



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