

Stepping Stones

Program Results

- Approximately 71 percent of babies born to women in perinatal treatment programs test negative for alcohol or other drug exposure. These results are essential to ending the intergenerational cycle of abuse and addiction.
- For women and children attending perinatal programs:
 - * successful treatment outcomes increase with the length of time in treatment.
 - * therapeutic services for children results in fewer school drop-outs, less truancy, and reduced juvenile delinquency.
 - * child/mother reunifications increase.
 - * involvement with child welfare services and length of time children spend in foster placement decrease.



(530) 891-3251
(530) 693-2172

Stepping Stones Perinatal Program
556 Colhasset Road
Orico, CA 95926
2167 MONTGOMERY STREET, #C
Orville, CA 95965

Stepping Stones Perinatal Program

Butte County Department of Behavioral Health



Phone: 530-891-3251
Phone: 530-693-2172

Who Are We?

Butte County Department of Behavioral Health's Stepping Stones Perinatal Program is an outpatient program that offers alcohol and drug treatment to women who are pregnant or are parenting children.



We provide comprehensive, strength-based, family centered treatment for mothers seeking recovery from addiction.

Stepping Stones is guided by a philosophy that embraces hope, respect and support; empowering women to transform their lives and become healthy role-models for their families and their community.

Our program uses the Matrix Model, Nurturing Parenting and Gender Responsive-trauma informed counseling: evidence-based programs recognized by the National Institute on Drug Abuse.

Program Activities

Through partnerships with other agencies, our program offers group and individual counseling and education about a variety of health-related topics. Mothers are taught life skills and work through family and home issues in a supportive group setting.

Participants take an active role in the treatment process and learn effective parenting without the dependence of alcohol or drugs.

Groups and Therapy Sessions

- Alcohol and drug education
- Relapse prevention
- Treatment planning/case management
- Crisis counseling



Other Services

The following services are provided in addition to Matrix-Model, Nurturing Parenting and Seeking Safety Curriculum:

- Women-specific issues
- Comprehensive case management
- Cooperative child care
- Transportation
- Parenting skills building
- Health education
- Child development education
- Linkages to medical and HIV/TB testing and counseling, education, job skills and other services

Program Structure

Intake/Assessment/Opening:
Maximum 12 weeks. 2 days per week, 2 hrs. each day.

Intensive Outpatient Groups:
(IOP 1) - Minimum 3 months, 3 days per week, 3 hrs. each day.
(IOP 2) - Minimum 3 months, 2 days per week, 3 hrs. each day.

Outpatient Groups:
(OP 1) - Minimum 3 months, 2 days per week, 2 hrs. each day.
(OP 2) - Minimum 3 months, 1 day per week, 2 hrs. each day.

Continuing Care Group:
Minimum 3 months, 1 time per week, 2 hrs. each day.
This group is a mandatory part of both the IOP and OP groups.

Stepping-Out Group: Meets 1 day per month for 2 hours.

Program duration is minimum of 12 months.



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556 Cohasset Road
Chico, CA 95926

2167 MONTGOMERY STREET, #C
Oroville, CA 95965
Phone: 530-891-3251
Fax: 530-895-2633
Phone: 530-693-2172
Fax: 530-538-7315