

Pregnant and Using Opioids?

You are not alone. Many agencies in the area are here to support you.

Treatment Options *(adapted from Vermont Child Health Improvement Program)*

Opioids are painkillers that also have great potential for misuse. Opioids include prescription painkillers such as hydrocodone, oxycodone, morphine, and codeine, as well as heroin.

Medication-Assisted Treatment (MAT)

- MAT is a combination of medication and behavioral therapy designed for people with an opiate use disorder. The medications decrease cravings and prevent withdrawal symptoms so you can overcome the use of an abused opiate.
- Methadone has been used for many years to treat pregnant women. The medication is taken once a day and in the beginning requires daily supervision by a physician. Buprenorphine is a newer treatment option prescribed by many physicians in the area. It is a good option when treatment in a methadone clinic is less convenient. Each treatment option has pros and cons and your doctor can help you decide what is best.
- Some women start treatment with a stay at the Windham Center or another inpatient facility to find the right dose and make sure mom and baby are healthy.

Is it safe to stop using opiates during pregnancy?

- Babies feel the same symptoms as mothers while going through withdrawal. This may be unsafe for the unborn baby. If you are experiencing withdrawal symptoms, talk to your doctor. They may recommend MAT.

Area Resources

- Already have a **Primary Care Provider**? Each office has a Clinical Care Coordinator that can refer you to start MAT at a **Drug Treatment Program** and get you in touch with the **Community Health Team**. This team will help you with gaps in transportation and apply for state services.
- For care during pregnancy and family planning, you can make an appointment at the **Women's Health Center**. They can provide care during pregnancy and connect you to a provider for MAT.
- Don't have a Primary Care Physician? The Community Health Team can get you started.

Community Health Team

Springfield Medical Care Systems

Community Health Team

(802) 886-8998

cht@springfieldmed.org

Prenatal Care and Family Planning

Your first prenatal visit with The Women's Health Center will include meeting with their Clinical Care Coordinator, reviewing your medical history, and collecting a urine sample. A urine drug screen is included. A positive test means you will be encouraged to begin buprenorphine or methadone therapy.

The Women's Health Center
29 Ridgewood Road
Springfield, VT
(802) 886-3556



Drug Screening During Pregnancy

During your first prenatal visit, you will have a urine drug screen. If the test is positive, it is repeated at 36 weeks. A positive test during the 3rd trimester of pregnancy mandates reporting to DCF. The Springfield Hospital performs a urine drug screen on all women when admitted in labor. Seeking medical care during your pregnancy and beginning buprenorphine or methadone treatment demonstrate your commitment to being a responsible parent.

Involvement of Department of Children and Families (DCF) *(adapted from Substance Abuse and Mental Health Services Administration)*

In Springfield, the Parent Child Center works with DCF to provide childcare, parenting classes, and other supports once you have your baby. The support and practical help they provide can make a difference in day-to-day life for you and your child. DCF caseworkers want to see you provide a healthy, loving, and secure home for your child. Taking care of a child demands alertness, attention, patience, and clear judgment. Taking drugs can impact these abilities.

Parenting can be hard and sometimes overwhelming. Every mother needs support. Seeking prenatal care as well as methadone or buprenorphine treatment reflects a mother's commitment to living a responsible life. Misusing drugs makes it harder to be a good parent and continued use may make it necessary for your child to be removed from the home.

Neonatal Abstinence Syndrome (NAS)

When your baby is born, it may go through withdrawal. Some babies have withdrawal symptoms even on small doses of opiates, while other babies have no symptoms on high doses of opiates. Your baby will be monitored in the hospital during its first couple days of life. If your baby has signs of withdrawal like excessive crying, sleeping problems, trembling, or seizures, your baby will stay in the hospital longer and may be started on medication.

Help After the Baby is Born

Many resources are available in Springfield to help you once you have had your baby. The Parent Child Center provides parenting classes, childcare and help in applying for financial assistance.

Springfield Area Parent Child Center
2 Main Street
North Springfield, VT
(802) 886-5242

Still Not Sure Where to Get Started?

Call Vermont **2-1-1**, toll free. They provide free and confidential services to Vermonters and help you to find community resources like emergency food and shelter, counseling, health care, and drug and alcohol treatment programs

Drug Treatment Programs for Women in Pregnancy (MAT)

Brattleboro Retreat
Anna Marsh Lane
Brattleboro, VT 05301
802-258-3700, 800-738-7328

Habit OPCO: Brattleboro
16 Town Crier Drive
Brattleboro, VT 05301
802-258-4623

Central Vermont Substance Abuse Services
100 Hospitality Drive
Berlin, VT 05641
802-223-4156

Habit OPCO: West Lebanon
254 Plainfield Road
West Lebanon, NH 03784
603-298-2146

Clara Martin Center
1740 Lower Plain
Bradford, VT 05033
802-222-4477

Lund Family Center
76 Glen Road
Burlington, VT 05401
802-864-7467

Clara Martin Center-Randolph
11 North Main Street
Randolph, VT 05060
802-728-4466

Valley Vista
23 Upper Plain Road
Bradford, VT 05033
802-222-5201

Green Mountain Family Medicine
212 Holiday Drive, Suite 4
White River Jct, VT 05001
802-281-6364

West Ridge Center for Addiction Recovery
1 Scale Avenue, Building 10
Rutland, VT 05701
802-776-5800