

## P.A.D.R.E. MISSION

Growing positive relationships between fathers and their children; Raising awareness of the effects of alcohol and other drugs on infants and children.



**LifeSteps** has provided substance abuse prevention, intervention, counseling and educational services to Williamson County since 1978. As the needs of Williamson County residents have increased so have LifeSteps' services. Due to the effectiveness and cost efficiency of prevention programs, LifeSteps places increased emphasis on preventing unhealthy behaviors, or intervening in the early stages of substance abuse. Beginning in Fall of 2013, LifeSteps has offered services to pregnant and postpartum women and adolescents in Travis, McLennan and Williamson Counties who are at risk for substance abuse. In the Winter of 2013, LifeSteps began a program for expecting or current fathers at risk for substance abuse in McLennan County.

LifeSteps is funded by grants, contracts, local contributions and donations.

### LifeSteps

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## LifeSteps Council on Alcohol and Drugs

Parenting Awareness and Drug Risk Education

## P.A.D.R.E.



## PROGRAM

The Program Just for Men



P: 512-869-2571  
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## What is P.A.D.R.E.?

P.A.D.R.E. is a program made to help expecting, new and current fathers overcome the challenges that often come with parenting. Though men tend to have different needs than women when it comes to parenting children, there are often less resources available for men. That is why P.A.D.R.E. was created just for fathers. Our program is made up of two main pieces:



Case management and groups. Through these, we will help you manage your specific needs and give you the chance to learn from and with other fathers what it means to be a nurturing parent. P.A.D.R.E. wants to help fathers grow their relationships with their children.

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## How can P.A.D.R.E. Help Me?

### Case Management

Case management will have you working closely with your P.A.D.R.E. staff member. Together, you will create a plan which will address any needs you and your child might have. Ongoing meetings scheduled each week ensure that your voice will be heard. Some common things that we can help with are:

- Accessing health care
- Accessing needed community resources
- Parenting skills
- Crisis counseling and mental health referrals

Your P.A.D.R.E. case manager wants to help you succeed. If you have a goal you want to work on, let your case manager know so they can help you reach that goal!

### Nurturing Fathers Group

Our parenting group is a fifteen week program that will help put the tools you need to be a successful parent in your parenting toolbox. We promote the idea that in order to be a nurturing, encouraging father, you must be able to nurture and encourage yourself first. Some things that you will discuss include what it means to be nurturing, overcoming barriers such as substance use, stress, anger, violence, and disciplining without fear. See what other fathers have to say and share your own expertise!



## Can I be Part of P.A.D.R.E.?

If you can answer “YES” to one or more of the following, then you may be eligible for P.A.D.R.E. services.

- ***Do you or have you in the past had a case with CPS?***
- ***Do you now or have you in the past used or been dependent on alcohol or other drugs?***
- ***Is there currently violence in your relationship with your partner?***
- ***Do you have or have you ever had mental health problems?***
- ***Is someone who lives with you using or dependent on alcohol or other drugs?***
- ***Have you experienced physical, emotional, or sexual abuse?***
- ***Do you have a current or past drug or alcohol related offense?***
- ***Are you currently experiencing financial problems?***

If you answered “YES” to one or more of the above questions, give us a call! We can answer any questions you might have about P.A.D.R.E. and get you started in the program right away.