



# RHYTHM

MONTHLY NEWSLETTER

## FEATURED STORY THIS MONTH:



I transitioned to this field after working as the Communications Director for my local school district, where approximately 65% of our student population qualified for the reduced lunch program, with many of these children having been affected by the opioid epidemic. When the opportunity arose to work for First Step Home, it was an obvious next step for me. It was an opportunity for me to help break these cycles, and to not only provide Hope, Help, and Healing for the mothers, but also for the children. I am grateful every day for the many partnerships and friendships that have evolved over the years, and I am amazed by the love and effort that goes into helping our clients and families live happier, healthier lives.



**Tania Loudon**



## FIRST STEP HOME – HOPE, HELP, HEALING.

First Step Home is a beautiful campus, located in Walnut Hills, designed to provide treatment for substance use and mental health disorders, with a full continuum of care for all women, including specialized services for pregnant women and women with children. We offer withdrawal stabilization with MAT options (including Methadone), residential, intensive outpatient and outpatient with supportive housing, and sober living services. Wraparound services include our Maternal Addiction Program, Child Resiliency Program, Vocational Services Program, Nursing and Medical Care, the Terry Schoenling Home for Mothers and Infants, and our newest addition, the Family Unity Center, developed to provide integrated services and support for our clients and their families. If you have questions, would like more information, or would like to make a referral, you may contact our Intake Department at 513-961-4663, Opt. 1. You may also visit our website at [www.firststephome.org](http://www.firststephome.org).



2023

# Apr.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9	10			13		15
16	17	18			21	22
23	24					29

# May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2		4	5	6
7	8		10	11		13
14			17		19	20



The Recovery Center of Hamilton County  
Class Schedule



Peer Sustainability & Wellness (PSW)  
Weekly Support Group



True Freedom Recovery Yoga  
Class Schedule





*stay inspired*

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I want to thank our community partners. Today at DeCoach Recovery Centre in Cincinnati, we called on others to help with our client. First secure detox with Lumiere Healing Centers, staying safe for several hours until intake at REST, then Transport by the AIM Team-Addiction Services Council.

Thank you Hamilton County Quick Response Team for jumping into action with me to make this happen. I also received a message the client is safe at Lumiere. 5 agencies working together for one person to save a life! Thank you all for being dedicated and passionate partners!

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**Lori Kurlas**

Assistant Director of Health Systems at Thrive  
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