

*It can be hard to know what to do,
where to go, or who to turn to.
We can help...*

- Are you concerned about the effects of alcohol, tobacco or other drugs on your baby?
- Do you feel unsafe in your relationship or home?
- Are you having difficulty coping with your emotions or keeping up with daily responsibilities?



If you are pregnant and experiencing these challenges, call Comprehend today to schedule a time to talk with our KY-Moms Case Manager. All services are confidential and provided in a friendly and welcoming environment by caring and committed staff.

Taking the first step towards recovery and asking for help can be difficult, but your baby is worth it.

And so are you.



*"A mother always has to
think twice -
once for herself and
once for her child."*

- Sophia Loren

For more information, contact:

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Comprehend, Inc. is the only fully licensed and internationally CARF accredited behavioral health care provider in the Buffalo Trace region.

The Kentucky Moms Program of Comprehend, Inc.



*Healthier Moms,
Healthier Babies*



KY-Moms MATR

Maternal Assistance
Towards Recovery

Kentucky Moms MATR—Maternal Assistance Towards Recovery

We care about your baby and we care about you.

What is KY-Moms MATR?

KY-Moms MATR is a state-wide program for pregnant women who are at risk of using alcohol, tobacco or other drugs or in need of treatment for addiction. The program is designed to assist expectant mothers in finding the services and support they need to have the healthiest babies possible and to be able to keep and care for their babies post delivery.



REMEMBER ...

A baby is developing the entire nine months of pregnancy and stopping alcohol, tobacco or other drug use at any stage will improve his or her chances for a healthier life. It is never too late to get help.

What Services are Available?

Our case manager is available to help connect you to the services you and your baby might need. Case Management can begin at any time during pregnancy and may continue post delivery. Services provided may include:

- Referral to Prenatal Care
- Transportation to Prenatal or Other Medical Appointments or Services
- Crisis Intervention
- Access to services and resources such as:
 - Healthy Baby Workshops
 - Housing and Other Financial Assistance
 - Domestic Violence Intervention
 - Health Education
 - Parent Education
 - Employment
 - Help quitting smoking
 - Help stopping alcohol or other drug use
 - Help with anxiety, depression or other mental health concerns

What Is the Cost?

There is no charge for KY-Moms MATR services. There are incentives available for participation in the program that may assist with transportation and items needed for your baby.

Is My Baby at Risk?

Multiple factors can add to the challenges of being pregnant and lead to a high-risk pregnancy including:

- Stress
- Poor Nutrition
- Alcohol, Tobacco and Other Drug Use
- Depression or Anxiety
- Domestic Violence or Family Conflict
- Lack of Prenatal Care
- Lack of Support

If these risk factors are not addressed, they could lead to problems during and after pregnancy such as:

- Placental Abruption
- Premature Birth
- Low Birth Weight
- Intellectual/Developmental Delays
- Learning Disabilities
- Impaired Growth
- Organ Defects
- Eating and Sleeping Problems
- Excessive Crying
- Poor Feeding Ability
- Substance Withdrawal
- Difficulty Bonding and Low Attachment

Getting help at any stage of pregnancy will improve outcomes for you and your baby.