



**Don't be afraid to ask for help!
Contact an ASAP partner today!**

Addiction Support and Pregnancy (ASAP)

Pregnant and struggling with addiction? Trying to quit can be overwhelming—especially when you're pregnant—but you don't have to do it alone. We're here to help!

The Addiction Support and Pregnancy (ASAP) coalition, a partnership of local medical and community support agencies, can provide you with the treatment, counseling, and resources you need to manage addiction and give your child a healthy start to life.

Drug use during pregnancy can have serious health consequences for mom and baby. But self-detoxing can put your life and your baby's life at risk. Don't be afraid to ask for help.

Simply reach out to an ASAP partner (contacts on back). We want the same things you do: a healthy you, a healthy baby, and a better future for you both.

Sarasota Memorial OB Emergency Care Center
24/7 emergency obstetrical care
1700 S. Tamiami Trail, Sarasota 34239

First Step of Sarasota
Support, outpatient & residential treatment
during & after pregnancy
941-366-5333 • www.fsos.org

Sarasota County Department of Health
Pregnancy, pediatric & adult healthcare
941-861-2900 • sarasota.floridahealth.gov

Healthy Start Coalition of Sarasota
Free support, education, home visits & resources
941-861-2905 • www.healthystartsarasota.org

Sarasota Metro Treatment Center
Medication-assisted recovery services
941-554-4551 • www.methadonecenters.com

Operation PAR Inc.
Medication-assisted recovery services
888-727-6398 • www.operationpar.org

First Physicians Group Maternal Fetal Medicine
Specialty care for complicated pregnancies
(by referral only)
941-917-6260 • www.firstphysiciansgroup.com



Looking for help during pregnancy?
Don't be afraid to ask.

ASAP

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Why Get Help?

- When pregnant women take pain pills or do drugs like heroin, mom's addiction becomes baby's addiction. The baby will likely suffer withdrawal at birth or shortly after; this is called Neonatal Abstinence Syndrome (NAS).
- Babies born to mothers who use opioids (heroin, oxycodone, hydrocodone, codeine, etc.) often suffer tremors, intense crying, feeding difficulty, vomiting, sleeping problems, and other serious NAS symptoms. They also are at higher risk for Sudden Infant Death Syndrome (SIDS).
- Where there's help, there's hope.

Get Help ASAP

If you're pregnant and addicted to prescription painkillers, heroin, or other drugs:

- Do not attempt to self-detox. Quitting cold-turkey can be fatal for your baby, could lead to premature birth, or put baby in distress. Supervised withdrawal may be safe for some patients (data is limited), but medication-assisted treatment (MAT) is recommended.
- Talk to a medical provider about the medications and drugs you're taking as soon as possible to protect your baby from NAS. If you don't have a doctor you feel safe talking to, reach out to an ASAP partner; we help women like you every day.

What is MAT? Why Use It?

Medication-assisted treatment (MAT) for opioid addiction combines counseling and other support services with the use of medications such as methadone and buprenorphine.

- These medications help prevent withdrawal and enable you to better care for your health and your growing baby.
- National medical-professional groups specializing in addiction medicine, obstetrics, and gynecology recommend MAT for opioid-dependent pregnant women.
- The Department of Children and Families (DCF) strongly supports medication-assisted treatment, provided by DCF-licensed programs, for those addicted to prescription pain pills and/or heroin, including pregnant women.
- MAT offers the best chance for a safe addiction recovery and a healthy mother and baby, but it does not eliminate the risk of your newborn having NAS.

You Can Count on ASAP

- Addiction Support and Pregnancy partners help mothers and babies deal with the physical, emotional, and social problems caused by addiction.
- You will have access to all of the tools and support you need to manage addiction and pregnancy in a safe, healthy way, every step of the way—from prenatal care and MAT to baby's delivery, new-mother education, and family planning after birth.



ASAP Support & Services

- Judgement-free, collaborative care from ASAP partners.
- Peer support groups during pregnancy and after birth.
- Medication-assisted services (residential and outpatient) during and after pregnancy.
- Nationally renowned team of obstetricians, perinatologists and neonatologists.
- Level III Neonatal Intensive Care Unit (NICU) and pediatric unit experienced in treating and comforting NAS newborns and recovering moms.
- Breastfeeding education and help before and after birth.