

Outcomes

Healthy Steps is modeled after the Parent-Child Assistance Program (PCAP) based out of Seattle, WA. According to their statistics, after 3 years of work with a PCAP advocate:

- 88% of clients had completed alcohol/drug treatment programs;
- 78% had at least one period of abstinence from drug/alcohol of 6 months or more;
- 65% were using family planning methods on a regular basis;
- 74% of children were living with their own families;
- 95% of children were receiving child care and were fully immunized; and
- 66% were in permanent, stable housing.

Mission Statement

Providing quality services to individuals with diverse needs by encouraging opportunities for growth, development and community support.

Accredited Supportive Living Services Limited's

Healthy Steps

serves a large portion of Alberta's Northwest

Contact Information

Fairview, Grimshaw, Berwyn, Nampa, Peace River, Dixonville, Manning, and Surrounding Areas:

**ASLS
Healthy Steps**
Box 5006, 9604-96th Street
Peace River, AB
T8S 1R7
Phone: 780.624.1943

Grande Prairie, Spirit River, La Glace, Wembley, Beaverlodge, Hythe, and Surrounding Areas:

**ASLS
Healthy Steps**
#205 10006-101 Avenue
Grande Prairie, AB
T8V 0Y1
Call Toll Free 877.539.0433
Phone: 780.539.0433 ext. 109

The information in this brochure has been adapted from the PCAP brochure and can be credited to WA State PCAP Director: Dr. Therese Grant

The FASknot on the cover is the official symbol of FASworld

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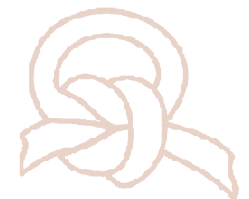
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Healthy Steps: Mothers-to-be Mentorship Program



www.aslslimited.org



Accredited Supportive Living Services Limited

Healthy Steps Program



Beliefs and Principles:

ASLS and Healthy Steps believes that women have the following rights:

- To be valued by others.
- To have a sense of their own self worth.
- To have opportunities for personal achievement that demonstrates to themselves and to others that they are important contributing members of society.

The Issue:

Maternal alcohol and drug abuse puts children at risk;

- Because of possible effects of prenatal exposure on the health and development of the unborn child;
- Because of the likelihood of a compromised home environment.

The Goals of Healthy Steps

- To help mothers build and maintain healthy independent family lives;
- To assure that children are in safe and stable homes;
- To prevent future births of alcohol and drug exposed children.

The Healthy Steps Approach

Trained and supervised mentors will provide home visitation and intervention for 3 years.

Advocates assist clients in:

- Setting goals and identifying steps to achieve them.
- Obtaining alcohol/drug treatment.
- Staying in recovery.
- Choosing a family planning method.
- Child health care/immunizations.
- Connecting with community services.
- Transportation to appointments.
- Solving housing, domestic violence, child custody concerns.
- Resolving system service barriers.

Mothers are not asked to leave the program if they relapse or experience setbacks.

Eligibility

Women Who:

- Abuse alcohol/drugs during pregnancy; *and*
 - Are pregnant or up to 6 months post partum; &
 - Are ineffectively connected to community services
- Or*

Women Who:

- Have a child diagnosed with a Fetal Alcohol Spectrum Disorder (FASD) ; *and*
- Are currently abusing alcohol/drugs; *and*
- Are in their childbearing years.

