

# ABOUT FIRST STEP HOME

## ABOUT FIRST STEP HOME

- First Step Home, located in Walnut Hills, is the premier addiction treatment center for women as they live together with their children, up to the age of twelve, while they are in recovery. First Step Home provides an entire continuum of care to women with substance use disorder. The staff works to assist women in rebuilding their families as they break the cycle of drug and alcohol addiction and become self-sufficient.

- First Step Home partners with Good Samaritan Hospital, Cincinnati Children's Hospital Medical Center, Cincinnati Child Protective Services, Center for Addiction Treatment, Crossroad Health Center, G.L.A.D. House, and Dress for Success to support the Maternal Addiction Program.

- The Maternal Addiction Program is a unique program which addresses a multitude of needs for pregnant women and new moms recovering from addiction with wrap-around services.

In 2017, the Maternal Addiction Program has supported 151 women in treatment, supported 55 births, and reunited 35 women with their children. Women delivering babies in the care of the Maternal Addiction Program, stayed substance-free 65% of the time, and 97% have had no further contact with the justice system.

- First Step Home is helping the local hospitals have fewer births that result in long term natal intensive care by treating the women during their pregnancies.

- First Step Home and its staff are recognized as leaders in the fight against the opiate epidemic both locally and regionally. Speaking at numerous conferences and workshops, they offer their expertise about substance abuse treatment for women and families working to attain a sober life.

- First Step Home is celebrating its 25th anniversary year and continues to serve those women and families affected by addiction by providing them a safe environment with the programs and services needed for recovery.



# TREATMENT & SERVICES

## **RESIDENTIAL TREATMENT**

The Residential Treatment program provides services for substance use disorder and co-occurring behavioral health issues with a primary focus on gender responsive treatment, for pregnant and non-pregnant women, who are at least eighteen years old. The program is family oriented, which allows for children, up to the age of twelve, to live at our main treatment home with their mother as she recovers.

## **INTENSIVE OUTPATIENT**

Intensive Outpatient (IOP) provides a variety of treatment and wrap-around services intended to enable clients to function drug free and to address social, psychological and physical areas of self-sufficiency.

## **OUTPATIENT TREATMENT**

The Outpatient Treatment (OT) program is designed to provide core recovery services for women who reside in their own home environment and do not require more intensive treatment.

## **MATERNAL ADDICTION PROGRAM**

The Maternal Addiction Program addresses the needs of pregnant women and new moms recovering from addiction with wrap-around services.

## **THE TERRY SCHOOLING HOME FOR MOTHERS AND INFANTS**

The Terry Schoenling Home for Mothers and Infants Program helps women who have substance use disorder, bond with their newborns during that all-important first month of life.

## **HOUSING**

We have residential, campus housing and sober living homes designed to reflect the needs and services for women at different levels of need in terms of program intensity in housing options. Residential is a 24/7 care facility. Campus housing is shared housing that allows women more freedom and responsibility as they achieve greater sobriety and sober housing allows women a mostly independent lifestyle while still being within a couple of blocks of core services. Our apartment building will allow graduates with jobs and/or income generation to rebuild their credit and their lives while being close to services.



## CLIENT TESTIMONIAL....one of many

HELLO, MY NAME IS CRYSTAL. "I'm a mother of six. I like to call myself a success with First Step Home - another chance given.

I was in college and a manager of Burger King, with four children. My Kids' father went to prison and that's when I started my journey to where I was using pain pills and drinking for two and a half years. Then when that wouldn't help, I started using heroin. I had two more children, both born addicted to opiates. My son, Ronnie, was born at four and a half months and was in the hospital for four months. He is alive and healthy today by the grace of God.



When Ronnie was about a year old, I realized that I couldn't care for myself, let alone my children, so I gave them to my mother. Thank you, Mom, for saving my kids and me.

**MY TWO OPTIONS WERE FIRST STEP HOME OR DEATH.**

When I got here I was lost. I was broken. I felt like I lost my soul. I was a stranger to myself. I had six kids but I was no mother. What mother chooses drugs over her children?

Through my groups and the staff - who really cared - the people who saved my life - they helped me with employment and parenting classes. But most of all - they showed me that I was worth it. I do deserve to live.

They believed in me and loved me when I didn't love myself. I was with First Step Home for a little over two years. I was very sad to leave but it was time to get my babies back. Time to be a mommy again. I get to tuck my babies in every night at our own home.

**AND EACH NIGHT MY CHILDREN THANK FIRST STEP HOME FOR GIVING THEM THEIR MOMMY BACK.**

Today I have great employment. I'm an assistant manager for Panera, but still with hopes to be a counselor so I can save a life like mine. Today I have about two and a half years clean and I am a great mother of six beautiful kids. I couldn't have done it without First Step Home."

# 25 YEARS OF HISTORY

## 1992-1994

- In October of 1992, **First Step Home** begins at St. Michael's Church in Lower Price Hill as Hamilton County's first general long-term care house for indigent women battling substance abuse. Five women enter treatment. Annie Plummer (Bennett) was the Executive Director and Mary Ann Heekin, served as Board President. Together Plummer and Heekin garner community support, and in 1993 receive a grant of \$190,000 from the Ohio Department of Alcohol and Drug Addiction Services.

- Renovations are made at St. Michael's and the first children are allowed to live with their mothers while they are in recovery. **First Step Home** is now a \$300,000 operation with new partnerships like the YWCA and the Women's Resource & Development Center.

## 1995-1996

- **First Step Home** continues to create a home-like setting and nurturing environment for the women and their children. G.L.A.D. House begins working with families to help them re-establish healthy families. **First Step Home** provides transitional housing at Liberty Commons to graduates of their recovery program. A safe neighborhood, affordable rent and on-going counseling help them continue their journey to sober living.

## 1997-2001

- **First Step Home** experiences growth by opening a new treatment facility named Turner Home which allows more women to seek treatment. In addition, the purchase and planning of the old Pogue mansion on Fulton Street begins—soon to be a new residence for those seeking treatment. This expansion project, as well as more renovations at St. Michael's, and new services and programs for the clients, sets the vision for the future of **First Step Home** in the coming decades.

First Step Home says goodbye to Annie Plummer Bennett, Executive Director, and welcomes Margo Spence as President and CEO as the agency takes on new leadership.



# 25 YEARS OF HISTORY

## 2002-2006

- While renovations begin in 2002 at 2203 Fulton Avenue, First Step Home continues its mission to reach out to those women and mothers seeking substance abuse treatment. One success at a time. Programs and services are developed to help clients and give them hope for a sober life. By 2006, First Step Home has added 2215 Fulton Avenue as another Transitional Housing facility.

## 2007-2010

- With statistics showing that the opiate addiction is on the rise, First Step Home increases their capabilities and facilities so that they can treat more women. In 2008 another Transitional Housing opens, and in 2009 the Carriage House Treatment Center is finished and ready for use by staff and clients. First Step Home now is creating a campus in Walnut Hills—a community of recovery.

## 2011-2014

- Responding to the opiate epidemic, First Step Home partners with Good Samaritan Hospital, Crossroad Health Medical Home, Center for Chemical Addictions Treatment, Dressed for Success, and G.L.A.D. House to create Maternal Addiction Center. This program will take an addicted mother from recovery to establishing herself back into the community as a productive citizen.

In 2013, First Step Home celebrates their 20-year anniversary. Since that date, over 3,200 women and 2,600 children have been a part of their treatment services.

## 2015-2017

- First Step Home continues to expand the campus with the purchase of 928 Windsor, 2207 Fulton Avenue and 2300 St. James - increasing the number of women they can serve. In 2017, the Terry Schooling Home for Mothers and Infants opened and allows new Moms with their newborns to bond in a safe and nurturing environment.

## 2018 -

*"We will continue to pursue our mission to assist women seeking recovery and return them to society as productive citizens."*

*Margo Spence, President & CEO, First Step Home*



# LEADERSHIP

## LEADERSHIP

Margo Spence, President & CEO  
DeeAnn Camp, Director of Regulatory Compliance  
Cindy Fischer, Director of Human Resources  
Rachel Lyon, Director of Development  
David Nuscher, Director of Finance  
Naomi Sims-Satterwhite, Director of Clinical Services

## BOARD

Jessica Walther – Chair  
Mary Schwaderer – Vice Chair  
Robert F. Morand, Esq. - Treasurer  
Kathryn Freemon - Secretary  
Jeffrey M. Hendricks, Esq. - Past Chair  
Sara Breiel  
Jerel Coleman  
Cathy Cooke  
Jon Fackler, MD  
Cameron M. Foster  
M. Maureen Heekin  
Carole Montrou M. Miles  
Hugh O'Donnell, Esq.  
Ken Schon  
Verna Tuttle

## ADVISORY BOARD

Roger Baldwin  
James Mason  
Annie Bennett  
Heather Burr, Esq.  
Robert S. Castellini  
Marjorie Rabenold  
Dick Duval  
Andrea Rogers  
Brian S. Harvey  
Paul Sittenfeld  
Mary Ann Heekin  
William Strietmann  
Beatrice Lampkin, MD  
James R. Verdin  
David F. Logan  
W. Joseph Williams



# COMMUNITY

## Community Partners

Bethesda, Inc.  
Child Poverty Collaborative  
Child Protective Services of Cincinnati  
Greater Cincinnati Foundation  
Interact for Health  
Good Samaritan Hospital's HOPE Program  
Center for Addiction Treatment  
G.L.A.D. House  
Crossroad Health Center  
Dress for Success  
The Ohio Women's Network

## Volunteers

Church of the Redeemer  
Zonta  
Pi Sigma Zeta Sorority  
St. James Father's Ministry  
Jim Breech and NFL volunteers



## BY THE NUMBERS

### Opioid Epidemic Stats:

- In 2016 alone there were 403 overdoses in Cincinnati – a 50% increase over the past four years.
- The number of fatal overdoses involving Fentanyl has more than doubled in the past year, according to Dr. Lakshmi Sammarco, Hamilton County Coroner. “The slightly lower rate of deaths this past year were due to the life-saving drug, Narcan being used in overdose situations.”
- In 2015, the death toll from drug overdoses was 414 people, roughly a 40 percent increase over 2014, which had 298 such deaths. (Cincinnati Coroner’s Office, 2016)
- The Centers for Disease Control and Prevention (CDC) report that there were more than 40,000 unintentional drug overdose deaths in the United States in 2011, a 118-percent increase since 1999. NIDA, 2016
- Between 1980 and 2015, the number of women in prisons increased more than 744 percent. In 2015, the number of women in Kentucky prisons grew by 25 percent, five times the rate of men. We know the major drivers of this explosion: nearly four in five women behind bars have a substance abuse problem.

### First Step Home Stats:

- We treated 151 women in the Maternal Addiction Program in 2017 and 35 women were reunited with their children. We cared for 65 children in our child care services last year. We provided support services for 54 births during fiscal year 2017.
- 93% of women receiving treatment in FY2017 were mothers or prospective mothers. 97% of our women have no further contact with law enforcement once they are in our program.



# THIS IS FIRST STEP HOME....

