

# MOMS D♥CARE

The Moms Do Care project helps pregnant women get Medication Assisted Treatment, like methadone and buprenorphine, and other substance use treatment and health care services.

Moms Do Care also supports women in their recovery after they give birth with case management, counseling, and efforts to keep their babies with them.

Women who sign up for the project will complete an interview to determine their needs and create a personalized service plan.



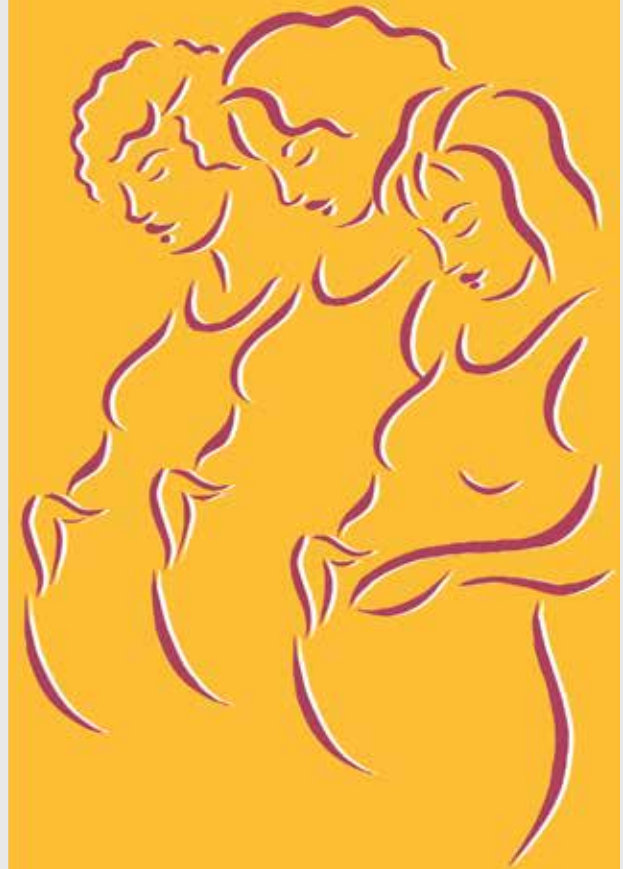
CAPE COD HEALTHCARE



The Moms Do Care Project is funded by a grant from the Substance Abuse and Mental Health Services Administration to the Massachusetts Department of Public Health, Bureau of Substance Abuse Services. The project is being implemented through Cape Cod Healthcare on the Cape, and the University of Massachusetts School of Medicine in Worcester.

# MOMS D♥CARE

*A Program for  
Pregnant Women  
on Cape Cod*



**For information call: 508-280-6597 and  
ask to speak to Deborah Heavilin**

## Who can enroll in the Moms Do Care Project?

If you answer YES to the following questions, you may be able to enroll:

- Are you pregnant?
- Age 18 or older?
- Have you used heroin or any prescription opioids without a prescription, or in greater amounts than prescribed, in the past 12 months?
- Would you like help getting:
  - methadone or buprenorphine
  - substance use treatment
  - other healthcare services
- Are you wondering where to turn for help?

**To find out more,  
please contact  
Deborah Heavilin at:  
508-280-6597**

## What does the Moms Do Care Project offer?

Moms Do Care staff include people with lived experience who are in recovery, and people who have been specially trained to work with women who have substance use issues.



### **Your services are planned around YOU, and include:**

- 1-on-1 and/or group counseling.
- Referrals for physical and mental health care and substance use treatment, including medication, as needed.
- Connections to community-based services, family support programs, housing programs, and more.
- Peer-to-peer support to help you stay in recovery.

## We care for YOU!

We will help you every step of the way as you make important life choices for yourself and your baby.

After your baby is born, we will support you for a period of time to help you and your baby stay healthy.

We also work with other groups to make sure you and your baby get the best care possible.

