



MATERNAL ASSISTANCE TOWARDS RECOVERY

KY-Moms MATR

All services are provided **FREE!**

By participating you can receive special gifts throughout your pregnancy for you and your baby!

Case Management services available for those who qualify.



Providing quality care that offers

HOPE & recovery

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KY-Moms MATR



MOUNTAIN REGIONAL PREVENTION CENTER

www.mtcomp.org/prevention

Follow us to stay up-to-date on our latest events

facebook @MountainPrevention

Providing alcohol, tobacco, suicide, drug and other prevention services to schools and communities in Floyd, Johnson, Magoffin, Martin, and Pike counties

 (606) 889-0328

190 South Front St. | Prestonsburg, KY 41653

Fax: 606-889-6427



MOUNTAIN COMPREHENSIVE CARE CENTER www.mtcomp.org

MCCC provides services to all regardless of age, race, nationality, culture, lifestyle, educational level, physical condition, income level, linguistic differences and specialized/modified services may be offered to meet client needs.

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MOUNTAIN REGIONAL PREVENTION CENTER



KY-Moms Maternal Assistance Towards Recovery

Is KY-Moms **for you?**

OVER THE PAST FEW WEEKS HAVE YOU EXPERIENCED ANY OF THE FOLLOWING...

- Anxiety, depression, worry, or sadness that has made it hard for you to do your daily activities?
- Are you, your family, or your friends concerned about your well-being?
- Feeling at all unsafe in your current relationships or have during previous relationships?
- Finding it hard to stop smoking, drinking alcohol, or using drugs while pregnant or postpartum?
- Would like to know more about how to have a health pregnancy?

If you answered "yes" to any of these questions, KY-Moms can help!

FACTORS TARGETED BY KY-MOMS:

- Any illicit substance use
- Alcohol use
- Smoking cigarettes or vaping
- Current or past domestic violence
- Experiencing homelessness
- Adverse childhood experiences



KY-Moms
Maternal Assistance
Towards Recovery

WHAT IS KY-MOMS MATR?

KY-Moms MATR (Maternal Assistance Towards Recovery) is a program that assists expectant and postpartum mothers who are at risk for using substances such as alcohol, tobacco, and illicit drugs during or after pregnancy. This program aims to reduce harm to unborn children and raise awareness to the effects on infants as a result of prenatal substance exposure. KY-Moms works closely with local health departments, prenatal clinics, and community mental health centers to work toward this goal.

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**MOUNTAIN
REGIONAL
PREVENTION
CENTER**

Services **OFFERED**

KY-Moms MATR provides:

Community Mommy and I workshops

Assistance with unmet needs including housing, safety, housing, medical care, childcare, financial assistance, & employment

Assist you in navigating difficult emotions

Connections to local programs including WIC, HANDS, and substance abuse treatment if necessary

Substance use prevention and education

Access to recovery support

Smoking cessation resources

Referrals to community resources such as transportation, financial, & housing

Nutritional information

Case Management services for those who meet eligibility requirements

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Ways to PARTICIPATE

- Attend community **Mommy and I** workshops
- Participate in **KY-Moms classes**
- Follow up with **referrals**
- Keep in contact with KY-Moms Case Manager

We strive to find ways to empower pregnant and postpartum individuals and their families to live a healthier life for themselves. If you have questions or want to get involved, contact Mountain Regional Prevention Center or email KYMoms@mtcomp.org



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