

## Substance Abuse Prevention and Case Management

Specific substance abuse prevention services are designed to reduce the risk for substance use for women during pregnancy.

For high-risk or women who are actively using substances, Case Management Services are provided along with interventions intended to engage them in treatment services.

Case Management efforts are designed to engage high-risk pregnant women in needed services such as mental health treatment, substance abuse treatment, domestic violence services, and smoking cessation programs.

The case manager will help identify client's immediate needs which may include housing, child care, financial assistance, employment or even obtaining a GED. Case managers will encourage prenatal care and involvement in other programs for pregnant woman.

We are available to meet with expectant mothers individually to find resources and support that help to reduce stress and risk factors during pregnancy. We work with each participant to meet their individual goals.

For more information about our Substance Abuse Services and our Prevention Programs, contact Four Rivers Behavioral Health's Prevention office at 270.442.8039 or visit the company's website at [www.4RBH.org](http://www.4RBH.org).

## About Four Rivers Behavioral Health

*Four Rivers Behavioral Health is a private, not-for-profit agency providing comprehensive, integrated mental health, substance abuse and developmental disability services to promote the health and quality of life for consumers in Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, Marshall, and McCracken counties. Any individual in need is eligible to receive services without regard to race, religion, disability, national origin, or gender.*

*For detailed information about the KY-Moms Program or to make a referral contact our Regional Prevention Center directly at 270.442.8039.*



425 Broadway, Paducah, KY 42001  
270.442.7121 • 866.442.7121  
Crisis 800.592.3980  
[www.4RBH.org](http://www.4RBH.org)

Regional Prevention Center

## KY-Moms Maternal Assistance Toward Recovery



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## KY-Moms

KY-Moms is a program developed to help soon-to-be and recent mothers reduce harm to themselves and their children that comes from maternal substance use during and after pregnancy.



**KY-Moms**

Maternal Assistance  
Towards Recovery

KY-Moms helps you find the resources you need to ensure the health of your baby. Program staff provide a caring, non-judgmental environment that gives mothers ongoing support during pregnancy and post-partum.

KY-Moms offers prenatal education and early intervention to improve a mother's emotional, social and physical well-being.

## Risk Factors

There are many problems that can occur during pregnancy and many factors that cause problems. These include:

- Stress
- Poor Nutrition
- Tobacco Use
- Drug and Alcohol Use
- Depression or Anxiety
- Domestic Violence
- Lack of prenatal care

## Potential Problems

When mothers experience even one of the Risk Factors outlined in this brochure, the potential problems the baby could face are numerous.

Unborn babies and babies in their first few months of life can have issues such as:

- Poor Growth
- Premature birth weight or low birth weight
- Eating and sleeping problems
- Developmental Delays
- Excessive Crying
- Learning Disabilities



## Stress and Your Baby

Worry, anxiety, depression or just plain sadness can make it difficult for you to do your work, get along with others, or take care of things at home. *KY-Moms can help you get through those tough times.*

Maybe you are worried about your drinking or drug use and the effect it could have on your baby. Perhaps your family and friends have those same worries. *We can help.*

If you are feeling unsafe in any way in your relationship with your current partner or previous partner, *KY-Moms wants to work with you to keep you and your baby safe.*

**Call us! We can help.**

## Did You Know?

National and local surveys show that nearly 10% of pregnant women will use illicit drugs during their pregnancy. Almost twice as many will use alcohol and at least 25% of pregnant women in Kentucky will smoke cigarettes.

Substance abuse during pregnancy occurs at nearly equal rates across all races and income levels.

Even if a woman uses alcohol, tobacco, or other drugs throughout her pregnancy, regular prenatal care can still greatly increase the chances of having a healthy baby.

Fetal Alcohol Syndrome is the leading known cause for mental defects. It occurs more frequently than any other known causes such as Down Syndrome, and is 100% preventable.

