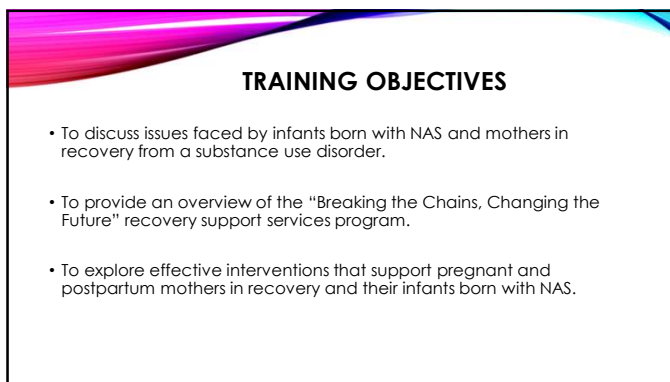
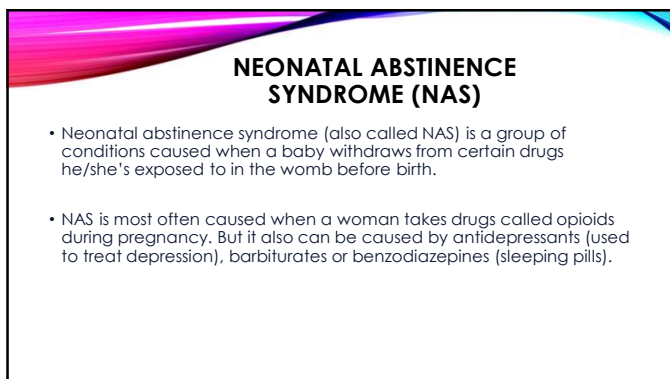


1



2



3

ISSUES FACED BY INFANTS BORN WITH NAS

- Developmental delays – (sitting, walking, talking, having social skills and having thinking skills).
- Motor problems - (Issues with bones, muscles and movement).
- Behavior and learning problems.
- Speech and language problems
- Sleep problems
- Ear infections
- Vision problems

4

ISSUES FACED BY WOMEN WITH SUBSTANCE USE DISORDERS

- Access to childcare services.
- Unacknowledged differences in drug interactions and addictive qualities.
- Common side and interaction effects of drugs are ignored or mischaracterized.
- Harsher societal judgement lends itself to secrecy and later attempts to access treatment.
- Most research on prescribed drugs are based on men of a small age demographic.
- Higher incidences of reported domestic and sexual violence.

5

BREAKING THE CHAINS, CHANGING THE FUTURE

Targeted Peer Recovery Support Services:

- Our certified peer recovery specialists, trainers and supervisors have advanced training to work with the special population of pregnant and postpartum women.
- Recovery support services can be provided onsite or virtually for individuals and group sessions on a weekly to monthly basis. This is a free service for any pregnant or postpartum woman struggling with SUD and or recovery related issues.

6

BREAKING THE CHAINS, CHANGING THE FUTURE

What do Peer Workers Do?

- inspire hope that people can and do recover.
- walk with people on their recovery journeys.
- dispel myths about what it means to have a mental health condition or substance use disorder.
- provide self-help education and link people to tools and resources
- support people in identifying their goals, hopes, and dreams, and creating a roadmap for getting there.

7

BREAKING THE CHAINS, CHANGING THE FUTURE

Benefits of Peer Recovery Support Services

- Increases self-esteem and confidence.
- Increases sense of control and ability to bring about changes in their life.
- Increases sense of hope and aspiration.
- Increased self-care and wellness.
- Decreased drug use and depression.

8

BREAKING THE CHAINS, CHANGING THE FUTURE

Play and Learn classes:

- For mothers and babies zero to 34 months. Attachment based social interactive classes will help moms connect, develop recovery social supports, and focus on fostering a secure attachment, healthy coping, and self-regulation skills for mother and baby.
- The play and learn groups will be offered onsite and virtually with materials provided weekly. For virtual groups materials will be mailed in advance. Each four-week session will have a dedicated theme connected to the book, its music, and the free online video.

9

BREAKING THE CHAINS, CHANGING THE FUTURE

Benefits of Play and learn classes:

- Promotes the development of social-emotional, cognitive, and self-regulation skills.
- Promotes physical developments.
- Promotes the development of peer relationships.
- Promotes development of skills, such as problem solving, collaboration, and creativity.

10

BREAKING THE CHAINS, CHANGING THE FUTURE

Recovery Support Groups:

- Recovery Support Groups are designed to provide mutual support to each participant. They are usually free, anonymous, and run by peers. These types of groups can help support a person's recovery and create a safe environment for them to connect with others in recovery.
- While recovery support groups are not considered formal treatment, they can complement prior or ongoing treatment and can be held in a variety of settings.

11

BREAKING THE CHAINS, CHANGING THE FUTURE

Benefits of Recovery Support Groups:

- Increasing rates of abstinence.
- Promote a greater quality of life.
- Reduced rate of relapse.
- Increased satisfaction with the overall treatment experience.
- Increased treatment retention.
- Improved relationships with family, friends, and co-workers.

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BREAKING THE CHAINS, CHANGING THE FUTURE

Common Recovery Support Groups:

- Alcoholics Anonymous
- Narcotics Anonymous
- Celebrate Recovery
- Smart Recovery
- Women for Sobriety
- Mothers for Recovery

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