

About Sierra Vista

Sierra Vista Child & Family Services has been helping children and families in California's Central Valley since 1972. We serve communities and school districts in Stanislaus and Merced counties. We do this through a continuum of care and integrated programs that include early childhood services, school-based services, community counseling, early psychosis assessment, mental health services, perinatal substance use disorder treatment, adoption, and foster care. Our goal is to provide access to quality programs and services that make a difference to a child, their family, and the entire community.

Mission

To cultivate lasting change in the well-being of our communities by strengthening youth and families.

Vision

We envision a healthy community that is connected to quality resources and services in behavioral health.

Values

Excellence
Professionalism
Innovation
Collaboration
Caring
Diversity

Funding made possible by



Stanislaus County Board of Supervisors

Stanislaus County Community Services Agency

Stanislaus County Behavioral Health and
Recovery Services



First Step Perinatal Substance Use Disorder Treatment Program

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California
Alliance
Promoting Recovery & Healing

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First Step Perinatal Substance Use Disorder Treatment Program



The First Step Perinatal Substance Use Disorder Treatment program utilizes a wraparound approach with substance use treatment, parent education and the child development center located at the same site. The women learn to develop and maintain healthy interpersonal relationships and how to provide safe, sober, and nurturing homes for themselves and their children. In the perinatal portion of the program, women also learn and develop positive parenting skills.

First Step provides a welcoming atmosphere blending an individualized professional treatment program with support and compassion that assists women on the path to recovery.

Substance Use Treatment

The First Step program provides services for women with a substance use disorder who are a Stanislaus County Medi-Cal beneficiary and resident. Priority for services is given in the following order: Pregnant injecting drug users, pregnant substance users, injection drug users and all others.

Program Components

- Assessment and Diagnosis
- Treatment Planning
- Intensive Outpatient Treatment
- Outpatient Drug-Free Treatment
- Recovery Services
- Parent Education Services
- Child Development Center
- Parent / Child Visitation
- Developmental Assessments for Children
- Referral for Counseling Services for Children
- Case Management
- After Care

Parenting Program

First Step provides parent education classes taught by experienced parent educators who help women learn sound parenting skills.

Parent Education classes include child guidance techniques, child development, nutrition, stress management techniques, communication skills, building self-esteem,

and the impact of substance abuse on children. Parenting labs provide child-directed play and guidance strategies practiced under the direction of a Parent Educator.

Child Development Center

The Child Development Center is available to children of mother's participating in First Step services and is staffed with early education professionals skilled at working with infants and children.

Our Child Development Staff uses developmentally appropriate activities and curriculum to help children reach developmental milestones to achieve the skills necessary to succeed when entering school. Enrichment activities, assessments, and referrals make First Step's Child Development Center unique in its focus. The Child Development Center serves children five and under.

