

# Substance Use Resources

## *specifically for the perinatal period*

Stigma surrounding substance use during pregnancy and postpartum can create fear, shame, and barriers to seeking care. Thinking of substance use recovery as a cycle rather than a linear process aims to decrease this stigma. Talking openly with health care providers is a safe and important step toward a healthy pregnancy and recovery journey. Early, integrated care can improve outcomes, strengthen family bonds, and support long-term recovery. All families exposed to substance use are deserving of compassionate, nonjudgmental support. Seeking help is a sign of strength. Please see the resources below no matter where you are in your recovery journey.

## Resources

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### **The Institute of Health and Recovery**

The Institute for Health and Recovery (IHR) hosts a free, confidential treatment access line, offering counseling and priority access to treatment for all pregnant women with substance concerns. IHR can connect women with residential treatment options where they can stay with their children.

Call 1-866-472-1897 or visit <https://www.healthrecovery.org/>

### **FIRST Steps Together**

FIRST Steps Together is a home visiting program that was created to support you as a parent working on your recovery. Each family will be connected with a Family Recovery Support Specialist, who is a parent in recovery themselves.

<https://www.mass.gov/info-details/about-first-steps-together#for-families->

### **The Journey Recovery Project**

The Journey Recovery Project is an interactive web resource for pregnant and parenting women who have questions or concerns about opioid and other substance use. The journey focuses on the stories of women with lived experience, offering information, hope, encouragement, and resources for every step of their perinatal journey. With videos, informational slideshows, resource links, and worksheets, the Journey Project seeks to empower and inform women about opioid and other substance use and pregnancy. <https://journeyrecoveryproject.com/>

### **Learn to Cope**

Learn to Cope is a non-profit support network that offers education, resources, peer support, and hope for parents and family members coping with a loved one with a substance use disorder.

<https://learn2cope.org/>

### **The Massachusetts Substance Use Helpline**

The MA Substance Use Helpline is a statewide, public resource for finding substance use treatment and recovery services. Helpline services are free and confidential. There is also information for partners, family, and friends. You can call them at 1-800-327-5050 or visit <https://helplinema.org/>

### **Project NESST**

Through a combination clinician/peer (“mentor mom”) support model, Project NESST offers free support for substance-exposed newborns and their families. Support can begin prenatally.

<https://www.jfcsboston.org/our-services/center-for-early-relationship-support/parent-child-therapy/project-nesst>