



When life's journey gets rough...we're your safe harbor

Substance Use Treatment During Pregnancy

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Cove Behavioral Health Overview

- Private Not-for-Profit leader in behavioral health for 50 years
- State awards for Best Residential Treatment & Prevention Services
- National Awards for Comprehensive Coordinated Care for Pregnant & Postpartum Women
- Co-Occurring Mental Health & Substance Use Services available
- Multiple levels of treatment offered

Concerning Trends for Pregnant Women

- Less visible focus on pregnant women during and after COVID
- Reduction in women seeking substance abuse treatment
- Same number of babies being born substance exposed
- Trend of women not seeking pre-natal care
- Services offered to help pregnant women are under utilized



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Cove Behavioral Health Pregnancy Programs

- **ZERO EXPOSURE PROGRAM (ZEP)/FAMILY FOCUS**
- **FAMILY TREATMENT SERVICE (FTS)**

Zero Exposure Program

- Goal of ZEP is to help moms have a substance free healthy pregnancy

Case managers:

- Provide monthly pregnancy education
- Complete pre and post natal depression screenings
- Visit moms in hospital during delivery
- Coordinate prenatal care as well as postnatal follow up
- Provide needed baby items
- Coordinate pediatric care for the newborn and developmental screening

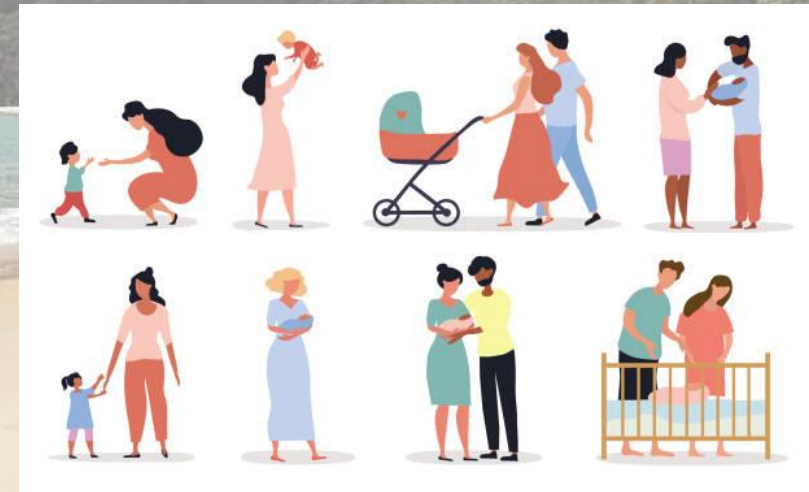


Family Treatment Services (FTS)

The Family Treatment Services (FTS) Program is an innovative SAMSHA funded program that enables us to work in tandem with community partners to serve pregnant, and up to one-year post-partum, mothers in need of addiction treatment.

Program Eligibility

- Pregnant or mother of a child under 12 months old
- Meet criteria for residential treatment
- Willing to participate in 6 month program



FTS Duplexes



FTS Treatment Description

- Comprehensive Residential Services for Pregnant and Post Partum Women with Substance Use Disorders
- 6 month residential treatment and coordination to Ongoing Support
- Evidenced Based Curriculum tailored to SA/MH
- Goal to Improve parenting skills, economic stability and family functioning for families.
- Wraparound services to include Medicated Assisted Treatment, case management and recovery peer support
- Mental health and medical health clinic access provided on site
- Family screening for behavioral health
- HIV testing
- Smoking Cessation



A look inside the Duplex

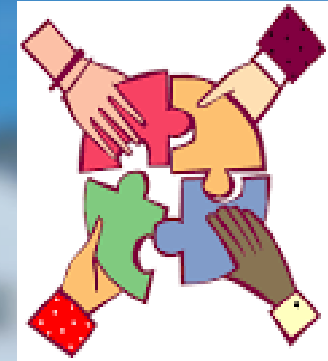


FTS Practices

- Programming specifically designed for pregnant women and new moms
- Recovery Support Services
- Intensive Case Management for Mom and Baby
- Trauma Focused Treatment
- Child Care on Site provided through Partner Agency Champions for Children (CFC)
- Evidenced Based Parenting, New Mom's support group, developmental support and facilitated Visitation (CFC)
- Developmental Screenings for children
- Supplemental Community Programs to Enhance Treatment: DV, Art, Equine Therapy, NA and community support groups.
- Child Parent Psychotherapy (CPP)



Partnerships in the Community for Pregnant Women



- Tampa General Hospital/USF-Neonatologist
- Plans of Safe Care
- Healthy Families/Healthy Start
- Child Protection Investigative Division



- **100% of babies born in the program are substance free**
- **67% successful treatment completion rate**
- **Decrease in substance use from baseline to follow up**
- **Increase in management of mental health symptoms from baseline to follow up including significant decrease in PTSD symptoms**
- **Increase in overall parenting skills as assessed by the AAPI (Adult Adolescent Parenting Inventory) from intake to discharge**
- **Divert several babies from being sheltered at birth due to placement in program by Child Protection.**



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QUESTIONS??



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