



Maine Mothers Network....

growing strong futures

Case Management for Pregnant and Parenting Women using Substances Program

Program Description

Pregnancy can be a time of promise and hope for the future. For some women who use drugs and alcohol it can be a powerful force for change in order to give their baby a healthy start. Yet breaking free of substances is mentally and physically

hard. A new program offered by a consortium of agencies is offering pregnant and parenting women across Maine the support and resources to help them build a substance free future for their children. Women who are pregnant or have children up to five years old are eligible for the program. The consortium includes AMHC, Crisis and Counseling, Day One, Tri-County Mental Health Services, and Wellspring. The service will be available across the entire state through these agencies. Services include:

Trauma screening

Screening for adverse childhood experiences, better known as ACEs, will allow us to identify unresolved traumatic events that create stressors leading to high risk behaviors, including substance use. By identifying and treating these unresolved traumas, we begin the process of moving women to increased health and wellness by disrupting the cycle of substance use. This in turn will promote positive attachment with the infant/toddler and support effective parenting.

Coordination & Advocacy

A case manager will help identify other needs and assist the mother with connecting to other services in the community.

Parenting groups

The Nurturing Parents program will be offered to participants in this program. It is recognized by SAMHSA as an evidenced-based practice.

Treatment Groups

Parenting and treatment groups may be established over a broad geography by using a tele-health platform, with skilled facilitators leading the sessions. The project will also consider the possibility of secure messaging with cell phones to establish regular check-ins.

Participants will have the opportunity to receive group treatment, including Cognitive Behavioral Therapy (**CBT**) *skill building, Trauma Recovery and Empowerment, and Seeking Safety.*

Peer services will be incorporated as an integral part of the intervention with peer recovery coaches allowing for transition to natural supports within the community.

To make a referral, please call 24/7 Referral Line

1-800-244-6431

Visit us at www.tcmhs.org