

# YOU ARE NOT ALONE!

Many people struggle with substance misuse during pregnancy. It can be hard to ask for help.

Substance use disorders are treatable chronic health conditions. Every pregnant person wants a healthy baby but may not know where to find help.

A Family Wellness Plan (FWP) can help you start or maintain recovery as you prepare to welcome your new baby.



# NEED SUPPORT?

## **Prenatal care services:**

Call the Coalition of OC Community Health Centers to find a provider:  
714-352-5990

## **Detox or treatment services:**

Call OC Links to find a provider:  
855-625-4657

## **In-person support (nurses/social workers):**

Call to find a provider:  
714-834-7747

## **Peer support from someone in recovery:**

Call 877-910-WARM

## **Basic needs:**

Visit the OC Navigator online:  
[OCNavigator.org](http://OCNavigator.org)



ORANGE COUNTY FAMILY  
SUPPORT TASK FORCE

# SUBSTANCE USE AND PREGNANCY



# TREATMENT WORKS

**Treatment providers act as your advocates.** They speak up for you and help you prepare for your new baby. They are not part of the child welfare system.

A treatment provider will work with you to create the best plan to prepare for your pregnancy.

Finding support and treatment for substance use is a **sign of strength**. Many programs allow you to bring your child along!

PUBLIC HEALTH NURSES (PHNs),  
SOCIAL WORKERS (SWs), AND  
COMMUNITY HEALTH WORKERS (CHWs)  
ARE HERE TO HELP!

Public health nurses, social workers and community health workers work alongside you to provide training, tools and confidence for success!

In-person visits can occur in your home or elsewhere.

PHNs, SWs and CHWs:

- Provide prenatal and postpartum parenting support
- Help reduce the stress of being pregnant and parenting
- Help improve your health, well-being and family resilience



## A FAMILY WELLNESS PLAN CAN GUIDE YOUR JOURNEY

A Family Wellness Plan (also called a Plan of Safe Care) helps pregnant people and babies achieve a healthy lifestyle while strengthening family bonds.

The Family Wellness Plan:

- Acts as a personal resource guide for you and your family
- Acknowledges your personal accomplishments and strengths while identifying areas of concern
- Provides a planning tool to help organize your resources and support systems

You want the best for your baby.  
We can help.