



First 5

# First Steps FAMILY SUPPORT PROGRAM

## Service Description and Referral Information for Providers



First 5 First Steps (First Steps) strengthens child and family relationships by providing support, education, and guidance through home visits. Services are provided prenatally to 3 years of age.

First Steps uses evidence-based programs that help promote positive parent-child interactions and build family self-sufficiency. The Healthy Families America model and the Parents As Teachers educational curriculum have demonstrated positive outcomes for families that include:

- Child safety (reduced child neglect and maltreatment)
- Child health (positive birth outcomes and increased breastfeeding)
- Access to care (complete well-child visits and immunizations, and established medical home)
- Parent and child interaction
- Family self-sufficiency

## Who We Serve

Expectant parents who reside in San Diego County and who are:

- Low income (below 200% Federal Poverty Level)
- Teens (ages 13-21)
- Immigrants and refugees
- Military (child is dependent of active duty, guard, reserve, or veteran service member)
- AND have additional stressors or vulnerabilities that warrant support

## What We Do

- Provide prevention and early intervention home visitation services
- Nurture the development of healthy relationships between parent and child
- Enhance parent knowledge about the growth and development of their child
- Support positive parenting practices
- Encourage sound safety practices
- Customize services based on family strengths and needs
- Promote parent and child well-being through support and education
- Provide community referrals for parents and their children, including connections to a medical provider
- Provide home visits beginning prenatally
- Offer ongoing home visits until the child is 3 years old



## When to Refer

We accept referrals prenatally for families who are ineligible for other home visiting programs, or when those programs are at capacity.

For more information go to:  
[firststepssd.com](http://firststepssd.com)



Rev. June 2016



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## How to Refer

1. Use this chart to identify the family's region of residence.
2. Fax the completed referral form and consent form to that region.
3. Call the regional number with any questions.

CENTRAL	NORTH CENTRAL	EAST	NORTH COASTAL	NORTH INLAND	SOUTH
P: (619) 283-9624 F: (619) 961-1025	P: (619) 283-9624 F: (619) 961-1025	P: (619) 938-3239 F: (619) 328-0638	P: (760) 739-3261 F: (760) 739-2835	P: (760) 739-3261 F: (760) 739-2835	P: (619) 420-3620 F: (619) 420-8722
92101	92037 92123	91901 91963	92007 92075	92003 92066	91902
92102	92093 92124	91905 91977	92008 92081	92004 92069	91910
92103	92106 92126	91906 91978	92009 92083	92025 92070	91911
92104	92107 92130	91916 91980	92010 92084	92026 92078	91913
92105	92108 92131	91917 92019	92011 92091	92027 92082	91914
92113	92109 92140	91931 92020	92014 92672	92028 92086	91915
92114	92110 92145	91934 92021	92024	92029 92096	91932
92115	92111 92161	91935 92040	92054	92036 92127	91950
92116	92117	91941 92071	92055	92059 92128	92118
92134	92119	91942	92056	92060 92129	92135
92136	92120	91945	92057	92061 92259	92154
92139	92121	91948	92058	92064 92536	92155
92182	92122	91962	92067	92065	92173

## Program Information

### CENTRAL/NORTH CENTRAL

SAY San Diego  
 Sheri Easterly  
 (619) 283-9624, seasterly@saysandiego.org

### NORTH INLAND/NORTH COASTAL

Palomar Health  
 Shirin Strauss, M.A., ICCE, IBCLC  
 (760) 739-3261, shirin.strauss@palomarhealth.org

### EAST

Home Start, Inc.  
 Gerrie Fenton  
 (619) 938-3239, gfenton@home-start.org

### SOUTH

South Bay Community Services  
 Nubia Soto  
 (619) 420-3620, nsoto@csbcs.org

### COUNTYWIDE COORDINATOR

American Academy of Pediatrics, California Chapter 3  
 Kim Thomas, M.A.  
 (619) 281-2287, kthomas@aapca3.org

