

FY 2019 - 2020

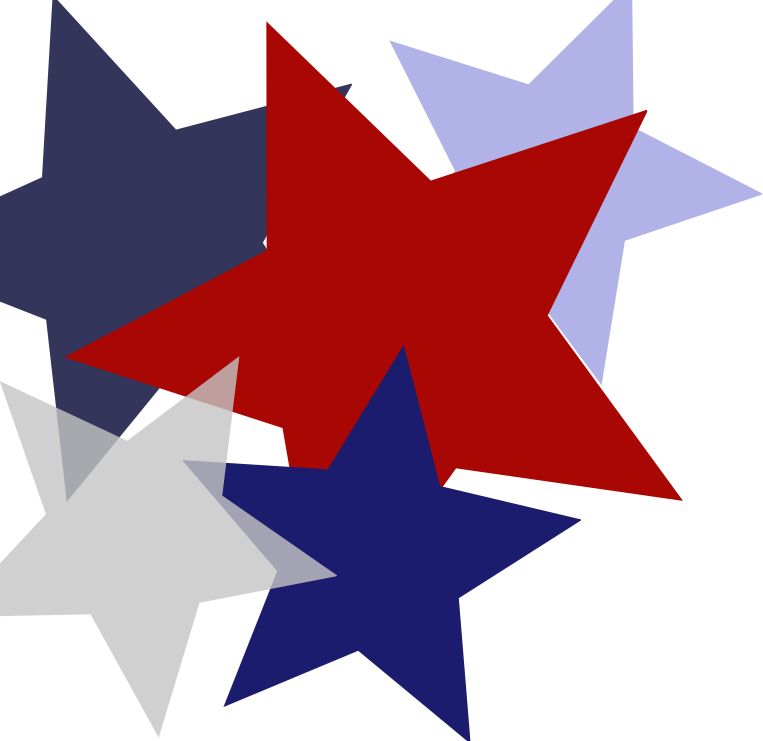
ANNUAL REPORT

PREVENTION

INTERVENTION

RECOVERY





FROM LIFESTEPS

Dear Friends of LifeSteps,

As we reflect back on the year and the impact that LifeSteps Council on Alcohol and Drugs has made on the community to prevent substance use, our impact could not have been achieved without the support from our donors, volunteers, community champions and supporters.

Alcohol remains to be the number one drug of choice among youth and adults in McLennan, Travis, and Williamson County. Although progress has been made, there is still plenty of work that lies ahead. We are excited for new endeavors and grateful for the opportunity to create a resilient community.

On behalf of the staff and Board of Directors, we thank you and look forward to continuing to improve our community's health, safety, and well-being by preventing substance use disorders, providing early intervention, and supporting long-term recovery.

LIFESTEPS' BOARD OF DIRECTORS

Mariah Madewell, President
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Kelly McCaffrey MPH, CHES

LifeSteps Council on Alcohol and Drugs
Executive Director

ABOUT LIFESTEPS

HISTORY

Back then, our clients visited a tiny office on the square in Georgetown, where, at the top of two flights of stairs, a counselor provided caring guidance. LifeSteps collaborated with Georgetown Hospital (now St. David's Georgetown Hospital) for detox, and with 12-Step programs for recovery management.

As the county has grown, so has LifeSteps, by expanding strategies to meet the needs of the community.

The Williamson County Council on Alcoholism, (now known as LifeSteps Council on Alcohol and Drugs) began in 1978 when Barbara Brightwell convened a group of Georgetown community activists who were concerned about the profound psychological, social and financial toll that alcohol abuse was taking on individuals and families.

- 1997 - Licensed to provide court-mandated classes for drug offenders.
- 2004 - LifeSteps received a state-funded grant to form a Community Coalition Partnership.
- 2005 - LifeSteps awarded Youth Prevention grants to work in schools (no longer available).
- 2013 - LifeSteps awarded funds for PPI and PADRE.
- 2018 - LifeSteps was approved as Recovery Community Organization and initiated collaborations for recovery services.

A grayscale image of a staircase on the left side of the page. Three horizontal lines extend from the steps to the right, connecting to the 'VISION', 'MISSION', and 'Prevention and Intervention works!' text blocks.

VISION

A safe, supportive, drug-free community with healthy, nurturing families; where all who experience alcohol or drug-related problems have affordable, easy access to the services that they need to help them become productive, empowered and substance free

MISSION

To improve our community's health, safety, and well-being by preventing substance use disorders, providing early intervention, and supporting long-term recovery.

Prevention and Intervention works!
Recovery is possible!



**PREGNANT AND POSTPARTUM
INTERVENTION (PPI)**

PROGRAM.....05

*This program was updated to Pregnant and Parenting
Intervention in September 2020

**PARENTING AWARENESS AND DRUG RISK
EDUCATION**

(PADRE).....06

*This program was updated in September 2020

**COALITION COMMUNITY PARTNERSHIP
(CCP).....07**

DRUG OFFENDER EDUCATION PROGRAM

(OEP).....08

RECOVERY PROGRAM.....09

FINANCIALS.....10

NEXT STEPS.....11

PREGNANT AND POSTPARTUM INTERVENTION

305 SCREENED FOR
SERVICES

246 RECEIVED
SERVICES

"It taught me how to be a better parent and I learned a lot about the domains of child development".
(PPI Participant)

The Pregnant and Postpartum Intervention (PPI) Program focuses on pregnant women and teens, and postpartum women and teens who have children up to 18 months. The main goal is to provide helpful services and resources as they navigate the path to parenthood. PPI provided case management, educational programs, and bonding activities to prevent substance use among pregnant and parenting mothers, and promote a healthier lifestyle.

The PPI Program was available in McLennan, Travis, and Williamson County.

*This program was restructured on September 2020. Current information is available at www.LifeStepsCouncil.org

PARENTING AWARENESS AND DRUG RISK EDUCATION

The Parenting Awareness and Drug Risk Education (P.A.D.R.E.) program was made to help expecting, new, and current fathers overcome the challenges that often come with parenting by raising awareness of the effects of alcohol and other drugs on children. Case management addressed the needs of the parents and children. A Nurturing Father's Group helped with tools needed to be a successful and nurturing parent. The program was available in McLennan, Travis, and Williamson County.

*This program was restructured on September 2020. Current information is available at www.LifeStepsCouncil.org

156 SCREENED FOR SERVICES

135 RECEIVED SERVICES

"This program should be referred (recommended) to all new parents – not only the ones that are in a troubled situation. It's a great program"
(PADRE Participant)

COMMUNITY COALITION PARTNERSHIP

2464

**YOUTH ATTENDING
COMMUNITY-
BASED
EDUCATION AND
PRESENTATIONS**

475

**ADULTS
ATTENDING
COMMUNITY-
BASED EDUCATION
AND
PRESENTATIONS**

The Coalition Community Partnership, known as LifeSteps Coalition, is committed to raising public awareness of the risks and consequences of drug use, educating the community about current and emerging drug trends, and building liaisons to promote a healthier lifestyle. We work to develop, implement, and support environmental strategies to reduce substance use in Williamson County by increasing knowledge and establishing policies.

"I've been affected by substance use my whole life. It's important to lead by example for our youth.

I want to continue to bring awareness and educate people about substance use."

(Coalition member))

- As the deliverables have changed since COVID-19, those numbers reflecting the report generated on March/31/2020.

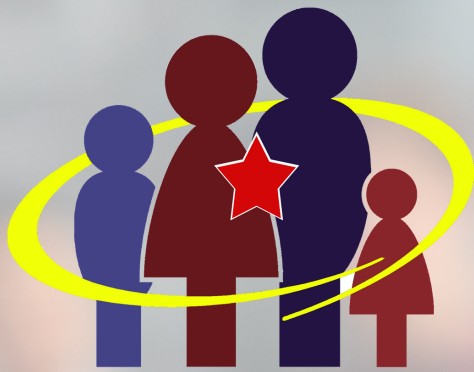
OFFENDER EDUCATION PROGRAM

LifeSteps' classes are designed for participants who have been referred by the Court, probation or Department of Public Safety (DPS) to take educational classes due to an alcohol or drug offense. We are approved by the State of Texas, TDLR - Texas Department of Licensing and Regulation, and our instructors are certified by NCTI, National Curriculum & Training Institute. The classes are designed to increase the participant's knowledge and cognitive assets. LifeSteps also offers alcohol and drug assessments to identify service needs and determine if the individual has a substance use disorder and recommendations are made for treatment, education, and/or support groups.

27 OFFERED
CLASSES

328 ATTENDED
CLASSES

68 SCREENED



**PREVENT. INTERVENE.
PROMOTE RECOVERY.**

RECOVERY PROGRAM

LifeSteps was approved by the Board to become a Recovery Community Organization (RCO) in July of 2019. At the same time, LifeSteps was approved as an Authorized Training Facility by the Texas Certification Board to offer peer certified classes.

LifeSteps partnered with Communities for Recovery to bringing help and support to those struggling with addiction in Williamson County.

The Family Recovery Program was designed to provide support to family members struggling with addiction. WRAP (Wellness Recovery Action Planning) taught how to implement the tools of recovery in day-to-day life.

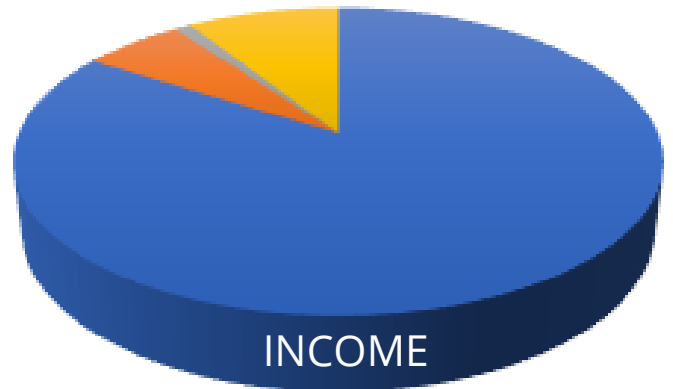
*This program was restructured on September 2020. Current information is available at www.LifeStepsCouncil.org

2 CLASSES
OFFERED

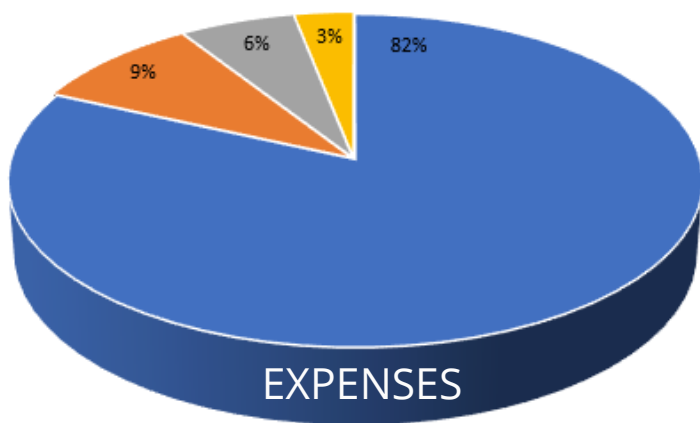
8 ATTENDED
SERVICES

FINNACIALS

Other reports calculate the total income and show the use of this income in the program. For example, The annual budget for Fiscal Year 2020, September 1, 2019 to August 31, 2020 was \$767,310.22. We are proud to report that 81 cents of every dollar received was spent on our programs.



- \$ 643,500.00 Grants
 - Texas Health and Human Services
 - PPI \$ 421,000.00
 - CCP \$ 125,000.00
 - PADRE \$ 75,000.00
 - Williamson County
 - Wilco Forward \$ 22,500.00
- \$ 72,785.29 Program/Other Income
- \$ 47,092.75 In-Kind Donations
- \$ 3,932.18 Cash Donations



- \$ 621,642.04 Program Services
- \$ 69,135.23 Grant and Program Oversight
- \$ 46,090.15 Administrative Expenses
- \$ 23,570.14 Operational Expenses

"The cost of substance abuse could be offset by a nationwide implementation of effective prevention policies and programs."
SAMHSA

"Research shows that for each dollar invested in evidence-based prevention programs, up to \$10 is saved in treatment for alcohol or other substance misuse-related costs."
SURGEON GENERAL'S REPORT



STRATEGIC GOALS FOR FY20-21

Although 2020 has challenged us in ways we never expected, we look forward to new year, new opportunities, and new creative ways to deliver services and reduce the stigma associated with substance use disorders. Many of our community, neighbors, and friends are still concerned about the effects of COVID-19, but LifeSteps is committed to enhancing and expanding services to meet the needs of the community. Our strategic goals for this upcoming year are:

- 1.To relaunch the family support program and secure funds to expand delivery of recovery services in our service area;
- 2.To be an early adopter and train all staff on Adverse Childhood Experiences and trauma informed care;
- 3.Launch a new and engaging website to better serve the public and educate community members on services provided;
- 4.Collaborating with new partners and strengthening existing relationships to deliver quality and evidence-based prevention, intervention, and recovery services.



SUPPORT LIFESTEPS

Please consider investing your time, talent, and finance to build a healthier and drug-free community, and support those struggling with addiction.

- Join LifeSteps' Board of Directors
- Support and spread our mission
- Volunteer to support one of our programs
- Consider offering skills-based services
- Share our digital content
- In-kind donations
- Host or support a fundraising event or activity
- Establish a matching or donation program



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