
Recovery Support Coordination



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.



WASHINGTON COUNTY HEALTH DEPARTMENT

Division of Behavioral Health Services

925 N Burhans Blvd
Hagerstown, Maryland 21742

PHONE: 240-313-3310

FAX: 240-313-3239

TTY: 240-313-3391

washcohealth.org
facebook.com/WashHealth

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Español/Spanish

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中文/Chinese

用您的语言为您提供帮助。1-240-313-3200 (TTY: 1-240-313-3391)。这些服务都是免费的



RECOVERY SUPPORT FOR PREGNANT/POSTPARTUM WOMEN AND WOMEN WITH CHILDREN

Washington County Health Department
Division of Behavioral Health Services



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.



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.

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

Substance use and prenatal development

Substance exposure in utero can led 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.