

LOCAL RESOURCES

CAP QUALITY CARE

(207) 856-7227

CROSSROADS FOR WOMEN

(207) 773-9931

DISCOVERY HOUSE

(207) 774-7111

MERCY RECOVERY CENTER

(207) 879-3600

MERRIMACK RIVER MEDICAL SERVICES

(207) 221-2292

PORTLAND PUBLIC HEALTH DIVISION

(207) 756-8116

PROP/THE WOMEN'S PROJECT

(800) 611-1588

2-1-1 MAINE

Dial 211

NATIONAL RESOURCES

American Academy of Pediatrics: www.aap.org

March of Dimes: www.marchofdimes.com

Nat'l Institute on Drug Abuse: www.drugabuse.gov

Substance Abuse & Mental Health Services

Administration: www.samhsa.gov

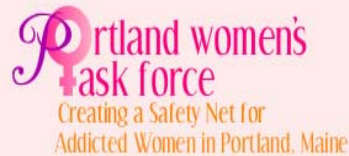
Information provided by the
Portland Women's Task Force:
*Working to create a safety net for
addicted women in Portland, Maine.*

The Portland Women's Task Force:

CAP Quality Care, Casey Family Services, Community Partnerships for Protecting Children, Crossroads for Women, Department of Health & Human Services/Child Protective Services, Family Crisis Services, Maine Alliance for Addiction Recovery, Maine Medical Center (Barbara Bush Children's Hospital & Perinatal Outreach Nurses), Merrimack River Medical Services, Portland Community Police, PROP/The Women's Project, USM Community Nursing Partnership, Volunteers of America/NNE as well as the Portland Public Health Division's Minority Health Program, Street & Free Clinics, and the Health Promotion & Chronic Disease Prevention Program's Overdose Prevention Project.



centered around you



Portland Public Health Division
Health & Human Services Dept
389 Congress Street
Portland | Maine | 04101
www.substanceabuse.portlandmaine.gov

Addiction. Pregnancy. Methadone.



What do they have in common?

STIGMA.

What is STIGMA?

A mark of shame or discredit; an identifying mark or characteristic; specifically: a specific diagnostic sign of a disease.

How does STIGMA affect addiction, pregnancy & Medication Assisted Treatment (MAT)?

Addiction, pregnancy and MAT (specifically methadone or Subutex) are all individually subject to judgment but can be more stigmatized when combined. While there are many viable treatment options for women who are addicted and pregnant: *prescription medication assisted treatment is the safest.*

Why Should I Use Medication Assisted Treatment if I'm pregnant?

Opioid withdrawal for pregnant women is especially dangerous because it causes the uterus to contract and may bring on miscarriage or premature birth. By blocking withdrawal symptoms, MAT can save your baby's life and it can also allow you to regain *your quality of life.*

Parenting can be hard and sometimes overwhelming.

Every mother needs support.

Look to your doctor or treatment counselor for help.

If you're pregnant and using drugs such as heroin or abusing opioid prescription pain killers, it's important that you get help for yourself and your unborn baby. MAT can help you stop using those drugs. It is safe for the baby, keeps you free of withdrawal, and gives you a chance to take care of yourself.

Even though not all providers and officials understand that medication assisted treatment is the recommended course of treatment for pregnant opioid-dependent women and that it reflects a mother's commitment to living a sober and responsible life, educating yourself helps you advocate for yourself and your baby.



Misusing drugs doesn't necessarily make you a bad parent though it can make it harder to be a good parent.

WHAT IF?

What is Neonatal Opioid Abstinence Syndrome (NAS)?

NAS is a group of signs and symptoms of withdrawal that a baby can have when a mother has taken certain medications during her pregnancy. These medications include methadone, Subutex, Oxycontin, Vicodin, and Codeine. Many babies exposed to these drugs will have to spend more time in the hospital than other newborn babies. The exact length of time that your baby will stay is not known. Remember: all babies are different.

Withdrawal happens in different ways.

What happens if my baby shows signs of withdrawal?

Withdrawal from medications can take five to seven days *to start*. The nurses will watch your baby closely beginning at birth and will give him or her a "score" every three hours. The nurses use a special form to check withdrawal symptoms in newborns. If needed, they will give medication to lessen your baby's withdrawal symptoms. *NOTE: Once your baby is born, never give methadone or any other medication to your baby without your doctor's approval.*

What types of withdrawal symptoms might I see in my baby?

Your baby may:

- *Be irritable or difficult to comfort
- *Feed poorly, spit, vomit, have diarrhea, diaper rash
- *Have more jaundice (yellow skin)
- *Have a hard time sleeping
- *Suck very strongly or with no coordination
- *Be jittery/Have higher risk of seizures
- *Have frequent hiccoughs and/or sneezing
- *Have mild fever/sweat