



# KY-Moms MATR

## Maternal Assistance Towards Recovery

At KY-Moms, we understand the journey of pregnancy and early motherhood comes with challenges, and we're here to help you every step of the way. Our program is designed to support expecting and new mothers in creating safe, healthy environments for themselves and their babies.

## Why It Matters

Substance use during pregnancy—including alcohol, tobacco, and other substances—can impact both you and your baby. Prenatal exposure may lead to developmental delays, behavioral challenges, and health concerns. KY-Moms is here to provide the resources, education, and support you need for a healthier future.

## How We Can Help

### CASE MANAGEMENT SERVICES

Our case managers partner with you to address your unique needs and connect you with the resources that make a difference in your life. We can help with:

- Finding safe housing, medical care, childcare, and financial assistance.
- Referrals to programs like HANDS, WIC, prenatal care, and substance use treatment if needed.
- Overcoming barriers to create a healthy and stable lifestyle for you and your baby.

# Healthy Baby Workshops

We offer workshops designed to empower you with knowledge and tools to support a healthy pregnancy, recovery, and parenting journey. Topics include:

- The importance of avoiding alcohol, tobacco, and other substances during pregnancy, breastfeeding, and beyond.
- Tips for talking to your doctor about medications, supplements, and even household products.
- Recognizing and addressing postpartum depression (the "baby blues").
- Practical steps for creating a healthy lifestyle for you and your baby.
- Identifying unhealthy relationships and finding support for safety and well-being.
- Connecting with community resources for ongoing support.

## Who Can Benefit?

KY-Moms services are available to expecting mothers and new moms up to a year postpartum in Daviess, Hancock, Henderson, McLean, Ohio, Union, and Webster counties. You may benefit if:

- You want to learn more about having a healthy pregnancy.
- You're concerned about the effects of alcohol, tobacco, or other substances on your baby.
- You feel unsafe in your home or relationships.
- You're experiencing mental health challenges and want support.

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**Learn More**

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