



RESOURCES:

If you are experiencing challenges and need assistance:

- The Center for Addiction and Pregnancy (CAP) at Johns Hopkins is a local resource that provides care for pregnant mothers with substance use. Call them at 410-550-3066 or via website www.hopkinsmedicine.org
- Call the SAMHSA's National Helpline 1-800-662-HELP (1-800-662-4357) website treatment finder www.findtreatment.samhsa.gov/locator?
- The 2-1-1 Maryland United Way Helpline can assist you with information, community resources, and referrals for medical care, family services & counseling, prescription assistance, and job training. Dial 2-1-1 for help or <https://www.uwcm.org/main/211helpline/>

For additional information related to Child Protective Services contact:

Maryland Department of Human Services
<http://dhs.maryland.gov/local-offices/>



What You Should Know: Services for Substance Exposed Newborns and Families



Maryland Department of Human Services
311 West Saratoga Street
Baltimore, Maryland 21201
1-800-332-6347



Larry Hogan, Governor
Boyd K. Rutherford, Lt. Governor
Lourdes R. Padilla, DHS Secretary



What Happens if Your Baby is born Substance Exposed:

A Health Care Provider (HCP) may be required to notify the Local Department of Social Services (LDSS) if your baby is born substance exposed.

If a HCP notifies LDSS, the LDSS will conduct an assessment.

A substance exposed newborn (SEN) notification to the LDSS is not considered a Child Protective Services (CPS) abuse or neglect report.

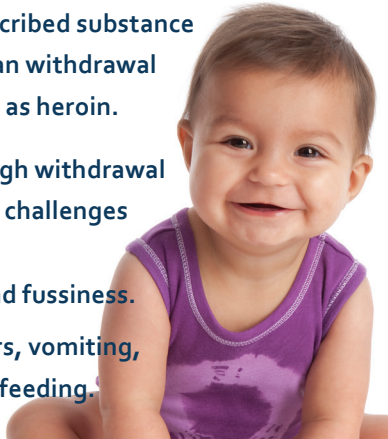
Your newborn may withdraw from whatever substance you were using during pregnancy.

Withdrawal can last for weeks and sometimes months.

Your newborn is as likely to withdraw from a legal substance that you were taking under a doctor's orders as from an illegal substance; in fact, withdrawal from a prescribed substance can be more serious than withdrawal from a street drug such as heroin.

A newborn going through withdrawal may present additional challenges such as:

- Excessive crying and fussiness.
- In addition, tremors, vomiting, diarrhea, and poor feeding.



The good news is that the newborn's withdrawal symptoms can be addressed with medication and other treatments.

What Happens if Your Family is Referred to Local Department of Social Services/LDSS:

- A caseworker will visit you, your newborn, and medical provider in the hospital

- The caseworker's goal is to make sure that your newborn is safe and to help you get services that will assist you in caring for your family. Services may include healthcare, substance use treatment, and other services to support you and your family.

- A caseworker will develop a plan of safe care with you to ensure the safety of the newborn and other children in your home, focusing on home safety, safe sleeping arrangements for your newborn, and other caregivers who will be responsible for helping keep the newborn and any other children in the home safe.

- A caseworker will visit your home to identify needs and ensure healthy family functioning.

LDSS's goals are to make sure children are safe and that families are together to promote the well-being of all Marylanders who come into contact with our agency.

Your Newborn and Family Well-Being:

LDSS may support you in caring for your newborn and family as needed by:

- Assisting you with transportation;
- Getting equipment and supplies including a car seat, Pack-N-Play for safe sleep, diapers, formula, and clothing items for newborn;
- Making referrals for programs such as Infants & Toddler Program, Healthy Families, and/or Women, Infants, & Children (WIC);
- Referring you and your family members for medical care including pediatric care, mental health services, and/or substance use treatment services;
- Locating other supportive services you may need to help you with supporting your family when you have challenges providing care.



You and your family can be safe and healthy with LDSS support!