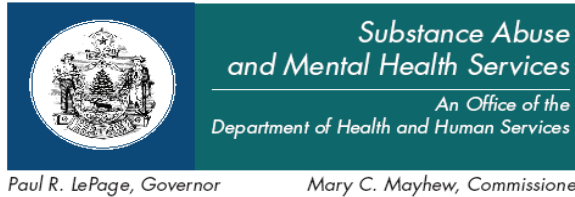


## Did you know?

- \* An estimated 17.6% of Maine's pregnant women use alcohol and/or other drugs during pregnancy.
- \* Maternal substance abuse during pregnancy contributes to premature birth, low birth weight, and birth defects, the leading causes of neonatal infant mortality.
- \* If you stop using opiates suddenly, you are at risk of a miscarriage.
- \* Babies born to women who receive Medication Assisted Treatment (methadone or buprenorphine) for opiate dependence during pregnancy, fare better than babies whose mothers do not receive treatment.



### For more information please contact:

State of Maine  
Department of Health & Human Services  
Substance Abuse & Mental Health Services  
41 Anthony Ave.  
Augusta, ME 04333  
207-287-8900 or 800-499-0027  
TTY: 711 (Maine relay)

The Department of Health and Human Services does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age or national origin in admission or access to or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973 as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS ADA Compliance/EEO Coordinator, SHS #11, Augusta, ME 04333; (207) 287-4289 (V) or (207) 287-3488 (V), TTY: 800-606-0215. Individuals who need auxiliary aids or services for effective communication in programs and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinator. This information is available in alternate formats upon request..

## SUBSTANCE ABUSE TREATMENT SERVICES FOR PREGNANT WOMEN



*Your health and the health of  
your baby are a priority.*



# HELP IS JUST A PHONE CALL AWAY: 1-800-499-0027

## Confidentiality

Although you may experience judgment and disapproval from others regarding your substance abuse, please be assured that treatment professionals are informed and compassionate. They are bound by strict confidentiality laws. Information regarding your identity and participation in treatment will be protected.

## Options

Treatment options may include outpatient, intensive outpatient, or residential services. In addition, Medication Assisted Treatment (MAT) utilizing prescribed methadone or buprenorphine may be appropriate for you if you use heroin or other opiates. The type of treatment recommended for you will depend on your individual needs.

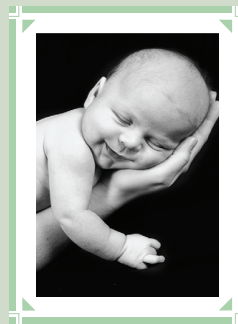
## If you are pregnant and you...

- ◇ currently inject drugs
- ◇ use drugs by any other method
- ◇ drink alcohol

## and you are concerned about...

- ◇ your health during pregnancy
- ◇ the health of your baby

**then help is available for you.**



## Priority Treatment

Maine's substance abuse treatment programs give priority to pregnant women who seek treatment. There is always a place available for you. Our treatment providers understand your special needs and will help you to navigate your way through recovery to a healthy baby, a healthy child, a healthy you!

## Consult With Your Physician

If you are drinking alcohol or using other drugs and you are pregnant or thinking of becoming pregnant, please consult with your physician. It is important to explore your treatment options to obtain the best pre-natal care possible.

*For assistance with locating treatment programs, please contact the Information and Resource Center at 207-287-8900 or 800-499-0027 (Maine only). TTY: 711 (Maine relay) Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov)*