



A Path Toward Reunification: New CPS Program Track

RESIDENTIAL SUBSTANCE USE DISORDER PROGRAM FOR MOTHERS
INVOLVED WITH THE CHILD PROTECTION SYSTEM

what we offer

Faith-based residential treatment and recovery program that provides licensed treatment and co-occurring mental health services along with parenting skills development training for mothers who have active CPS cases.

SUPPORTIVE & STRUCTURED ENVIRONMENT

Our goal is to provide a supportive and structured environment for healing, self-discovery, and where moms can develop parenting and other life skills in support of developing a foundation for ongoing success.

- Person-centered approach - each mom has an individualized care plan specific to her distinctive circumstances and needs.
- Integrated care team includes a dedicated family manager, licensed alcohol and drug counselors, mental health practitioners, recovery coaches, peer recovery support specialists, chaplains, and a legal liaison.
- Length of stay and visitation for each mom aligned with the CPS plan.

PARENT-CHILD WORKSHOPS

While in our CPS program track, clients participate in 20 hours of skills training workshops each week and have additional time to reflect on and practice new skills.

- Parent-Child workshops are based on Attachment Theory, which stresses the importance of bonding, attunement, and attachment as the bases of creating safe, secure, and reliable parent-child relationships.
- Workshops cover a range of topics related to Addiction, Self-Awareness, Life Skills, Motherhood, Active Parenting, Monitoring Progress, and Creating a Community of support.
- Workshops are offered in a rotating curriculum format, so all clients are able to participate right away, regardless of their prior parenting experience, skills, or training.

how it works

1 ADMISSION SCREENING & INTAKE

- For pilot: Moms with 1-2 children, aged 0-6 years
- Chemical Health Assessment
- Mental Health Assessment
- Family Dynamics Assessment
- CPS Plan Review
- Non-smoking program

2 LICENSED TREATMENT & STABILIZATION

- 2-4 weeks based on need
- 30 hours of services each week
- Psychiatric medication services
- Individual and group counseling
- Co-occurring mental health
- With CPS:
 - Establish goals, timeline, individual case plan

3 RECOVERY & CPS TRACK

- 4-9 months, based on CPS plan
- 20 hours of services each week
- Faith-based recovery program
- Parent-child skills workshops
- Practical application of skills
- Visitation and passes, per CPS plan
- Transition planning
- Aftercare services

Workshop Curriculum Overview

Clients in our CPS Program Track will participate in a series of workshops designed to build parenting skills toward reunification and long-term success.

Focus	Content & Skills Development	
GAIN INSIGHT INTO ADDICTION AND IDENTITY	<ul style="list-style-type: none"> • Identity • Addiction in the Family Unit (transgenerational view) 	<ul style="list-style-type: none"> • Relationships • Guilt/Shame • Asking for Help
UNDERSTANDING YOURSELF: SELF-AWARENESS	<ul style="list-style-type: none"> • Strengths Weaknesses • Personality Inventory • Asking for Help 	<ul style="list-style-type: none"> • Identify Self-Talk • Create a Vision for Your Life
PARENT: LIFE SKILLS	<ul style="list-style-type: none"> • Identify Causes of Stress • Learn Positive Coping Skills • Communication • Boundaries • Healthy Habits • Healthy Relationships • Creating a Routine 	<ul style="list-style-type: none"> • Practicing Hygiene (personal, bathing, laundry) • Organization • Budgeting • Cooking (Healthy Meals, Nutrition, On a Budget)
PARENT-CHILD: MOTHERHOOD	<ul style="list-style-type: none"> • Family of Origin • Philosophy of a Parent • Role as Mom 	<ul style="list-style-type: none"> • Being a Parent • Qualities or Spirit of Parent
PARENT-CHILD: ACTIVE PARENTING	<ul style="list-style-type: none"> • Child Development • Age/Stage Development • Setting Limits • Structure • Building Resilience 	<ul style="list-style-type: none"> • What is Attachment/Attunement • Cultivating a Relationship • Temperament • Love • Communication
PRACTICING: APPLYING SKILLS AND MONITORING PROGRESS	<ul style="list-style-type: none"> • Tuning in (nurture, attachment, attunement) • Language (sounds, gestures, words, tone) • Schedules and Routines • Health & Wellness 	<ul style="list-style-type: none"> • Positive Discipline • Play and Bond • Daily Family Time • Family Responsibilities • Supportive Network • Managing Stress
AFTERCARE PLANNING: VILLAGE - CREATING COMMUNITY	<ul style="list-style-type: none"> • Kinship Care • Mentors • Role Models • Church Support 	<ul style="list-style-type: none"> • Fellowship • Asking for Help • Parenting Community Resources • Aftercare Resources