

First Step Family Support Center 2021 Year in Review

Our mission: Promoting the healthy development of children & families on the North Olympic Peninsula by building family strengths!

In 2021,
First Step served
over 1,337 adults and
approximately 2,580
children!

Parents as Teachers
home-visiting program
served **164** families with over
2,155 in-home and virtual
visits to deliver **child-
development centered
curriculum and assistance.**

Over **\$121,000**
in emergency goods
and services were
delivered to families
impacted by the
COVID-19 pandemic.

Volunteers
gave **860**
hours of service!

28 car seats
were given to
families + **61 seats**
safety checked!

Families in both
Clallam and Jefferson
counties were served
by First Step with the
support of our
generous community!

63 cribs were
given to families
with **safe sleep
education**

The **Parent-Child Assistance
Program** served **121** families
through 1,830 visits providing
intensive case-management
services to help mothers get clean
and stay sober and to **prevent
future babies from being born
compromised.**

87 visits
to our online
**Parent Education
Classes!**

Over **1,366 in-home,
office and virtual visits** of
maternity support and infant
case management to help
women have a **healthy
pregnancy**, healthy baby,
and a healthy start.

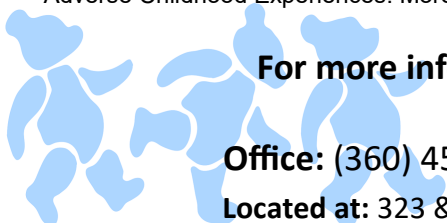
**Emergency funds, diapers,
children's clothing and coats,**
supplies, information and referrals to
community resources, social support
contacts, and free children's books were
provided through **our Drop-In Center,**
and through **deliveries by
our outreach and family navigation
workers.** We also provided free
COVID vaccination events and free
COVID rapid tests.

342 visits to our
support groups!

2,384 visits to our
in-person and
virtual **Play & Learn
groups!**

First Step Family Support Center - Our Services 2022

- **Parents As Teachers Home-Visiting Program** - Evidence-based home visiting program promoting healthy child development, problem solving skills, and healthy parent support networks for families with children 0 to 5 years of age. Limited openings. Visits available in English and Spanish. Now serving both Clallam and Jefferson Counties.
- **Parent-Child Assistance Program** - An intensive case management model serving women who are pregnant or parenting who have alcohol and/or drug use disorders that may impede their ability to care for their children and live healthy lives. Program Goals: Achieve/maintain recovery, build healthy family lives and prevent subsequent alcohol/drug exposed infants. Contact Christina directly: 360-808-5517
- **Port Angeles Drop-In Center & Outreach Project**– Safe place to find what you need for your family. Information & referrals, a children's play area, emergency diapers, access to phones, computers, fax and copier, healthy snacks, and free children's books. Monday-Thursday 1 PM to 4 PM at First Step Family Support Center, 325 E. 6th Street.
- **Port Angeles Clothing and Equipment Closet**—A place where people can come for free, gently used infant, children and maternity clothing, as well as new blankets, baby equipment, toys and books. Monday—Thursday 1 PM to 4 PM at First Step Family Support Center, 325 E. 6th Street.
- **Maternity Support Services** - Community Health Nurses, Nutritionists, Social Workers, and Community Health Workers support women to encourage a healthy pregnancy and healthy birth outcomes. Services are provided from beginning of pregnancy through child's first 2 months. Mother must be eligible for Medicaid. Lactation & feeding support provided through our partners New Family Services at OMC.
- **Infant Case Management** – Home-visiting program for parents with children 2 months to 1 year of age. May start program anytime up to 1 year of age. Provides advocacy, linkages, information, and referrals. Child must be eligible for Medicaid.
- **Parenting Classes** - Free parenting education classes to help you enhance the first important relationship your child has - the one with you! Offered 2—3 times per year.
- **Safe Beds for Healthy Babies** — A safe sleep initiative to help prevent Sudden Infant Death Syndrome (SIDS) & suffocation. Free education and materials to promote room sharing versus bed sharing. Parents are provided a free new crib, crib sheet, children's books, and safe sleep literature.
- **Kaleidoscope Play & Learn**— Free parent and children play group. The play groups help demonstrate to parents that they are their child's first and most important teacher. We now have groups in Port Angeles, Sequim, Port Townsend, Port Hadlock, and Brinnon. For information on group times and locations, visit www.firststepfamilysupportcenter.org.
- **Supportive Parenting Program** – Intensive home-visiting program to help parents with cognitive limitations raise their children and to help their children develop on target and thrive.
- **First Step Family Reading Project and First Books Program** – Supportive literacy activities for children and families.
- **Family Well-Being Navigator**– short-term case management and support program for families with children 0-6 years who need assistance accessing information and resources. This program seeks to improve overall family well-being, support healthy relationships and give children and their caregivers the best start in life.
- **Mothering Together**- A support group for new or expecting mothers, offered online.
- **Entre Mamás—a New Mom's Group**— A drop-in group for Spanish speaking mothers to socialize and support each other. Located in Forks.
- **Child Passenger Safety Program**- Child passenger safety information and car seat checks by appointment. Provide assistance with getting a safe new car seat when needed.
- **Nurse/Family Partnership**—Home Visiting Program connecting young, first-time moms to specially educated nurses starting early in pregnancy and continuing through the child's second birthday. Run by Jefferson County Public Health in Clallam County. Contact First Step 360-457-8355 or Jefferson County Public Health at 360-385-9400
- **Trainings**: First Step also provides community trainings for topics including Perinatal Depression and Prevention & Mitigation of Adverse Childhood Experiences. More to come!



For more information or to sign up for any of our programs, contact us:

www.FirstStepFamilySupportCenter.org

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