



KY-Moms

Maternal Assistance
Towards Recovery

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**Maternal Assistance Towards
Recovery**



**HELPING YOU HAVE
THE HEALTHIEST
PREGNANCY POSSIBLE.**

What is KY-Moms Maternal Assistance Toward Recovery?

KY-Moms helps pregnant women find the assistance they need to have a happier, healthier pregnancy and baby.

Our Enhanced Care Specialist understands how stressful pregnancy can be, and is there to listen and to help find the assistance you and your baby need.

You can see a **KY-Moms** Enhanced Care Specialist at any time during your pregnancy and for up to two months after delivery.

KY-Moms helps expectant mothers across the Commonwealth who are at risk for using alcohol, tobacco and other drugs, to reduce harm to their children from their substance use, during and after pregnancy.

This service is a collaboration between health departments, prenatal clinics and community mental health centers.

There is no charge to you for KY-Moms.

Who We Help:

We support pregnant and postpartum individuals who may be:

- Feeling stressed, anxious, sad, or overwhelmed
- Using alcohol, tobacco, or other substances
- Worried about how substance use may affect their pregnancy or baby
- In need of help finding housing, transportation, childcare, or other basic needs

KY-Moms Provides:

- Support and Encouragement
- Referral to “Healthy Baby Classes”
- Referral to Prenatal and Well Baby Care
- Help with Tobacco, Alcohol and Drug Issues



Information about Available Community Services such as:

- Behavioral Health Counseling
- Smoking Cessation
- Housing Assistance and other Basic Needs
- Domestic Violence Services

Throughout the program, participants will receive incentives for participation.



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.



HOW DO I KNOW IF I NEED THIS PROGRAM?

- ☐ Are you feeling at all unsafe in any way in your relationship with your current partner or with a previous partner?
- ☐ Are you, your family, or friends concerned about your drinking or drug use?
- ☐ Over the past few weeks, has worry, anxiety, depression or sadness made it difficult for you to do your work, get along with others, or take care of things at home?

If you answered “yes” to any of these questions, KY-Moms may be able to help.

How to Get Started

Anyone can make a referral — including yourself.



To connect with a KY-Moms MATR specialist call:

1-800-575-7223 ext. 1918

You can also ask your doctor, prenatal clinic, or a school-based clinician for a referral.

Contact Us Today!

Regional Prevention Center
3834 Highway 15 South
Jackson, KY 41339

1-800-575-7223 ext. 1918

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LIFELINE**

You are not alone.

We are here to support you with
compassion and without judgment.



Website: www.krcccares.com