

Many of our clients are also receiving services from other agencies. We make every effort to co-ordinate efforts with these agencies.

The staff is dedicated to providing a safe, caring, supportive environment for women and their children as they begin a new and sober lifestyle.

**The Next Step Intensive Outpatient Treatment Program** is based on the nationally recognized Minnesota Model of substance abuse treatment.



### **CONFIDENTIALITY**

Because we receive federal funds, federal laws (42 CFR) mandate strict rules of confidentiality of client identities and records. Release of information about clients is limited to the specifications of these laws.

Please call:  
Substance Use Disorder  
Department  
FOR INFORMATION OR  
TO APPLY FOR SERVICES:  
CALL  
(530) 841-4890  
FAX (530) 841-4881  
SUD Toll Free: 1-866-460-0402

FOR ALL SERVICES  
AND AFTER HOURS  
CRISIS CALL THE 24  
HOUR ACCESS LINE  
1-800-842-8979

**SISKIYOU COUNTY HEALTH & HUMAN SERVICES**  
Behavioral Health Division  
Substance Use Disorder (SUD)

**NEXT STEP**  
**INTENSIVE OUTPATIENT**  
**TREATMENT**  
**For**  
**WOMEN**  
**And**  
**PERINATAL SERVICES**



**Next Step Intensive Outpatient Treatment** is provided to substance-using women (18 or over) who are pregnant and/or parenting children the age of 17 and under. "Parenting" includes a woman who is attempting to regain legal custody of her children. It is open to all women 18 or over, regardless of past or present parenting status. **Perinatal Services Admission Priority (Regulation 45 CFR 96.131(a)) are any pregnant woman who seeks or is referred for and would benefit from services are given preference in admissions to treatment facilities. Priority admission for all women in perinatal funded services must be given in the following order:**

- 1. Pregnant injection drug users;**
- 2. Pregnant substance users;**
- 3. Parenting injection drug users; and**
- 4. Parenting substance users.**

These services include assessments, providing referral and access to treatment and recovery services, possible funding for intensive outpatient and residential substance abuse treatment, case management, parenting, and other women-specific services.

**The Intensive Outpatient Treatment Program** is a 20 week program plus Aftercare.

The program includes:

- Assessment of each client
- Intensive education about the disease of addiction and its effect on individuals and families
- Individualized treatment planning and goal setting, and the support and treatment needed to reach those goals
- Group and individual counseling with case management as needed
- Parenting Skills Training
- Grounding in 12-step philosophy
- Aftercare: Group & Individual Counseling with Case Management

Childcare and transportation are provided for the length of the program. Referral to transitional housing is available for clients meeting requirements.



Women may be self-referred.

Referrals are also welcomed from the Court System, CPS, and other agencies.

Additional program components:

Referrals for co-occurring disorder services for clients with additional diagnosis of mental/emotional disorders

Inter-Agency meetings and coordination of services

Regular status reports to courts and CPS as required

Access to primary medical and pediatrics care

Case Management focused on securing safe housing, education, job training and/or search, and child care

Family members are encouraged to begin their own healing from the effects of another's alcohol and/or other drug use by attending Al-Anon and other community family groups being offered by other agencies.

#### **NEXT STEP**

is a

#### **CLEAN & SOBER PROGRAM**

and includes frequent random drug testing on all clients.