

LifeSteps Council on Alcohol and Drugs, located in Williamson County, Texas, was founded in 1978. As the needs for Central Texas have changed, so have LifeSteps' services. LifeSteps focus is prevention, intervention, and recovery.

With an increased need of preventing unhealthy behaviors and/or intervening in the early stages of substance use, LifeSteps introduced the P.A.D.R.E. program in 2013 for expecting or parenting fathers. In 2020, the program evolved to include all expecting and parenting individuals at risk for a substance use disorder in Texas Region 7 counties.



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P.A.D.R.E.

Parenting Awareness and
Drug Risk Education
Program



What is P.A.D.R.E.?

P.A.D.R.E. is a program made to help expecting, new, and current parents overcome the challenges that often come with parenting.

Our goal is to provide community-based intervention outreach services and evidence-based education to individuals who are of childbearing age to decrease the impact of substance use.

ELIGIBILITY CRITERIA

- Men or women who are Texas residents in the 30 counties that make up Region 7, with the youngest child up-to 6-years-old.
- Expected parents who have one or more risk factors for a substance use disorder.
- Any parent with an open case with Texas Child Protective Services.

The 30 counties of Region 7 are:

Bastrop, Bell, Blanco, Bosque, Brazos, Burlleson, Burnet, Caldwell, Coryell, Falls, Fayette, Freestone, Grimes, Hamilton, Hays, Hill, Lampasas, Lee, Leon, Limestone, Llano, Madison, McLennan, Milam, Mills, Robertson, San Saba, Travis, Washington, and Williamson



How can P.A.D.R.E. help me?

All services are provided in a trauma-informed environment and provided by a qualified LifeSteps employee. If there are needs outside of our scope of expertise, referrals can be provided. Some services that we can help with are:

- Parenting Classes
- Accessing health and wellness care
- Education on substance use and its affects on the family
- Tobacco cessation services
- Parental information for coping with mental health and substance use, including crisis counseling and mental health referrals
- Pregnancy and reproductive health education
- Overdose prevention
- Utility, housing, or financial planning resources
- Family violence resources and safety planning
- Bonding activities

Our evidence-based program 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 parent, you must be able to nurture and encourage yourself first.

Can I be a part of P.A.D.R.E.?

- Do you or have you in the past had a case with DFPS (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, you may be eligible for P.A.D.R.E. services.!

We can answer any questions you might have about P.A.D.R.E. and get you started in the program right away.



For more information, contact us at
512.869.2571