

Recovery Housing for Pregnant and Postpartum Women and Children

2023 Montana Opioid Abatement Trust Grants

STEP, Inc.

Tara Williamson
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Application Form

Region Selection

To collaborate with someone else on this request, click the blue "Collaborate" button in the top-right corner.

Project Name*

Recovery Housing for Pregnant and Postpartum Women and Children

Select Abatement Region and/or Metro Region*

Select the Multi-County Abatement Region **and/or** the Metro Region you are requesting grant funds from. Select all regions that apply, for example if you are collaborating with multiple Counties **and/or** Abatement Regions select each region the program/project will serve. Click [HERE](#) for a detailed map of Multi-County Abatement Regions and Metro Abatement Regions

Yellowstone County

Application Overview

About the Organization/Program*

Give a brief description of the Organization/Program/Project. Include the mission statement and the services provided.

STEP pursues a vision of building an equitable and compassionate community in which everyone is empowered to create the life they choose. Our Mission is to create and nurture collaborations that help people overcome stigma and barriers so that everyone can fully participate in and contribute to the community. We uphold each person to expand their capacity to pursue growth and change, which in turn strengthens the community as a whole.

STEP has served the people of Yellowstone County for over 45 years by offering community-based services for families, children and adults with disabilities. In 2019, seeing the negative impact of substances on children, and the potential for developmental disabilities or delays as a result, STEP began operation of recovery residences. Our homes are certified through one of only two Department of Health and Human Services recognized certifying organizations, the Recovery Residences Alliance of Montana (RRAM). RRAM assures the highest industry standards by vetting quality recovery residences that implement evidence-based practices. These environments enable individuals to pursue successful recovery, build safe relationships, and contribute to the community. In 2023 STEP provided over 14,132 days of recovery. Our proposed project is to expand our capacity to support pregnant and postpartum women with children by converting one of our larger men's recovery residences into a women and children's home. We would also request funding to find an alternative home to relocate the men's home.

STEP has effectively collaborated with public and private organizations serving Yellowstone County, including establishing relationships with treatment courts, the Rimrock Foundation, United Way, Substance Abuse Connect, and the Native American Development Corporation. We continually monitor demographics

and community needs assessments as well as our internal data to evaluate service disparities and identify unmet or insufficiently met needs.

What category does the program fit into*

Check the category/categories the program fits into. You may select more than one option.

Click [HERE](#) for a list of approved opioid remediation uses

Recovery

How does the program meet the Opioid Remediation Guidelines*

In detail, describe how the program fits into the approved Opioid Remediation Guidelines selected in the above question.

Please be specific

According to the Recovery Research Institute the prevalence of opioid use disorder during pregnancy has increased by 127% from 1.7 per 1,000 delivery admissions in 1998, to 3.9 per 1,000 delivery admissions in 2011. From 2010 to 2015 over 50,000 women died from a drug overdose. Our project would expand and enhance the recovery housing services that we have been successfully providing for over five years to have an even greater capacity for pregnant women and women and children in recovery from an opioid use disorder. As this project is looking at converting one of our men's homes into the enhanced services home for women and children, we would like to also obtain funding for an additional home to relocate the men currently in that residence.

Our services offer guidance to overcome the inevitable crises and far-reaching impacts that result from substance use and dependency. We serve people who are in very adverse circumstances, supporting them to build resilience, move successfully through the crisis, and re-establish stability. We help people develop the strengths they need to prevent future devastation, and to resume managing their lives toward constructive goals. A resident recently said of our services "I have lived in the STEP sober living house here in Billings for 4 months now. During this time I've been able to have successful sobriety and recovery. I have been able to spend time with my beautiful young son. I have many strong bonds and friendships here at STEP. I am glad to have a safe therapeutic place and participate in my recovery. I cannot express enough gratitude to everyone involved in operating the house. I've never felt better." Our services prevent the root causes of future crises by reducing homelessness; strengthening relationships; expanding the workforce; avoiding costly emergency care; reducing in utero and childhood exposure to harmful substances; and addressing trauma.

New Program or Existing*

Is the funding intended for a new program or to expand an existing program?

A proposed supplement or expansion to a program.

Fiscal Information

Requested Amount*

\$338,143.00

Program Budget*

How will the funds be allocated? Attach a detailed line item budget breakdown for the program. If the funds are intended for a multi-year program please specify the amount budgeted for each year.

Opioid Grant funding for Pregnant and Postpartum Women.xlsx

Source of Funding*

Does the program currently receive funding from another source? If yes, please explain in detail. (i.e. amount, funding source, etc.)

Grant funding is intended for the creation or expansion of opioid prevention, treatment, and recovery projects. The money is **NOT** meant to replace or supplant existing funding.

STEP relies exclusively on fees paid by the residents to operate and maintain the homes. These fees cover the mortgages and maintenance of the homes, salary for a handy-man and manager, utilities, furniture, bedding and other home supplies, and at times food and clothing for residents who come to the program with nothing. STEP has built relationships with the justice system and charitable organizations who work with residents to assist in the payment of their fees. STEP has established and maintains relationships with multiple charitable organizations, other non-profits in the community and probation and parole. These relationships have assisted our residents in obtaining funding to reside in the homes.

From 7/1/23 to 1/30/23 we received funding on behalf of our residents from -
Native American Development Corporation - \$26,903
State of Montana - \$17,158
St Vincent DePaul - \$4,000
Rimrock Foundation - \$1,422
Alternatives Pre-release - \$1,460
United Way - \$1,065
Family Service - \$1,300
Misc. (Northern Cheyenne Tribe, Angela's Piazza) - \$5,466

Do you have a Fiscal Agent*

No

Program Abstract

Program Description*

Describe the objectives of this project. Provide a detailed overview of the program, including its purpose, priorities & objectives, and intended results.

Women who pursue recovery from substance use face many challenges, including access to recovery-oriented housing, gainful employment, mental health services, money management, and learning basic life skills. Many women cannot afford housing or supportive services, and after-care or drug treatment requirements may prevent them from obtaining employment. Lack of access to recovery supports may adversely impact public safety, emergency services, justice and corrections systems, and healthcare services. We know the demand for quality recovery supports and residences exists: In 2022 we received over 250 applications for 110 openings. The majority of applicants come to us with very few financial resources, and 60% indicated they were facing homelessness and other crises.

Our target population includes pregnant and postpartum women in early recovery from a substance use disorder who self-refer, are re-entering the community from incarceration, or have been directed by treatment courts or treatment professionals to reside for a period of time in a substance-free environment. Our historic data indicates that 87% of participants will be at or below 100% of the federal poverty guideline, and Native Americans will represent approximately 18% of our census.

Our proposed project includes: strength-based peer recovery coaching, social model support, and healthy recovery-oriented housing. We seek to support women towards the goal of achieving a recovery residence stay of 90 or more days, as recommended by the National Institute on Drug Abuse.

Strength-based peer recovery coaching helps women recognize and assess their personal strengths, prioritize their life goals, and make progress toward their desired outcomes. STEP has established relationships with St Johns United, Family Support Network, and Angela's Piazza, all organizations that the peer recovery coaches can create linkages to with the resident to provide parenting, budgeting, nutrition, and other skill building as necessary. Utilizing the strength-based approach is a core competency of the peer support function recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services.

The social model cultivated within the home ensures that women build self-esteem, confidence, and recovery capital, which SAMHSA defines as "the internal and external resources necessary to begin and maintain recovery". Interactions in the social model residence help women learn to connect with other women in the home and in the community to share experiences and mutually support their successful recovery.

Recovery-oriented housing offers individuals the structure and support of a safe, sober living environment. According to the Recovery Research Institute, sober living homes are an empirically-supported option for substance use recovery, and people living in recovery housing are two times more likely to have a satisfactory recovery outcome.

Program Reach

If you are requesting funds from multiple Abatement Regions please specify how your program serves each region. **Be specific.**

Specific Goals*

What are the specific goals of the program? List several goals the program hopes to accomplish and how the program intends to meet these goals.

Our specific goals are that at least 20 women in the first year and 20 women in the second year will receive strength-based peer recovery coaching for 3 or more hours per month for up to 3 months. 100% of all residents in the women's home and the men's home will receive social model supports for at least 3 hours a week for the duration of their stay. The cost of housing and classes such as parenting, nutrition, physical fitness, budgeting etc. for 20 women in the first year and 20 in the second year will be covered for three months while they are engaged in aftercare.

Evaluation Method*

Describe how you plan to evaluate the effectiveness of the program and what the method for evaluation will be.

STEP has established board approved agency strategic goals and continues to assess programs for their effectiveness. In the recovery residences we utilize the brief assessment of recovery capital 10-item version (BARC-10) at entry and at 90 days with residents with a strategic target of 90% of residents experiencing an increase in their recovery capital. Research shows that individuals with greater recovery capital – the acquisition and/or use of available resources that can be accessed to support the initiation and maintenance of recovery from substance use disorder – report improved recovery outcomes over time. STEP also utilizes the Recovery Home Environmental Scale (RHES) assessment quarterly to measure the impact of the social model in the homes. In 2022 the homes had averaged a score of 72% and this year our goal is to increase and maintain a score of 80%. The data this year already indicates that we are hitting that target. Research has shown that higher scores on the RHES is positively associated with length of stay and associated with fewer days of substance use. STEP also conducts a quarterly survey of referral sources to assure we are meeting the needs as identified in the community. To date STEP has continually achieved a Net Promoter Score of 100%.

Awareness*

How do you plan to create awareness of this program? Briefly describe what action the program plans to take to create awareness in the community.

Having operated recovery residences since 2019, STEP has created a robust reputation within Yellowstone county and surrounding communities. We receive referrals from all over Montana and on occasion other states as well. Tara Williamson, the Executive Director also serves as the Chair of the Recovery Residence Alliance of Montana which is recognized by DPHHS as one of only two certifying organizations for recovery homes in the state. RRAM continues to work with the state and stakeholders to vet and assure the highest of standards for recovery housing in the state.

STEP's board approved strategic plan also outlines our continuing participation in community events to spread public awareness and collaboration with other community organizations. STEP has been featured on the radio show Kickin' It with Leif and on the news with Q2 Big Sky Blend and ABC/Fox Hello Montana. Tara Williamson worked this past year with the SOAR treatment court participants to create a mural for the Montana Meth Project that is currently housed on an outside wall at the First Congregational Church and publicly shares a message of hope for recovery from Methamphetamine in downtown Billings. The STEP leadership has actively participated in the Billings Continuum of Care coalition, Substance Abuse Connect coalition, Treatment Courts and this summer we worked with the Phoenix Gym to partner with Tumbleweed, an organization that serves at-risk youth, to create a Recovery Carnival. The Recovery Carnival had 30 different organization's participation, all groups that provide services for people with substance use issues. The Recovery Carnival also featured a speech given by Mayor Bill Cole and attendees had the opportunity to engage in yoga, breathwork, chair massages, and listen to speakers sharing their recovery stories.

Additional Documents

Use this section to upload or explain any additional information regarding the program/organization. ie. a detailed budget projection, program/organization history, etc.

Upload #1

STEP Inc. RRAM Letter 02.09.24.pdf

Upload #2

St. Johns Letter of Support.pdf

Upload #3

LOS for STEP opioid grant.pdf

Additional Information

STEP has a long history of assessing unmet needs in the community and creating systems and services that seek to bridge these gaps. We look forward to continuing to grow our reach so that we might continue to help people create solid framework for a life in recovery. People who know of our reputation in the community as primarily a provider of disability services were surprised when we created the Renewal Recovery Residences program at it seemed like a departure from our traditional services. However, STEP had recognized that substance use by a parent prior to a child's birth, or subsequent to the child's birth, results in a high percentage of children having intellectual/developmental disabilities or delays. Alcohol use is frequently cited as the single largest cause of preventable (non-genetic) intellectual/developmental disabilities. To play a role in the prevention of future disabilities among children, STEP is committed to providing supportive, safe housing for women who seek to eliminate substance use in their lives.

File Attachment Summary

Applicant File Uploads

- Opioid Grant funding for Pregnant and Postpartum Women.xlsx
- STEP Inc. RRAM Letter 02.09.24.pdf
- St. Johns Letter of Support.pdf
- LOS for STEP opioid grant.pdf

Year One**Annual Budget**

Renewal Recovery Residence Manager	16,250.00
Utilities	8,000.00
Initial Resident Supplies	3,000.00
Business license/RRAM accreditation	300.00
Start-up Costs (one time expense)	33,000.00
Website development and hosting	960.00
Monthly supplies	3,400.00
Resident generated repairs and general upkeep	7,000.00
First and last month rent	6,000.00
Administrative (4% of total)	3,116.00
Total annual amount	77,910.00
Total with Administrative Fee	81,026.00

Year Two**Annual Budget**

Renewal Recovery Residence Manager	16,250.00
Utilities	8,000.00
Initial Resident Supplies	3,000.00
Business license/RRAM accreditation	300.00
Website development and hosting	960.00
Monthly supplies	3,400.00
Resident generated repairs and general upkeep	7,000.00
Administrative (4% of total)	1,556.00
Total annual amount	38,910.00
Total with Administrative Fee	40,466.00

Description

.25 FTE with experience and specialized training

Water, gas, wi-fi, electric

Food, hygiene and healthcare items, clothing as needed upon entry

Furniture, bedding, kitchen supplies, appliances

Coffee, toilet paper, UAs, paper towels, cleaning supplies

Description

.25 FTE with experience and specialized training

Water, gas, wi-fi, electric

Food, hygiene and healthcare items, clothing as needed upon entry

Coffee, toilet paper, UAs, paper towels, cleaning supplies

Year One**Annual Budget**

Renewal Recovery Residence Manager	16,250.00
Utilities	8,000.00
Initial Resident Supplies	3,000.00
Business license/RRAM accreditation	300.00
Cost of recovery-oriented, safe housing	37,000.00
Childcare costs	16,000.00
Specific to the Women's home supplies	15,420.00
Monthly supplies	3,400.00
RRR Peer Training Certification	2,000.00
Resident generated repairs and general upkeep	7,000.00
Classes	2,000.00
Administrative (4% of total)	4,414.40
Total annual amount	<u>110,370.00</u>
Total with Administrative Fee	<u><u>114,784.40</u></u>

Year Two**Annual Budget**

Renewal Recovery Residence Manager	16,250.00
Utilities	8,000.00
Initial Resident Supplies	3,000.00
Business license/RRAM accreditation	300.00
Cost of recovery-oriented, safe housing	37,000.00
Childcare costs	16,000.00
Specific to the Women's home supplies	3,000.00

Monthly supplies	3,400.00
RRR Peer Training Certification	2,000.00
Resident generated repairs and general upkeep	7,000.00
Classes	2,000.00
Administrative (4% of total)	3,917.60
Total annual amount	<u>97,950.00</u>
Total with Administrative Fee	<u>101,867.60</u>

Description

.25 FTE with experience and specialized training
Water, gas, wi-fi, electric
Food, hygiene and healthcare items, clothing as needed upon entry

20 participants for fees for their first 3 months
20 participants \$800/month
See attached sheet
Coffee, toilet paper, UAs, paper towels, cleaning supplies
Strength-based Coaching Model training
Parenting, nutrition, physical fitness, budgeting

Description

.25 FTE with experience and specialized training
Water, gas, wi-fi, electric
Food, hygiene and healthcare items, clothing as needed upon entry

20 participants for fees for their first 3 months
20 participants \$800/month
Will not need to replace all purchased from year one

Coffee, toilet paper, UAs, paper towels, cleaning supplies
Strength-based Coaching Model training

Parenting, nutrition, physical fitness, budgeting

Pack and Play	6	\$105.00	\$630.00
High Chair/booster	4	\$65.00	\$260.00
Baby Swing	2	\$90.00	\$180.00
Baby Bath	3	\$30.00	\$90.00
Diaper supply per child for 3 months (\$70/month per child)	12	\$210.00	\$2,520.00
Diaper Genie and supplies	12	\$70.00	\$840.00
Baby Wipes per child for 3 months (\$15/month per child)	12	\$45.00	\$540.00
Bunk Bed	4	\$300.00	\$1,200.00
Baby Toys (0-1yrs)	4	\$40.00	\$160.00
Toddler Toys (puzzles, blocks, cars, dolls)	4	\$100.00	\$400.00
Interactive board games	12	\$10.00	\$120.00
Double Stroller	5	\$200.00	\$1,000.00
Single Stroller	6	\$100.00	\$600.00
Baby walker	2	\$40.00	\$80.00
Infant car seat	3	\$120.00	\$360.00
5 point harness/ booster car seat	4	\$80.00	\$320.00
Baby bottles	4	\$30.00	\$120.00
Sippy cups	4	\$10.00	\$40.00
Outside playhouse	1	\$1,700.00	\$1,700.00
Children/baby soap	20	\$5.00	\$100.00
Girl toys	1	\$200.00	\$200.00
Boy toys	1	\$200.00	\$200.00
Books for all ages	1	\$200.00	\$200.00
Rocking chair	1	\$160.00	\$160.00
Toothbrushes and Toothpastes	40	\$4.00	\$160.00
Women's hygiene supplies	40	\$30.00	\$1,200.00
Children's medicine/first aid supplies	20	\$10.00	\$200.00
Thermometer	6	\$10.00	\$60.00
Children's table and chair	2	\$90.00	\$180.00
Bedding, pillows, blankets, sheets	20	\$60.00	\$1,200.00
Towels per family	20	\$20.00	\$400.00

Subtotal
\$15,420.00

February 9, 2024

To Whom It May Concern,

As Director of the Recovery Residence Alliance of Montana (RRAM), I write to express our organization's support for STEP Inc. and its Executive Director, Tara Williamson. STEP Inc.'s achievements in operating five nationally certified recovery homes in Billings, MT, have set a high standard in the recovery housing sector, reflecting their commitment to excellence in operational and ethical practices.

Notably, STEP Inc. became Montana's first nationally accredited recovery home operator in 2022, an accomplishment that speaks to its dedication to quality care and service. RRAM supports STEP Inc.'s objectives to expand its capacity and services, recognizing the critical role it plays in our community's response to recovery from addiction.

We value our relationship with STEP Inc. and Tara Williamson and anticipate continued collaboration to further our shared mission of enhancing recovery services in Montana.

Sincerely,



Peter Maney
Director, Recovery Residence Alliance of Montana (RRAM)
Native American Development Corporation (NADC)



@RRAMontana



pmaney@rramontana.org



www.RRAMontana.org



406-396-9270



St. John's United

FAMILY SERVICES

February 16, 2024

To Whom it May Concern:

I am writing to support STEP, Inc and the organization's proposal to grow their vital sober living program for women and children. As the Director of Family Services at St. John's United, I often encounter families that are looking for stable housing, treatment support, parenting support and a community that holds them up. STEP is aiming to do that with this expansion of their services, and we are excited to collaborate with them to increase the opportunities for women and their children to feel empowered in their community.

STEP is committed to everyone feeling valued and supported in their community. This vision positions the organization to deliver holistic, and strength-based services, which is crucial for enhancing sustained sobriety and healthier families. I can speak personally about the scarcity of mental health services and recovery services that communities in Montana currently face. The potential of serving up to 40 more women and their children in our community over the course of the next years brings hope and excitement to our community.

Support from the Montana Opioid Abatement Trust will ensure that more deserving Montana women and families will receive strengths-based recovery coaching, social support, parenting support and some financial support to cement a foundation for their long-term recovery and success. Research indicates that with direct intervention and whole-family support, families are more likely to overcome the adverse effects of trauma and achieve greater long-term health and well-being. St. John's United C.A.R.E.S. is eager to expand in our partnership with STEP and assist in supporting these women and children to grow their healthy communities.

Thank you for your consideration.

Sincerely,

Jamie Rettig
Director of Family Services
St. John's United

2429 MISSION WAY BILLINGS, MT 59102 406-647-3583

141 DISCOVERY DRIVE, SUITE 117 BOZEMAN, MT 59718 406-586-2486

1515 FAIRVIEW WAY, SUITE 230 MISSOULA, MT 59801 406-549-0147

1-800-726-3083 WWW.STJOHNSUNITED.ORG

THIRTEENTH JUDICIAL DISTRICT
STATE OF MONTANA

JESSICA T. FEHR
DISTRICT JUDGE-DEPARTMENT 1
BEVERLY MOORE, JUDICIAL ASSISTANT



PO BOX 35029
BILLINGS, MONTANA 59107
PHONE: 406.256.2916
FAX: 406.256.2970

February 12, 2024

Re: Grant to expand women and children recovery residences

To whom it may concern:

In my career as a Judge, I preside over two specialty treatment courts; an Adult Diversion court and a Family Recovery court. From my work within these systems, I understand that only with a holistic and comprehensive approach to treatment and wrap-around services can any client be successful.

Working with marginalized populations, especially those with substance use disorders has made me acutely aware of the need for stability, especially in housing. It is nearly impossible to effectively work through recovery without this basic need being met. A safe and sober living environment is essential to the process of getting healthy. For pregnant women pursuing recovery, they have increased vulnerability and have unique challenges beyond those that other participants might face.

Having this resource available to my Family Recovery court clients would be an invaluable service, and frankly, a game-changer for us. If we have women in a safe and supportive living environment, we can effectively offer our court's wrap-around services to keep them engaged, thus providing much better outcomes for our clients, their families and our community.

I fully support this project and am committed to the collaboration with STEP. Please feel free to contact me directly with any questions or should you need anything further.

Sincerely Yours,

A handwritten signature in black ink, appearing to be "J. Fehr". The signature is fluid and cursive, written over a white background.

The Honorable Jessica T. Fehr