



Early Steps is Back!

Ready for the Age 19 Home Visit

It's time for your Age 19 Home Visit!

Can you believe that it's been 17 years since your family joined the **Early Steps Research Project**? It has been a wonderful experience to watch you mature and grow over the years and now transition into adulthood.

We are pleased to report that 80% of families who enrolled in Early Steps at age 2 completed an age 16 visit! Thank you, and we hope you will choose to continue to participate in Early Steps research.

Contact us now to schedule!

Phone: 434-243-9739

Text: 434-207-2225

Email: earlysteps.uva@gmail.com

Facebook: [facebook.com/EarlyStepsProject](https://www.facebook.com/EarlyStepsProject)



We are available weekdays or weekends – whatever is most convenient for you

What will happen at the home visit?

- ✓ You will complete ONLINE surveys about your well-being, behavior, family life, and other topics.
- ✓ You will be interviewed via Zoom/phone.
- ✓ Completing the surveys and interview will take about 2 hours of your time.
- ✓ You will receive \$120 for your participation.
- ✓ Your main parent figure(s) will also be invited to participate (at a separate time).
- ✓ You will receive \$10 for calling and updating your information with us!

Community Resources

Career One Stop: Get My Future

For information about jobs, training, career resources, or unemployment benefits:

1-877-872-5627

<https://www.careeronestop.org/GetMyFuture/default.aspx>

Substance Abuse and Mental Health Services

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Hotline

1-800-273-8255

A confidential, supportive listening hotline.