

Polysubstance Abuse in Pregnancy & Newborns

Resource Booklet

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**For more information about the resources listed, scan the QR codes
with your mobile phone camera.**

Breastfeeding Support Resources



ARIZONA DEPARTMENT OF HEALTH SERVICES
Health and Wellness for All Arizonans

Arizona Department of Health Services' 24-Hour Breastfeeding Hotline offers a free lactation consultant, available 24/7 in English and Spanish to answer breastfeeding questions.

Phone: 1-800-833-4642

<https://www.azdhs.gov/>



Banner Health Lactation Support Program offers lactation classes, support groups, and consultation.

Phone: 520-694-0445

<https://www.bannerhealth.com/services/maternity/post-delivery/breastfeeding>



Carondelet
Health Network

Carondelet St. Josephs Hospital offers lactation consultants and support.

Phone: 520-873-1609

<https://www.carondelet.org/services/obstetrics/mom-and-baby-care>





El Rio Breastfeeding Clinic offers pregnancy and postpartum lactation support. All insurances are accepted. Explicitly LGBTQ+ friendly.

Phone: 520-286-0244

Location: Telehealth

<https://www.elrio.org/service/breastfeeding>



MILK & HONEY

Milk and Honey is a local center providing lactation services to women in Tucson.

Phone: 520-477-7752

Location: 3844 East Pima Street Tucson, AZ 85716

Email: milkandhoneytucson@gmail.com

<https://www.milkandhoneytucson.com/>



Northwest Healthcare Women's Center offers Certified Lactation Consultants, support groups, and a Breast Pump Rental Program.

Phone: 520-877-4156

Location: 6200 N. LaCholla Blvd Tucson, AZ 85741

<https://www.healthiertucson.com/maternity-care-services>





TMC Breastfeeding Support Services offers local breastfeeding support for women in southern Arizona. Support group meetings are held virtually every Monday from 10-11:30AM.

Phone: 520-324-5730

Email: breastfeedingsupportprogram@tmcaz.com

<https://www.tmcaz.com/tmc-for-women/maternity/breastfeeding-support-services/>



Crisis Support

Hotlines

If you or someone you know is experiencing a behavioral health crisis, please call one of these national or local crisis lines:

National 24-Hour Crisis Hotlines

National Suicide Prevention Lifeline:

- 1-800-273-TALK (8255)

National Substance Use and Disorder Issues Referral and Treatment Hotline:

- 1-800-622-HELP (4357) or text the word "HOME" to 741741
-

Suicide and Crisis Hotlines

Especially for Teens

Teen Lifeline phone or text:

- 602-248-TEEN (8336)

Especially for Veterans

Veterans Crisis Line:

- 1-800-273-8255 (press 1)

Be Connected

- 1-866-4AZ-VETS (429-8387)

Organizations



Arizona Health Care Cost Containment System is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services.



Phone: 602-417-4000.

Location: Headquarters: 801 E Jefferson St Phoenix, AZ 85034

<https://www.azahcccs.gov/BehavioralHealth/crisis>



NAMI Southern Arizona has been serving Tucson since 1983. NAMI improves the quality of life for all those affected by mental illness.

Phone: (520) 622-6000 or 1 (866) 495-6735

Location of Crisis Response Center: 2802 E District St. Tucson, AZ 85714 (south of Ajo Way and Country Club).



Walk-in is available 24 hours a day, 7 days a week.

<https://www.namisa.org/crisis-line/>



The Substance Abuse and Mental Health Services Administration’s

mission is to reduce the impact of substance abuse and mental illness on America's communities.

SAMHSA’s National Helpline is a free, confidential, 24/7, 365-days-a-year treatment referral and

information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Phone: 1-800-662-HELP (4357)



<https://www.samhsa.gov/find-help/national-helpline>

Developmental Clinic



Diamond Children's Multispecialty Services/Developmental Clinic offers screenings and treatment services, including diagnostic evaluations, individual, family or group therapy, medication, and therapeutic activities.

Phone: (520) 694-5437

Location: 535 N Wilmot Rd. Ste 101, Tucson AZ
85711

<https://www.bannerhealth.com/services/pediatrics/child-development-behavior>



Parents as Teachers.

Parents as Teachers Special Needs Program (PATSN) enrolls children birth to three years old and serves children birth to age five who have mild to moderate developmental delays and/or chronic medical conditions and who do not qualify for the Arizona Early Intervention Program (AzEIP) or Child Find Services. This program is limited to serving families residing in the following zip codes: 85704, 85705, 85710, 85711, 85712, 85713, 85714, 85716, 85730, 85739, 85741, 85742, 85743, 85748, 85653, 85654, 85658.

Referral link: <https://pimaparenting.org/in-home-family-support/>



Department of Child Safety (DCS)



What does DCS do?

The Department of Child Safety is a government agency that works to keep children safe within a supportive family by strengthening the ability of parents, guardians or custodians to provide good care for children.

How to contact DCS:

For questions or concerns call the Arizona Child Abuse Hotline: 1-888-767-2445 or call a law enforcement office.

<https://dcs.az.gov/>



Hospital Labor and Delivery Units



Banner Health provides education about their delivery methods and what you can expect during labor and delivery at their facility. Visit their website for clear information about C-sections, Natural Childbirth, Midwives, Preterm Labor, Multiple Pregnancy, Epidural, & Labor Induction.

Phone: 520-694-0111

Location: 1625 N Campbell Ave Tucson, AZ
85719



<https://www.bannerhealth.com/services/maternity/labor>



Carondelet St. Joseph's Hospital's Women's Care is designed to provide excellent care in every phase of childbirth, with the most advanced medical capabilities. Their continuum of care includes comprehensive prenatal through postpartum care with perinatology services for high-risk pregnancies. They offer a warm, home-like atmosphere for every woman's personalized care throughout her stay.

Phone: 520-873-3000

Location: 350 N. Wilmot Road, Tucson, AZ 85711

<https://www.carondelet.org/services/obstetrics/labor-and-delivery>





Northwest Healthcare's Women's Center is fully equipped to make your delivery experience a happy, healthy one. The obstetric providers at Northwest Allied Physicians exclusively deliver at Northwest Medical Center, where experienced labor and delivery staff are equipped to manage C-section (cesarean)births and other surgical procedures as needed.

Phone: 520-365-1969

Location: 6200 N La Cholla Blvd Tucson, AZ 85741

<http://mytucsonobgyn.com/>



Tucson Medical Center delivers family-oriented, specialized obstetric and newborn care to support you and your family throughout your pregnancy and birthing experience. At Tucson Medical Center you are assured of the availability of a team of specialists and staff, all extensively trained in caring for mom and baby.

Phone: 520-324-2785

Location: 5301 E. Grant Road Tucson, AZ 85713

Labor & Delivery/NICU: Entrance off Craycroft Road

<https://www.tmc-az.com/tmc-for-women/maternity/our-maternity-services/>



Hospital Programs for Neonatal Abstinence Syndrome



COLLEGE OF MEDICINE TUCSON
Pediatrics

Family Centered NAS Care Program at Banner - UMC

Family Centered NAS Care (FC-NAS) focuses on the mother as the treatment for the infant. With this new method, infants can go home in approximately 5 to 10 days. FC-NAS uses MOM or “Moms Over Medicine” model. You are the treatment for your baby.

This program is run by a neonatal team of specialists that includes doctors and nurse practitioners, nurses, therapists, social workers, and volunteer “cuddlers”, all to back you up while you take care of your baby.

What does the process look like?

- Call to schedule an appointment. A referral can also be made by your physician to Banner University Medical Center Tucson’s OB/GYN department.
- Meet with OB/GYN Social Worker (at 1st or 2nd clinic appointment)
- Meet with Family Centered NAS Care Program Director
- At the time of delivery, inform Labor & Delivery Staff that you are participating in the Family Centered NAS Care Program

Key points about FC-NAS:

- Mother is the treatment

- Staff and family partner to provide the best possible care for the infant
- Mother (or designated family member) stays with the infant the entire hospitalization
- Your baby may require an occasional dose of medicine to help them during difficult times
- Collaboration with community partners such as behavioral health, medication assisted treatment centers, and Department of Child Safety is necessary to ensure a safe plan of care for the infant.

Call to schedule an appointment at 520-694-4525 or 520-694-9904

<https://peds.arizona.edu/family-centered-nas-care-program>



Housing Assistance Programs



Arizona Department of Housing administers programs for Housing Partners. ADOH does not own or build housing but manages funding for the programs that work to provide safe, affordable housing, and healthy communities.

Phone: 602-771-1000

TTY: 602-771-1001

<https://housing.az.gov/>



ARIZONA FOUNDATION FOR WOMEN

Arizona Foundation for Women (AZFW) provides emergency housing and shelter resources in Arizona.

Phone: 602-532-2800

<https://www.azfw.org/resources>



Connie Hillman Family Foundation House offers safe, sober transitional living program designed for women with substance use disorders & their children.

Referrals: 520-307-9677

Email: UMAdministrators@codac.org

https://www.codac.org/wp-content/uploads/2020/07/Connie-Hillman-Family-Foundation-House_081319.pdf



Inpatient Treatment Facilities



Amity Foundation, Circle Tree Ranch provides residential addiction and trauma recovery programs in Tucson. Parents seeking substance abuse treatment with young children who reside with them on the campus are welcome for longer courses. Maximum age of children served is 6-11 years old.



Phone: 800-381-3318

Location: 10500 E. Tanque Verde Rd. Tucson, AZ 85749

<https://www.circletreeranch.org/>



Cottonwood

Services include residential programs, medical detox, outpatient services, the Cottonwood Assessment Program (CAP), and a family program. Components of these programs address co-occurring disorders, mood disorders, depression, bipolar disorder, anxiety disorder, PTSD, complicated grief, detox, and relapse prevention. Comprehensive evaluations are provided.



Phone: 888-433-1069.

Location: 4110 West Sweetwater Drive Tucson, AZ 85745

<https://cottonwooddetucson.com/>



Las Amigas is associated with CODAC Health, Recovery & Wellness, Las Amigas is a supportive residential community for women age 18 or older in need of substance use treatment. It uses a comprehensive treatment approach to meet the social, psychological and physical needs of the clients in a safe and supportive environment. Priority is given to those who are pregnant, recently gave birth, or are parenting children while actively using alcohol or other drugs.

Special consideration is also given to women who are homeless, have histories of sexual or physical abuse or are in the criminal justice system.



Phone: 520-327-4505

Location: 1650 E. Ft. Lowell Road, Suite 202 Tucson, AZ 85719

<https://www.codac.org/womens-services>

<https://www.codac.org/womens-services/addiction/residential-treatment/>



SIERRA TUCSON®

The Chrysalis Program at Sierra Tucson is a highly individualized, patient-centered program within a safe and secure environment. Using an integrative model of care, they provide holistic, customized treatment for those who need more structured support and personalized attention. This sub-acute inpatient program designed to serve those who require individualized treatment with



wrap-around services. Phone: 855-400-9276 Location: 39580 S Lago del Oro Pkwy Tucson, AZ 85739.

<https://www.sierratucson.com/programs/chrysalis>



The Haven is Associated with Cope Community Services and offers women 'Recovery with Respect' while encouraging their spiritual, intellectual, emotional, and physical development. They value affordable, safe, state-of-the-art substance abuse therapy that puts the Client and their Family first. The program's focus on women and the acceptance of their children into residence is unique.



Phone: 520-623-4590

Location: 1107 E. Adelaide Dr. Tucson, AZ 85719

<https://www.copecommunityservices.org/>

Medication Assisted Treatment Facilities



CODAC offers specialized treatment for people in recovery from opioids (heroin, morphine, Oxycontin, fentanyl, etc.) with the help of FDA-approved medications. Prescribed medications often include Methadone, Buprenorphine (Subutex), Suboxone and Naltrexone (Vivitrol) *with* consistent therapy and peer support.



Phone: Call any time at (520) 202-1786

Location: Come in anytime at 380 E. Ft. Lowell Rd, Tucson AZ (Southwest corner of Ft. Lowell & Geronimo). No appointment necessary. Transportation is available.

<https://www.codac.org/mat/>



Community Medical Services (CMS) offers a variety of services to help women who are pregnant. Their goal is to empower you as a leader in your recovery, with benefits to you and your baby. Methadone during pregnancy is considered the gold standard of care by the World Health Organization (WHO) and the American College of Obstetricians and Gynecologists.



Phone: (855) 203-6352

Location: NW, Broadway, and Park location in Tucson, AZ.

<https://communitymedicalservices.org/>



COPE Integrated Care Clinics are available at multiple locations in the Tucson metro area. These facilities are accredited for opioid treatment for person who have opioid addictions. Free and low-cost Methadone and Suboxone programs assist in reducing or eliminating opioid drug use by combining opioid agonist medication and counseling services that assist with relapse prevention.



Phone: (520) 519-8540. Intake at 520-205-4732

Location: <https://www.copecommunityservices.org/about-cope/locations/>

<https://www.copecommunityservices.org/>

COPE's Thrive Youth and Family Center provides full intake and care coordination services to youth. Services include therapy, skills building, parenting classes, LGBTQ support, substance abuse and case management.



Phone: (520) 207-9348

Location: 924 N. Alvernon Way, Suite 110

Tucson, AZ 85711

<https://www.copecommunityservices.org/services/youth-services/>



Your partner for a safe, strong, and healthy community

La Frontera provides outpatient and residential mental health and substance abuse treatment services to children, youth, and adults in Pima County, Arizona.

Phone: If you have an urgent need after 5 p.m. Monday- Friday or on a weekend or holiday, please call the NurseWise Crisis Line at (520) 622-6000 or 1 (866) 495-6735.

All Other Member Calls/Clinics: (520) 884-9920

Location: 1101 E. Broadway, Ste. 130 Tucson, AZ
85719

<https://lafronteraaz.org>



HOPE offers peer-driven outpatient services to those living with substance use disorder. Their peer-driven culture provides a unique model of care. They provide recovery support through group and individual counseling, the navigation of community resources, and through coordination of care to support individual recovery goals.

Phone: 855-845-8306

Location: Scottsdale, AZ

<https://www.thehopehouse.com/>



Newborn Resources



Arizona Early Intervention Program (AZEIP) is an interprofessional service agency serving children 0-3 with developmental delays and disabilities. Offers physical therapy, occupational therapy, speech therapy, and behavioral therapy.



Children age 0-3 who are at risk for developmental delays qualify for this program. Physicians or other health care providers may express concern and make a referral.

<https://des.az.gov/services/disabilities/developmental-infant>

Banner Health.

Diamond Children's Developmental Clinic provides quality, multidisciplinary care for everything from the common to the complex for infants through teens. The goal is to provide care for your child, while also supporting your whole family.



Phone: 520-694-5437

Location: 535 N Wilmot Rd. Tucson, AZ 85711

<https://www.bannerhealth.com/locations/tucson/diamond-childrens-multispecialty-services-clinic-wilmot>



The **Healthy Families Program** is provided by **Child and Family Resources**. It provides free, in-home support and education for new parents to learn about prenatal and child development, and baby health and safety for up to the first 5 years of your child's life. Eligibility is limited to prenatal mothers and families with a child under 3 months.



Phone: 520-321-3754

Location: 2800 E. Broadway Blvd. Tucson, AZ 85718

<https://www.childfamilyresources.org/healthyfamilies>



ARIZONA DEPARTMENT OF HEALTH SERVICES
Health and Wellness for All Arizonans

High-Risk Perinatal Program (HRPP) is a comprehensive, statewide system of services dedicated to reducing maternal and infant mortality (deaths) and morbidity (abnormalities that may impact a child's growth and development). The program is designed to ensure the most appropriate level of care surrounding birth as well as early identification and support for the child's developmental needs. It includes community nursing services, maternal and neonatal transportation services, hospital, and inpatient services. Infants who stayed in the hospital for a minimum of 5 days are eligible.



Phone: 602-364-0058

<https://www.azdhs.gov/prevention/womens-childrens-health/childrens-health/index.php#hrpp>

Postpartum Support Groups



Banner-UMC, Perinatal Psychiatry Clinic provides medical support for women with mental health concerns who are pregnant, trying to conceive, or are postpartum.

Phone: 520-874-7500 or 520-694-1234

<https://psychiatry.arizona.edu/patient-care/adult-psychiatry-clinic/perinatal-psychiatry-clinic>



Banner-UMC OB/GYN clinic, "You've Got This" Support Group (Virtual) is a free support group for new and expecting mothers. Meets over Microsoft TEAMS once a month.

Phone: 520-694-4525

Search for upcoming classes at

<https://www.bannerhealth.com/calendar/event-detail>



Coffee for the Soul - El Rio is a support group for new and expecting mothers. Meets over Zoom Friday from 9:00 am - 10:30 am (Spanish) and 11:30 am - 1:00 pm (English).

Phone: 520-370-3686

Email: MomWellness@elrio.org

<https://www.elrio.org/service/breastfeeding/>





Postpartum Support International is an online support group. Group meetings are in English and Spanish. There are a variety of support groups, so check the website for meeting times for each.

Phone: 24/7 hotline 1-800-944-4773

<https://www.postpartum.net/>



Tucson Postpartum Warmline/Postpartum Support International (PSI) Arizona Chapter is a hotline that will listen to your concerns and help you find a resource in your area. Please leave a message and a volunteer will return your call between 9AM-8PM. English and Spanish.

Phone: 888-434-MOMS (6667)

Email: azwarmline@gmail.com

<https://psiarizona.org/>



Tucson Area Postpartum Depression Coalition offers a local support group and resources for women who are pregnant or postpartum in Pima County.

Email: Information@tucsonpostpartum.com

<https://www.tucsonpostpartum.com/>





Tucson Medical Center PPD Support Group offers Zoom support counseling. Contact Perl Aviles at or email at the contact information above.

Phone: 520-314-7251

Email: postpartumfacilitator1@gmail.com

<https://www.tmc.az.com/tmc-for-women/>



Prenatal Care



Answers for Life Pregnancy Center offers free pregnancy testing, options counseling, ultrasound, doctor consultation, prenatal clinic, maternal assistance, and post-abortion counseling.

Phone: 520-308-8990.

Location: 627 N. Swan Rd. Tucson, AZ 85711

<https://afltucson.com/free-services/>



Banner Health.

Banner Health offers modern facilities, expert health care providers, groundbreaking treatments, and support to pregnant mothers.

Educational materials are available online to learn more about development, common conditions, and how to get ready for birth and delivery.

Phone: 833-252-5535

Location: 1625 N Campbell Ave Tucson, AZ

<https://www.bannerhealth.com/services/maternity/pregnancy>



Hands of Hope Center offers free services including pregnancy testing, ultrasound, nurse consultation, counseling and education.

Phone: (520) 622-5774

Location: 5240 E Knight Drive, Suite 122 Tucson, AZ 85712

<https://www.handsofhopetucson.com/services/>





COLLEGE OF MEDICINE TUCSON

Obstetrics &
Gynecology

MOMS (Mothers over Medicine) Clinic is a dedicated clinic for women with substance use disorder. A part of the Family Centered Neonatal Abstinence Syndrome Care Program, the MOMs clinic was developed to help pregnant, soon-to-be mothers learn new parenting skills to help ease their newborns withdrawal symptoms from exposure to opioids. Combined with University of Arizona Obstetrics and Gynecology Prenatal Care, this clinic offers general OBGYN and maternal fetal medicine services.

Phone: 520-694-4525

Location: 1625 N Campbell Ave Tucson, AZ 85719

<https://obgyn.arizona.edu/services/prenatal-care>



Northwest Healthcare's Allied Physicians provide care that begins in the early stages of pregnancy, with prenatal checkups and services designed to help you learn about proper nutrition, develop a birth plan with your obstetrician, choose a pediatrician, and get prepared for baby's arrival.

Phone: 520-365-1969

Location: 6200 N La Cholla Blvd Tucson, AZ 85741

www.mytucsonobgyn.com



Nurse Family Partnership

Nurse-Family Partnership is a community health program that has specially trained nurses regularly visit young, first-time moms-to-be, starting early in the pregnancy, continuing through the child’s second birthday.



Phone: 520-724-7806

Location: 3950 S. Country Club Road Suite 100 Tucson, AZ 85714

<https://www.nursefamilypartnership.org/locations/arizona/>



Tucson Medical Center delivers family-oriented, specialized obstetric care to support you and your family throughout your pregnancy. TMC Obstetrics & Maternity provides routine OB/GYN services as well as high-risk prenatal care, ultrasounds, first and second trimester screening, & consultations.

Phone: 520-795-8188

Location: 5301 E. Grant Road Tucson, AZ 8571

<https://www.tmc-az.com/tmc-for-women/maternity>

TMC Obstetrics and Women’s Care Websites:



Women, Infants, and Children (WIC)



ARIZONA DEPARTMENT OF HEALTH SERVICES
Health and Wellness for All Arizonans

What does WIC do?

Women, Infants, and Children (WIC) is a federal program that provides free food, nutrition education, and breastfeeding services to pregnant women, infants, and children up to age 5.

What does WIC provide?

- Breastfeeding support.
- Nutrition experts who specialize in nutrition for mothers and their children.
- Tips for feeding infants and children to create healthy habits for a lifetime.
- Healthy foods.



Contact your local WIC clinic to make an appointment or call 1 (800) 252-5942.

<https://azdhs.gov/prevention/azwic/>

Research Opportunities

THE UNIVERSITY OF ARIZONA

<http://renew.arizona.edu/>

