

Northwestern's New Mother's Substance Abuse Educational Group

Information Sheet

Program Format / Description:

The New Mother's Substance Abuse Education Group is an 8 week psycho-educational group serving new mother's who have just given birth to a substance exposed infant. The curriculum will combine tips for being a new mother and substance abuse education on how drug use affects the mother, the fetus and newborn. The goal is to develop awareness and skills to contemplate the beginnings of change. Referrals may be any new mother who would benefit from a substance abuse psycho-educational group. Participants will be encouraged to bring their newborn with them and interact with them while in the program. They will need to bring all necessities needed by their newborn.

Program Length, Days and Times:

Tuesdays from 1- 2PM. The program is a 8 week program and participants can start anytime once they have had the intake. Please have a pen and notebook to take notes.

Program Place:

The Winchester Clinic of Northwestern Community Services Board, 158 Front Royal Pike, Winchester, VA 22601. The building is located on the corner of Rt. 522 and Rt. 50 between the IHOP and Texas Steakhouse Restaurants. Come up to the 2nd floor and go left to the Northwestern Clinic. The phone number of the clinic is 540/667-8888.

Drug Screens / No Use Expectations:

*You must have **2 weeks completely drug and alcohol free** to start the New Mother's Program**. **It is expected that you will not use any drugs or alcohol for the full 8 weeks in the program regardless of your drug of choice.** You will be drug tested randomly. Drug tests are \$10 per cup. Drug screen results will be shared with PO's and DSS worker as you have been informed when you signed the release.*

Medications Policy: *All medication must be approved before taking it – even over the counter meds. Please have all medications approved BEFORE taking it to protect you on drug screens. No unauthorized prescription stimulant medications, amphetamines, benzodiazapines or opiate narcotics are allowed at any time. Any medication changes must be reported.*

Missed Days:

*Attendance is very important. **You must have at least 30 days in the program to take any time off from the program.** After you have 30 days in the program, you are allowed no more than one day per month to be absent if necessary.*

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Fee for the Program: *The fee for the program is the same fee you were given in your financial intake. If you are not sure what the fee is, please let me know.*

You are expected to pay your fee at each session. You will not be allowed in the session if you do not have your fee and your absence will go against your allowable absences.

Agency Paying the Fee:

*If another agency is paying your fee, you need to have a letter in writing so that we can bill them. **You are responsible for the fee until we have the letter in your chart.** The regular fee for the program is \$150 per day. NWCS functions on a sliding scale.*

**** Detox and Residential Treatment Services**

If you are not able to stay sober for the 2 weeks required to start the New Mother's SA Educational Program or are not able to stay sober while in the program, please let us know. We may be able to offer detox and residential substance abuse treatment services. Funding may be available if you qualify.

Contact:

To sign up for the NWCS New Mother's SA Educational Group please call the call center at 540/636-4250, ext. 2414 and they will give you an appt. for an intake.

If you have questions about the group, please call Nancy Haden, LPC, CADC – NWCS SA Outpatient Services Supervisor at 540/636-4250 ext., 2223. In case of inclement weather, please call and listen to the recording to get program closing information.

For SA Case Management, call Stacy Clater at 540/667-8888, ext. 1217.

Revised: 01/15