KSTEP Program Information Sheet

Kentucky Strengthening Ties and Empowering Parents (KSTEP)

KSTEP provides intensive in-home services and substance use disorder treatment to help parents whose substance use may put their children at risk. KSTEP partners with DCBS and community services to help parents get the support they need. KSTEP's goal is to keep children safely at home with their families, reduce the number of children entering foster care, and when foster care is necessary for safety, the program works to help children return home as safely and quickly as possible.

What to Expect in KSTEP

- **Immediate Contact:** After a referral from DCBS, a KSTEP staff member will contact you to set up a meeting within 24 hours. During this meeting, you will complete paperwork and assessments to determine what level of treatment and services you need. The first two weeks of the program may require more of your time to make sure support starts quickly.
- **Support Services:** KSTEP may help with paying for drug screens and treatment, transportation to appointments, and connecting you to helpful community services.
- **Random Drug Screening:** Required throughout the program, starting with once weekly and decreasing as you make progress through program phases.
- **Flexible and Responsive Services:** Providers have flexible scheduling to meet the needs of your family.
- **Program Length:** KSTEP services usually last 6-12 months to give families time and support to address substance use and build a safe, stable home. *Program length varies based on families' progress and needs.*

Your Role in KSTEP

- **Attend Appointments:** Be available for appointments and Family Team Meetings (FTMs).
- **Stay in Contact:** Communicate with your providers and respond when they reach out.
- **Follow the Plan:** Follow your treatment plan, complete drug screens, and follow safety plans.
- **Be Honest and Open:** Be truthful with providers and use the skills you learn to help keep your family safe.

KSTEP Program Phases

Phase One (Average 1-2 months)

- **Contact:** At least 2 face-to-face meetings in the home weekly
- **Provider Hours:** 5-10 hours weekly with in-home and treatment service providers.
- **Drug Screening:** Minimum once weekly
- **Assessment and Planning:** Initial assessments and treatment recommendations made, family agreement and action plan created
- **Family Meetings:** Initial FTM within 6-14 days, then every 30 days

Phase Two (Average 2-3 months)

- **Contact:** At least 2 face-to-face meetings in the home weekly
- **Provider Hours:** 5-10 hours weekly with in-home and treatment service providers
- **Drug Screening:** Minimum once weekly
- **Family Meetings:** Every 30 days

Phase Three (Average 1-3 months)

- **Contact:** At least 1 face-to-face in the home weekly
- **Provider Hours:** 2-10 hours monthly with in-home and treatment service providers
- **Drug Screening:** Minimum twice monthly
- **Family Meetings:** Every 30 days

Phase Four (Average 1-2 months)

- **Contact:** At least 1 face-to-face in the home monthly
- **Provider Hours:** 1-8 hours monthly with in-home and treatment service providers
- **Drug Screening:** Minimum one monthly
- **Family Meetings:** Every 30 days
- **Aftercare Planning:** Aftercare plan and program completion

Additional Information

- **Empowering Families:** The goal is to keep families united while addressing substance use.
- **Flexible Phase Durations:** Timeframes are averages and may vary based on family progress.
- **Collaborative Transitions:** Phase changes are determined collaboratively during FTMs.

KSTEP is dedicated to helping parents maintain a safe home environment for their children while receiving necessary support for substance use challenges. Successful participation can lead to the closure of your DCBS case and prevent court interventions.

TEAM KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES