

### **Our Mission:**

Comprehend's mission is to enhance the well-being of individuals, families, and communities by advocating for and providing behavioral healthcare services in a welcoming and caring environment.

### **Our Values:**

**Integrity:** We will be truthful, honest and open with everyone in word and deed.

**Excellence:** We will make a continual effort to achieve the highest degree of professional standards possible in all areas.

**Stewardship:** We will be responsible for the management of our resources to provide and sustain our ability to serve.

We will take full ownership for our failures and our successes, being ever mindful that we are accountable to our past, present and future employees, clients, and the community at large.

**Respect:** We will be ever mindful – in all we do and say – in order to treat everyone with dignity, courtesy and consideration.

**Kindness:** We will show all individuals we interact with, internally and externally, the same consideration and care we expect.

**Dedication:** We will show unconditional commitment to serve each other so that together we can serve and meet the needs of our community.

Comprehend is  
a Internationally Accredited  
and Licensed Mental Health  
Center Serving the  
Buffalo Trace Region

#### **Mason County**

611 Forest Avenue  
Maysville, KY  
606-564-4016

#### **Bracken County**

429 Frankfort Street  
Brooksville, KY 41004  
T: 606-564-4016

#### **Fleming County**

610 Elizaville Avenue  
Flemingsburg, KY 41041  
T: 606-849-2212

#### **Lewis County**

83 Second Street  
Vanceburg, KY 41179  
T: 606-796-3021



## **KSTEP**



### **The Kentucky Strengthening Ties and Empowering Parents Program**



***Helping You Put the Pieces Together***

## What is KSTEP?

KSTEP is an evidence-informed program targeted at families involved in the child welfare system. KSTEP follows an in-home service model, which has proven effectiveness by eliminating barriers associated with traditional office settings. KSTEP is intended to increase case coordination services and partnerships with the family and allow for rapid access to clinical services, such as substance use treatment.

## Why is KSTEP the program for me?

- A report has been made & there is evidence to support that substance use issues present a very high risk of harm to my child(ren) & there is a chance they may be removed from my home.
- This program is my opportunity to receive treatment and assistance in keeping my children safe and in my home.

## What can I expect from being in KSTEP?

- The first 1-2 weeks of the program, you & your family will go through several assessments & meetings so that the KSTEP provider can ensure you have all the appropriate services to keep your child(ren) safe in your home. This will be a very busy time.

- If you need help with transportation for appointments, your KSTEP provider will help arrange transportation.
- You will have random drug screens to determine if you are substance-free. If you need help paying for these tests, your KSTEP provider will assist you with this. At first, you will need to test weekly but the further you move through the program, the fewer tests you will have.
- Based on your individual needs, you may be referred to an outside treatment provider for treatment. This may include detox, IOP (intensive outpatient), inpatient, residential or MAT (medication assisted treatment).
- Your KSTEP provider will work with you on your goals that will include keeping your child(ren) safely in your home. The KSTEP provider will do all they can to find treatment providers & schedules that meet your needs. They will also help you



overcome barriers that have stood in the way of past success.

- KSTEP providers will use strength & solution based approach. This means knowing what is working or has worked for you & what your strengths are so we can build on these. You can also expect lots of celebration when things go right!

## What are my expectations in KSTEP?

You will be expected to participate fully in the program which includes:

- Being available for all appointments, both in home & in the community,
- Having a consistent way to be contacted & answer or return calls,
- Signing releases for all providers involved to share information,
- Following all safety plans that are put into place including supervision & safe sleeping,
- Going for random drug tests & providing adequate test samples when called, and
- Following through with all recommendations made for you & your family.

Most importantly, in order for this program to work, you will need to be open in your communications with your providers & work on the new plans & skills that you learn to keep you & your family safe. The providers cannot truly help if they are not aware of all the issues & problems you need help with.