

Substance Use Disorder Prevention and Case Management

Specific substance abuse prevention services are designed to reduce the risk for substance use for women during pregnancy.

For high-risk or women who are actively using substances, Case Management Services are provided along with interventions intended to engage them in treatment services.

Case Management efforts are designed to engage high-risk pregnant women in needed services such as mental health treatment, substance abuse treatment, domestic violence services, and smoking cessation programs.

The case manager will help identify client's immediate needs which may include housing, child care, financial assistance, employment or even obtaining a GED. Case managers will encourage prenatal care and involvement in other programs for pregnant woman.

We are available to meet with expectant mothers individually to find resources and support that help to reduce stress and risk factors during pregnancy. We work with each participant to meet their individual goals.

For more information about our Substance Abuse Services and our Prevention Programs, contact Four Rivers Behavioral Health's Prevention office at 270.442.8039 or visit the company's website at www.4rbh.org.

About Four Rivers Behavioral Health

Four Rivers Behavioral Health provides comprehensive mental health, substance use disorder and developmental/intellectual disability services in western Kentucky

The agency is an Inlet Health company which is a partnership between Communicare of Elizabethtown, Kentucky and Four Rivers Behavioral Health in Paducah, Kentucky.

As Inlet Health, the combined agencies serve 17 counties in central and western Kentucky with inpatient and outpatient mental health care, substance use disorder treatment, in-school clinicians, developmental/intellectual disability services, case management and a comprehensive testing and assessment center.

Jointly, Communicare and Four Rivers Behavioral Health employ nearly 1,000 staff members. Over 100 of those employees are licensed behavioral health clinicians with the remainder being doctors, nurses, nurse-practitioners, peer support specialists and business support staff.

Four Rivers Behavioral Health serves nine counties in far western Kentucky. Services for McCracken, Livingston, Ballard and Carlisle Counties are located in Downtown Paducah, Kentucky.

The William H. Fuller Center in Mayfield, Kentucky houses our Crisis Center as well as services for Graves, Hickman and Fulton Counties.

The Lakes Center covers Calloway and Marshall Counties and is located in Murray, Kentucky.

KY-Moms Maternal Assistance Towards Recovery



425 Broadway, Paducah, KY 42001
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Crisis 800.592.3980



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KY-Moms

KY-Moms is a program developed to help soon-to-be and recent mothers reduce harm to themselves and their children that comes from maternal substance use during and after pregnancy.

KY-Moms helps you find the resources you need to

ensure the health of your baby. Program staff provide a caring, non-judgmental environment that gives mothers ongoing support during pregnancy and post-partum.

KY-Moms offers prenatal education and early intervention to improve a mother's emotional, social and physical well-being.



KY-Moms

Maternal Assistance
Towards Recovery

Potential Problems

When mothers experience even one of the Risk Factors outlined in this brochure, the potential problems the baby could face are numerous.

Unborn babies and babies in their first few months of life can have issues such as:

- Poor Growth
- Premature birth weight or low birth weight
- Eating and sleeping problems
- Developmental Delays
- Excessive Crying
- Learning Disabilities



Stress and Your Baby

Worry, anxiety, depression or just plain sadness can make it difficult for you to do your work, get along with others, or take care of things at home. KY-Moms can help you get through those tough times.

Maybe you are worried about your drinking or drug use and the effect it could have on your baby. Perhaps your family and friends have those same worries. We can help.

If you are feeling unsafe in any way in your relationship with your current partner or previous partner, KY-Moms wants to work with you to keep you and your baby safe.

Did You Know?

National and local surveys show that nearly 10% of pregnant women will use illicit drugs during their pregnancy. Almost twice as many will use alcohol and at least 25% of pregnant women in Kentucky will smoke cigarettes.

Substance abuse during pregnancy occurs at nearly equal rates across all races and income levels.

Even if a woman uses alcohol, tobacco, or other drugs throughout her pregnancy, regular prenatal care can still greatly increase the chances of having a healthy baby.



Fetal Alcohol Syndrome is the leading known cause for mental defects. It occurs more frequently than any other known causes such as Down Syndrome, and is 100% preventable.

