

## Resources to help you and your baby

Alcoholics Anonymous  
Volusia: 386.756.2930  
[www.aadaytona.org](http://www.aadaytona.org)  
Flagler: 386.445.4357  
[www.aaflagler.org](http://www.aaflagler.org)

Domestic Violence Hotline  
Volusia: 386.255.2102  
[www.domesticabusecouncil.com](http://www.domesticabusecouncil.com)  
Flagler: 386.437.3505  
Toll-Free: 800.500.1119  
[www.familylifecenterflagler.org](http://www.familylifecenterflagler.org)

Healthy Start Coalition of  
Flagler and Volusia  
[www.healthystartfv.org](http://www.healthystartfv.org)

Healthy Start Family Place  
Daytona: 386.322.6102 ext. 7  
Deltona: 386.561.9628  
A place to come, in-person,  
to link to online  
community resources.

Narcotics Anonymous  
800.206.0731  
[www.daytonana.org](http://www.daytonana.org)

Parent/Community  
Café Dialogue  
386.252.4277  
To join the conversation,  
call for locations & times.

SMA Behavioral Healthcare  
702 S. Ridgewood Ave.  
Daytona Beach, FL 32114  
Toll-Free: 1.800.539.4228  
[www.smabehavioral.org](http://www.smabehavioral.org)  
24 hour access center  
for mental health and  
substance abuse.

WARM at Vince Carter Sanctuary  
Flagler: 386.236.1712  
[www.smabehavioral.org](http://www.smabehavioral.org)  
Residential program for women.

It doesn't matter how you got here, help and support are here!

Women's Intervention Specialist  
&  
Neonatal Outreach Specialist  
Volusia/Flagler: 386.254.1226

If you are having difficulty with your pregnancy after hours, call 911.

Make a promise to you  
and your child today:  
stay healthy and substance free!



Help is just a phone call away!  
386.254.1226

## DID YOU KNOW...

Annually, the number of newborns withdrawing from substance abuse is continuing to increase. **We can help you make a healthy change for you and your baby!**

### IF YOU ARE PREGNANT AND USING...

- The **effects** on your body and developing baby can be **different**, depending on the drug you are taking and how far along you are in your pregnancy.
- **Quitting suddenly can be harmful** to your unborn baby
- It is **not recommended to quit alone**.
- Tell all of your healthcare providers the **type of drug and amount you are using** so they can provide the appropriate treatment for you and your unborn baby.

### IF YOU ARE USING AND CLOSE TO DELIVERING OR HAD YOUR BABY....

- Your baby may need to stay in the **Neonatal Intensive Care Unit (NICU)**.
- Your baby may develop a condition known as **Neonatal Abstinence Syndrome (NAS)** which causes crying, breathing difficulties, tummy ache, sleep problems, and may need medication.
- Your baby may **not** go through withdrawal symptoms **right away**.
- Each baby is different in how they respond to their mother's drug use. Your doctor can explain more about this to you.
- You will need to **learn** special care (handling) **techniques to care for your baby**.
- DCF may be called once your baby is delivered. However, we will help you by working together with DCF to help prevent the removal of your baby.

## HELP IS HERE BEFORE YOUR BABY IS BORN!

The **Women's Intervention Specialist (WIS)** can coordinate with you and your healthcare provider to:

- Explore your options for treatment and delivery.
- Assist with access to prenatal care.
- Provide resources and referrals for services.
- Help you prepare for delivery.
- Be you and your unborn baby's advocate to ensure you receive the help, encouragement and support you need in pregnancy.

## HELP IS HERE AFTER YOUR BABY IS BORN!

The **Neonatal Outreach Specialist (NOS)** can coordinate with you and your healthcare provider to:

- Educate you about Neonatal Abstinence Syndrome (NAS) and special care (handling) techniques to help soothe your baby.
- Assist with access to pediatric care.
- Be you and your baby's advocate to ensure you receive the help, encouragement and support you both need.
- Explore your options for substance abuse treatment.
- Work together with DCF to prevent the removal of your baby.

You have an opportunity  
to make a change  
you will never regret!

