



KY-Moms MATR services are provided to Daviess, Hancock, Henderson, McLean, Ohio, Union and Webster counties through RiverValley Behavioral Health's Regional Prevention Center.

The Regional Prevention Center (RPC) serves coalitions and KY-ASAP Boards in the seven-county region to effectively address substance misuse prevention by offering workshops, presentations, trainings, and other educational opportunities in the community.

RiverValley Behavioral Health has been the Commonwealth's designated regional behavioral healthcare provider in Western Kentucky for over 50 years, serving Daviess, Ohio, McLean, Hancock, Webster, Union, and Henderson counties. They currently host over 27 programs that include inpatient and outpatient services for families impacted by mental health, alcohol and drug use, and developmental disabilities.



KY-Moms
Maternal Assistance
Towards Recovery

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**A healthier,
safer start in life**

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What is KY-Moms?

RiverValley Behavioral Health's KY-Moms Maternal Assistance Towards Recovery (MATR) program is designed to assist new and expecting mothers during and after pregnancy by connecting them to prevention and substance use treatment services and education.

The use of alcohol, tobacco, and other substances during pregnancy can cause problems for both the mother and the infant. Prenatal exposure can lead to intellectual and other developmental disabilities, mental health and behavioral problems, difficulty with learning, and poor health outcomes.

What we do

The goal of KY-Moms is to reduce the risk of substance use during and after pregnancy and create a healthier, safer start for new mothers and their babies.

Who can benefit from KY-Moms MATR?

Services are available to expecting mothers and new mothers up to 60 days postpartum. If you are a new or expecting mother, some of the reasons you may seek assistance include:

- You want to know about having a healthy pregnancy
- You are concerned about the effects of alcohol, tobacco or other drugs on your baby
- You feel unsafe in a relationship or in your home
- You are experiencing mental health concerns



What we offer

- Case management services will help mothers who are at-risk of using, or currently use, alcohol, tobacco and other substances, by connecting them with community supports, while reducing barriers to a healthier lifestyle by:
 - Identifying and addressing a mother's immediate needs (e.g. safety, housing, medical care, childcare, financial assistance, employment)
 - Engaging mothers with programs such as HANDS, WIC, and prenatal care; along with referral to services for substance use treatment, if necessary.
- Substance use prevention and education
- Access to recovery and treatment services
- Assistance with smoking cessation
- Connection to community resources, including transportation, financial and housing supports
- Nutritional information
- Healthy Baby Workshops

Healthy communities start with mom!



Healthy Baby Workshops

Our Health Baby Workshops help improve birth outcomes by providing education and resources for substance-use recovery and prevention.



What we cover

- The importance of refraining from alcohol, tobacco and other substance-use during and after pregnancy and while breastfeeding
- Why you should talk with your doctor before using medications, supplements, herbal remedies, and cleaning solutions during and after pregnancy
 - Signs, symptoms and solutions to postpartum depression and "baby blues"
 - Steps for making healthy lifestyle changes
 - Utilizing helpful community resources
 - Signs and symptoms of unhealthy relationships and how to receive help and support