

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.



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.



Contact Us Today!

Regional Prevention Center
3834 Highway 15 South
Jackson, KY 41339

1-800-575-7223 ext. 5008

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.



Real People. Real Stories. Real Recovery.

24-Hour Crisis and Information Hotline
1-800-262-7491

www.krcccares.com



KY-Moms
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.

 **There is no charge to you for KY-Moms.**

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.

 **HOW CAN I GET MORE INFORMATION ON PREVENTION EDUCATION CLASSES OFFERED?**

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