



News Release

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Maine Mothers Network will Support Pregnant, Parenting Women

LEWISTON, ME – Tri-County Mental Health Services is pleased to introduce the Maine Mothers Network, a service meant to help pregnant and parenting women build a substance free future for themselves and their children. Pregnancy can be a time of promise and hope for the future. For some women who use drugs and alcohol it can be a powerful force for change in order to give their baby a healthy start. Yet breaking free of substances is mentally and physically hard. The statewide program is being offered by a consortium of agencies, including Tri-County as the lead agency. “We are excited to provide such a comprehensive program to help mothers and children,” says Catherine Ryder, Tri-County’s Executive Director. “The network will give Maine women the support and resources to help them build healthy lives.” The **Maine Mothers Network** provides advocacy, treatment, and support for women who are pregnant or have children up to five years old. Services available include:

Trauma screening

Screening for adverse childhood experiences, better known as ACEs, will allow us to identify unresolved traumatic events that create stressors leading to high risk behaviors, including substance use. By identifying and treating these unresolved traumas, we begin the process of moving women to increased health and wellness by disrupting the cycle of substance use. This in turn will promote positive attachment with the infant/toddler and support effective parenting.

Coordination & Advocacy

A case manager will help identify other needs and assist the mother with connecting to other services in the community.

Parenting and treatment groups, including the Nurturing Parents Program, Cognitive Behavioral Therapy (CBT) skill building, Trauma Recovery and Empowerment, and Seeking Safety.

Peer services will be incorporated as an integral part of the intervention with peer recovery coaches allowing for transition to natural supports within the community.

The consortium includes Aroostook Mental Health Services, Crisis and Counseling, Day One, Tri-County Mental Health Services, and Wellspring. To make a referral to the Maine Mothers Network please call the **Statewide Referral Line at 1-800-244-6431**.

Tri-County Mental Health Services is Maine's most comprehensive agency dealing with the psychological and social well-being of children, adults, and elders, serving about 10,000 individuals each year. The agency offers innovative programs and services addressing mental health, substance abuse, intellectual disabilities, and more. Its philosophy of building toward recovery and sensitivity to traumatic experiences gives hope to individuals, families, and communities. Despite its name, TCMHS reaches far beyond its traditional service area (Androscoggin, Franklin and Oxford) with services in Cumberland and York Counties and beyond. For more information, visit www.tcmhs.org.

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