

This information guide is provided to help you understand how to get the support you need **for you and your baby to be healthy and safe.**

You Should Know

During pregnancy, use of opioids affects your body and your developing baby. If you have taken opioids through use of needles, your doctor may want to take special care to make sure you do not have any infections and will probably recommend an alternative such as Methadone or Subutex.

We want you to feel comfortable talking with your providers about how you are feeling, what questions you may have and what help you need. The more your medical team knows about your use and your history, the more they will be able to support your health during your pregnancy and birth.

Babies exposed to opioid medication may be born with symptoms known as Neonatal Abstinence Syndrome [NAS]. This can include tremors, vomiting, fever, excessive crying, and difficulty sucking and swallowing. Because of this, your baby may be admitted to the Neonatal Intensive Care Unit [NICU]. This can be a little overwhelming and there may be several people involved in your baby's care.

Hospitals are required to ensure that they partner with you, Healthy Start and the Department of Children and Families to find out what you need to support the health of you and your baby. You will meet with them to share information and create a roadmap called a **Plan of Safe Care**.

Healthy Start
has a team to help you!
You are not alone.



Healthy Start Intensive Services Team

Some women with Substance Use Disorders have had a lot of bad experiences and face a lot of problems when they enter services. **All of our services are FREE and VOLUNTARY.** You can start and stop them at any time using **CONNECT** [see back page]. Our team is here to serve you.

Women's Intervention Specialist | During Pregnancy

- Helps with enrollment for available services including Healthy Start.
- Gathers information about your health, your medical provider and other details to create a **Plan of Safe Care** for you and your baby.
- Connects you to supports and treatment as needed.

Neonatal Outreach Specialist | After Pregnancy

- Coordinates in the hospital after your baby is born and helps mother or caregiver develop a **Plan of Safe Care**.
- Helps ensure a pediatrician will follow up with your baby.
- Makes a referral for early intervention as an extra support for your baby's development.

Intensive Services Specialist | Before, During & After Pregnancy

- Assists with practical supports once enrolled in services.
- Provides aftercare case management.
- Helps coordinate with multiple service providers you may need.

Peer Recovery Specialists | Lived Experience & Support

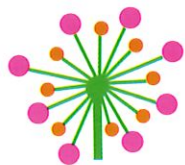
- Peers are able to share their lived experiences in addiction and recovery.
- Peers can guide, advocate and mentor your recovery process wherever you may need them most.
- Peers support you and your baby through transitional phases such as residential treatment, medication-assisted treatment or transitional housing.



Resources ...

... because everybody needs help sometime

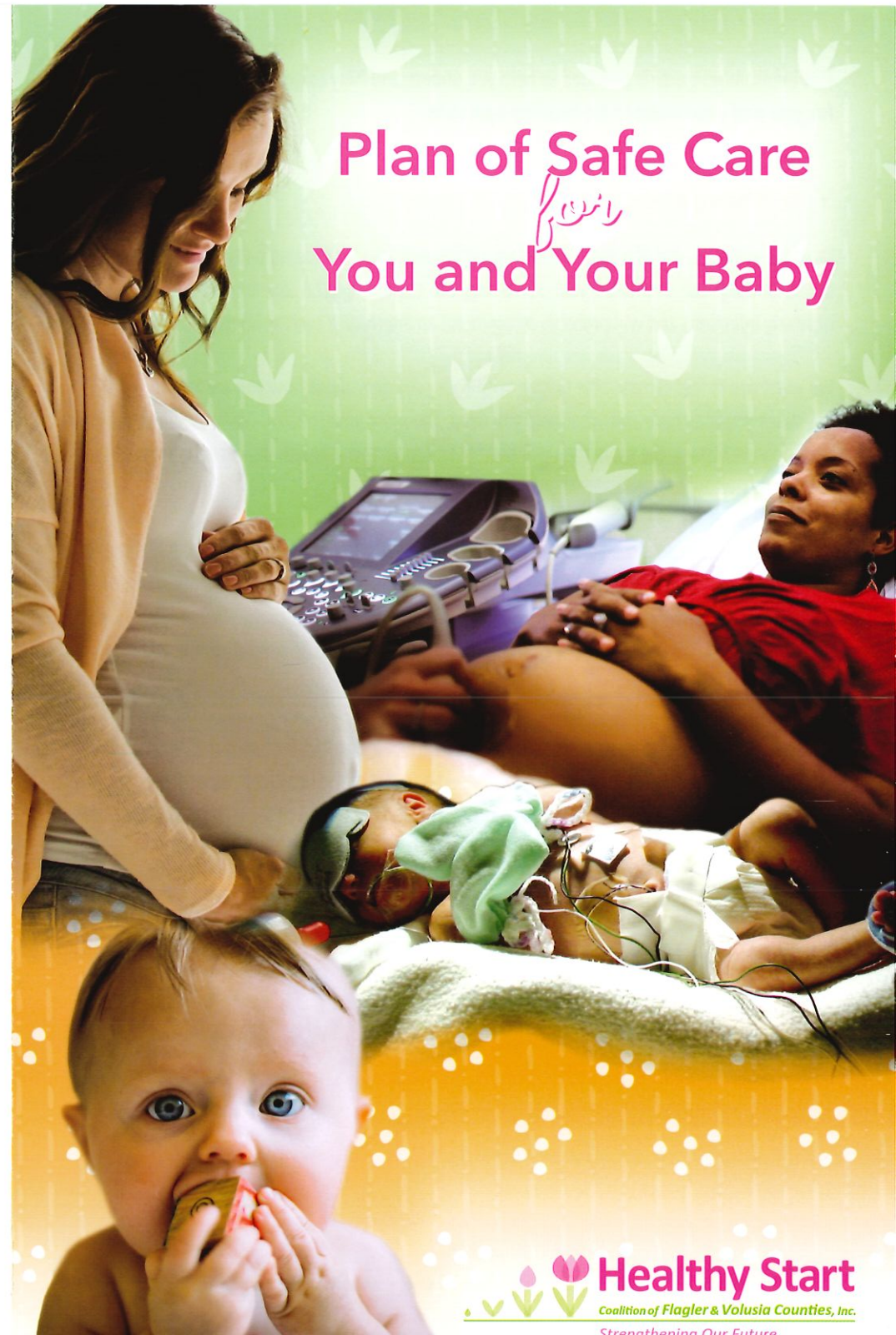
Healthy Start Connect	386.238.9347
	Email: connect@healthystartfv.org
Intensive Services	386.238.9318
Children's Home Society	386.304.7600
Family Place Daytona	386.281.6356
Family Place Deltona	386.561.9628
Narcotics Anonymous	1.844.344.3155
	https://na.org
Alcoholics Anonymous	386.756.2973
	https://aa.org
Smart Recovery® App	www.smartrecovery.org/checkup-and-choices
SMA Healthcare	1.800.539.4228
Easter Seals – Early Steps	386.873.0365
	www.easterseals.com
Early Learning Coalition	386.258.7434
	www.elcfv.org/families/family-resources
My Doctor _____	
Health Care Plan Info _____	
Peer Support _____	
Pediatrician _____	
Other Support _____	



Get Connected!

connect@healthystartfv.org

386.238.9347



Plan of Safe Care رائدك You and Your Baby