Recovery Support Coordination

Recognizes that recovery comes in different pathways.

The main goal is to provide non-judgmental supportive services, utilizing a strengths-based and trauma informed approach.

**RECOVERY SUPPORT FOR PREGNANT/POSTPARTUM WOMEN AND WOMEN WITH CHILDREN**
**Recovery Support**

The Recovery Support Program for Pregnant/Postpartum Women and Women with Children (RSPPW) is designed to provide assistance and supportive services to women and families in Washington County who are struggling with or recovering from a substance use disorder. This program offers each participant an individualized care plan, assistance accessing wrap-around services, and the opportunity to learn important advocacy skills while working towards self-sufficiency.

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**Challenges for Women with Recovery**

- The shame, blame, and guilt attached to addiction can be stronger for women, especially mothers. Women report stigma being the number one barrier in seeking any type of services.

- **SOCIETAL ROLES**: Traditionally women have been known to be the gatekeeper, caregiver, and central organizing factor in the family unit.

- Prolonged isolation may also be common in stay-at-home moms or in cases where women have not had active employment outside the home.

- 70% of women entering addiction treatment have children. Women entering treatment are more likely to have primary responsibility for their children.

- Women are more likely than men to face multiple barriers in accessing substance use treatment and are less likely to seek treatment. As a result, many women will seek care through a primary care setting rather than a specialized program in meeting their needs.

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**Eligibility**

Any woman who is currently pregnant, postpartum, and or has children that is struggling with or is in recovery from a substance use disorder in the Washington County, Maryland area.

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**Substance use and Pregnancy**

There has been a surge in substance use-related illness and death in recent years particularly affecting pregnant women. In fact, substance use is now a leading cause of maternal death. Pregnant and postpartum women who suffer with a substance use disorder are at a high risk for the following:

- Poor maternal outcomes, including preterm labor and complications related to delivery

- Problems frequently exacerbated by malnourishment

- Interpersonal violence, and other health-related social needs

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**Substance use and prenatal development**

Substance exposure in utero can lead to:

1. Higher risk of being born preterm
2. Having a low birth weight
3. Experiencing the effects of neonatal abstinence syndrome (NAS)

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**Strength in Numbers**

Every stage of recovery has its challenges. By having a positive support network, you can gain many benefits. Not only will having support help you cope with stress and triggers, it can also promote a greater sense of well-being and facilitate empowerment with a continued path of recovery. This program can offer an additional support person to your support network.