has more knowledge of child development
<p>RECOVERY PROGRESS</p>	<ul style="list-style-type: none"> ■ More help seeking practices ■ Progress towards harm reduction ■ Reduced substance use ■ Reduced high risk substance use ■ Reduced life challenges related to use ■ Decrease in overdoses ■ Reconnected to services after recurrence of use/relapse ■ Sustained recovery maintenance
<p>CARE COORDINATION/ CONCRETE NEEDS PROGRESS</p>	<ul style="list-style-type: none"> ■ More use of concrete supports in times of need ■ Completed referral/connection to local EI services ■ Progress towards stability/securing housing ■ Progress towards securing benefits (childcare, WIC, SNAP, TANF, etc.) ■ Parent feels the support services in place are helpful and not duplicative ■ Parent feels service goals are aligned across providers ■ Progress towards goals for education and/or employment ■ Progress towards pharmaceutical support (MOUD, mental or physical health) ■ Improvement in mental and physical health/ stability/ and support ■ Improvement in dental health/stability/support ■ Progress towards family planning/feeling empowered in reproductive choices ■ Progress towards referrals/connection to services for self or kids
<p>GENERAL PROGRESS/ PARTICIPATION/ ENGAGEMENT</p>	<ul style="list-style-type: none"> ■ More engagement in program/responsiveness to outreach ■ More regular attendance/participation in program (contact, individual meetings, group attendance, etc.) ■ Re-engagement after a lapse in services ■ Progress towards wellness/safety planning ■ Gives notice of schedule changes in advance ■ More planful/organized

