Don’t quit “cold turkey.”

- Your baby may feel withdrawal in the womb, where he or she cannot be supported.
- This may result in pre-term labor or loss of pregnancy.

Choose Medication Assisted Treatment to:

- Prevent withdrawal during pregnancy.
- Be closely monitored with your baby by your recovery team.
- Decrease the risk of HIV, Hepatitis C or other infections.
- Breastfeed your baby safely.
- Gain the support you need to create a better future for you and your baby.

In pregnancy, opioids can result in loss of the pregnancy, premature delivery, low birth weight and the baby withdrawing after birth, called Neonatal Abstinence Syndrome (NAS).

Get the help you and your baby need, now.

Your recovery team, which might include Children, Youth and Family Services, will help you set up and work on a plan that is safe for your baby and:

Make sure the plan for your family is a good one.
Give the support needed for you to make a full recovery.
Keep track of your progress to make sure your baby is safe.

We know you care about your baby - we do, too.

A recovery specialist, Medication Assisted Treatment (MAT) prescriber, support staff and nurses are ready to help you.

Ready to begin treatment? Call 717-812-MOMS (717-812-6667)
We know you care about your baby – we do, too.
Helping Moms Build Strong Foundations During Opioid Recovery

The Foundations Pregnancy Support Services Team (FPSS) will provide you and your baby with gentle support throughout your recovery journey from opioid use disorder (OUD). We are here for you during your pregnancy and after your baby is born.

Our team helps provide:

Medication Assisted Treatment (MAT)
- You don’t need to quit cold turkey.
- You can prevent withdrawal during pregnancy.
- You and your baby are supported by your recovery team.
- You can breastfeed your baby safely.
- You will gain the support you need to create a better future for you and your baby.

Ongoing support for you and your baby for up to 18 months
- Face-to-face visits that fit your schedule and needs.
- Follow-up phone call and texting support.
- Coordination of referrals for support services to meet you and your baby’s needs.
- Support of your sustained recovery.
- Help support bonding relationship with you and your baby that builds resiliency for both your futures.

Collaboration with local resources
- Early Intervention Programs.
- Community-based Medical/Social Support Programs.
- Addiction Services to meet your needs for a full recovery.
- Children and Youth Services, as required by law, with the goal of keeping you and your baby safely together.
  *Every situation is different and may not require this.*

A dedicated team working with you
- Registered Nurse Coordinator
- Community Health Worker
- Mental Health Professional
- Social Work Team

Call (717) 812-MOMS (6667) or ask your your doctor or nurse for a referral