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## KSTEP PROGRAM PHASES

### **PHASE ONE (AVERAGE 1-2 MONTHS)**

- MINIMUM 2 FACE-TO-FACE CONTACTS WEEKLY
- 5-10 HOURS WEEKLY CONTACT WITH SERVICE AND TREATMENT PROVIDERS
- MINIMUM WEEKLY RANDOM DRUG SCREEN SUBMISSION
- INITIAL ASSESSMENTS ARE COMPLETED, AND TREATMENT RECOMMENDATIONS MADE, FAMILY AGREEMENT & ACTION PLAN CREATED
- INITIAL FTM WITHIN 6-14 WORKING DAYS & AT LEAST EVERY 30 DAYS

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### **PHASE TWO (AVERAGE 2-3 MONTHS)**

- MINIMUM 2 FACE-TO-FACE CONTACTS WEEKLY
- 5-10 HOURS WEEKLY CONTACT WITH SERVICE AND TREATMENT PROVIDERS
- MINIMUM WEEKLY RANDOM DRUG SCREEN SUBMISSION
- FTMS EVERY 30 DAYS

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### **PHASE THREE (AVERAGE 1-3 MONTHS)**

- MINIMUM 1 FACE-TO-FACE CONTACT WEEKLY
- 2-10 HOURS MONTHLY CONTACT WITH SERVICE AND TREATMENT PROVIDERS
- MINIMUM TWICE MONTHLY RANDOM DRUG SCREEN SUBMISSION
- FTMS EVERY 30 DAYS

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### **PHASE FOUR (AVERAGE 1-2 MONTHS)**

- MINIMUM 1 FACE-TO-FACE CONTACT MONTHLY
  - 1-8 HOURS MONTHLY CONTACT WITH SERVICE AND TREATMENT PROVIDERS
  - MINIMUM MONTHLY RANDOM DRUG SCREEN SUBMISSION
  - FTMS EVERY 30 DAYS
  - AFTERCARE PLANNING/PROGRAM COMPLETION
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## ADDITIONAL INFORMATION

- ❖ KSTEP is a program that was designed to help you keep your children safe at home with you while you participate in substance use treatment.
- ❖ KSTEP phase timeframes (referenced in the KSTEP Program Phases listing) are averages and can vary from family to family, depending on the maintenance of sobriety and progress of the family.
- ❖ All KSTEP phase changes are determined at FTMs in collaboration with all providers.
- ❖ Updates regarding your substance use disorder treatment, in-home services participation, progress on action plans, successes, barriers, and drug screen results are provided to your DCBS social worker every week throughout the KSTEP program.

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# Kentucky Strengthening Ties & Empowering Parents

### WHAT IS KSTEP?



KSTEP is an in-home service program offered to families with an open CPS investigation, with children at moderate to imminent risk of entering out-of-home care. KSTEP is for families experiencing substance abuse risk factors and is intended to increase case coordination services, improve partnerships between families and providers, and allow for rapid access to clinical services, such as substance use disorder treatment.

## What are my expectations in KSTEP?

- ❖ Being available for all appointments, both in home and in the community
- ❖ Attending all family team meetings (FTMs) with your family, DCBS social worker, therapist, and your KSTEP service coordinator to review progress, lack thereof, problem solve issues and needs
- ❖ Having a consistent way to be contacted and answering or returning calls promptly
- ❖ Signing releases of information for all providers involved to share information (providers, DCBS)
- ❖ Following all safety plans that are put into place including supervision and safe sleeping
- ❖ Submitting to random drug screens as requested
- ❖ Following through with all recommendations made for you and your family
- ❖ Being open and honest in your communication with your providers
- ❖ Implement new plans and skills that you learn to keep you and your family safe

- ❖ If you need help with transportation for appointments, your KSTEP provider will help arrange transportation.
- ❖ Random drug screening is a program requirement. KSTEP providers can assist with payment for the drug screens. Initially, drug screens occur weekly. Once the first 2 phases of the program have been completed, drugs screens will be required biweekly, then monthly in phase 4.
- ❖ Based on your individual needs, you may be referred to outside treatment providers for substance use issues including IOP (intensive outpatient), detox, residential, inpatient, or MAT (medication assisted treatment). Your KSTEP provider is working for you and with the same goals you have which is to be able to keep your child(ren) in your home safely. The KSTEP provider will do all they can to find providers and schedules that meet your needs, as well as overcome barriers that have been in the way of your success in the past.
- ❖ KSTEP providers will use a strength and solution-based approach, which means we want to know what has worked for you and what strengthens your family has, so we can build on to that.
- ❖ Successful participation and progress in the KSTEP program will likely result in closure of your DCBS case (after risk is reduced) and may avert the need to file a court petition, or avoid further court interventions, such removal of child(ren) and placement in out-of-home care (foster care).

## Why is KSTEP the program for me?

- ❖ I have a child under the age of 10 in my home.
- ❖ There is evidence that substance use issues are causing a risk of harm to my child(ren) and there is a chance they may be removed from my home.
- ❖ This program is my opportunity to receive treatment and assistance in keeping my child(ren) safe and in my home.
- ❖ You will be contacted within 24 hours by a KSTEP representative, who will set up an immediate appointment to meet with you and your family
- ❖ A KSTEP service coordinator and a KSTEP therapist will meet with you within 24 hours to complete required paperwork and your initial assessments to see which level of treatment is most appropriate for each of your family members
- ❖ KSTEP will help with needs that you may have-including payment for drug screens, financial assistance necessary to prevent the removal of your children from your home, linkage to community partners or services to help meet your needs, and transportation to and from treatment appointments, visitations, and drug screening
- ❖ The first 1-2 weeks you are in the program, you and your family will participate in several assessments and meetings, so that the KSTEP provider can make sure that you have the right services to keep your child(ren) safe in your home. This will be a very busy time.

## What can I expect from being in KSTEP?

- ❖ You need help with transportation for appointments, your KSTEP provider will help arrange transportation.
- ❖ Random drug screening is a program requirement. KSTEP providers can assist with payment for the drug screens. Initially, drug screens occur weekly. Once the first 2 phases of the program have been completed, drugs screens will be required biweekly, then monthly in phase 4.
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