



Overview

Baltimore City offers a comprehensive array of resources to support pregnant women and mothers with children who are grappling with substance use and mental health challenges. These services are designed to provide medical care, counseling, education, housing, and support to promote the well-being of both mothers and their children.

In partnership with Prevention & Health Promotion Administration, Maternal & Child Health Bureau (PHPA), BHSB helps provide oversight and monitoring of programming and it also collaborates with other agencies that support both mother and child on a healthy journey to recovery. The recovery housing for pregnant women and women with children programs provide a safe, stable, and supportive environment for women who are in early recovery from a substance use disorder and have a least one child in their custody; pregnant women may also qualify. This temporary living arrangement offers residents a secure atmosphere to rebuild their lives while developing the necessary skills to embark on a life of recovery. Participation is based on individual needs and the ability to follow the requirements of the program.

Chrysalis House Healthy Start (CHHS) is a 16-bed transitional housing program for pregnant women and women with one child. It provides a safe and sober living environment to program participants and supports a holistic approach to addressing participants' personal goals and needs. CHHS assists residents achieve a safe and healthy pregnancy, sustain sobriety, improve mental and physical health, develop parenting skills, and transition to independent living. Offering childcare for the parent to attend classes and/or events at the center. CHHS promotes health and wellness by providing expectant and new mothers and their families with the health care and resources they need to nurture their children and to be successful in their recovery journey.

Participants must meet the following criteria:

- Women 18 years or Older
- Pregnant, or a woman with one child under the age of three (3) or plan to have custody of their child within 45 days
- Have a history and diagnosis of substance use and/or mental health disorder

In order to be referred to these services, potential candidates must contact Tammy Roberts, Program Director, 410-483-8870 or troberts@chrysalishouses.org.

Marian House is a holistic residential program, which provides transitional housing and support services for pregnant and women with children, who are dealing with a substance use disorder and/or mental health challenges. Marian House provides women with recovery education, relapse prevention, working knowledge of the 12-steps of recovery, yoga, and art therapy. In addition, Marian House offers rehabilitation counseling, life skills training, job readiness, pre-GED and GED education, referrals for medical care, and a savings program to prepare women for independent living. They provide a safe, sober, and loving environment that challenges women to respect and love themselves, confront emotional and socioeconomic barriers, and transition to stable and independent lives in the community.

Participants must meet the following criteria:

- Women 18 years or Older
- Be in the early stages of recovery or have 30 days of sobriety
- Women must have custody of their child or children within 45 days of admission; be willing to show the date of birth documentation for the child or children

To be referred to these services, potential candidates must contact Intake Coordinator, Shenika Spears at (410) 467-412 or sspears@marianhouse.org.

Maryland Community Health Initiatives Inc. is a substance use disorder residential program for pregnant women and women with children. During your treatment stay, there are coordinated services provided for substance use treatment that combine obstetrical care, (including medication-assisted treatment), mental health treatment, housing services, peer navigation, and service coordination will be provided to the mother and child. Other coordinated services should include child welfare navigation, education and job training, and financial literacy. Childcare is also offered while the mother focuses on her treatment process. Their mission is to improve the health and wellbeing of individuals and families struggling to overcome substance abuse, homelessness, unemployment, poverty, crime, and violence.

Participants must meet the following criteria:

- Pregnant women and women with children
- Meets the medical necessity criteria for ASAM 3.3 level of care for substance use disorder treatment

For admissions, please call Karol Harmon with Behavioral Health Administration's (BHA's) Gender Specific Unit at (410) 423-4567 or Karol.harmon1@maryland.gov or contact Secret Scott with Maryland Community Health Initiatives Inc. at sscott@penn-north.org.

Healthcare Access Maryland (HCAM) offers recovery support for pregnant/postpartum women. The program provides comprehensive outpatient wraparound support services to meet clients' individual needs who are in the early stages of recovery. This program aims to improve outcomes for participants by eliminating barriers to independence and facilitating a path towards self-reliance.

Participants must meet the following criteria:

- Be a Baltimore City resident
- Be in recovery from a substance use disorder for at least 30 days.
- Have a head of household (HOH) who is 18 years or older and identifies as females. This includes HOH, who identifies as female or transgender females.
- Have physical custody of at least one child under the age of 18.
- Currently, participate in Recovery Services or plan to participate within ten days of admission.
- Be able to independently manage all their own and their dependents' activities of daily living.

For admissions, please contact Belinda Wilker, Pregnancy & Postpartum Coordinator at 443 827-2434 or bwilker@hcamaryland.org.

Helping Up Mission's Center for Women & Children offers a variety of programs open to women in crisis, women with children and those struggling with addiction, poverty, homelessness, or mental health. The two main programs servicing women are as follows: Spiritual Recovery Program, and the CAP Partnership project.

Spiritual Recovery Program

Our 12-month **Spiritual Recovery Program** for women has four distinct phases. Women progress through each phase at their own pace, receiving individualized care from a treatment counselor who coordinates and monitors their progress through every phase of the program. For admissions and eligibility **Call the 24-hour hotline [410-929-6999](tel:410-929-6999) or Email admissions@helpingup.org**

➤ **CAP Partnership**

Johns Hopkins Bayview operates a Comprehensive Addiction and Pregnancy (CAP) program that provides outpatient services and programming for pregnant women with substance use disorders. Through this CAP partnership, Helping Up Mission offers pregnant and postpartum women the resources they need to care for themselves and their babies in a homelike environment where they can begin to heal through counseling, clinical and medical services, spiritual support, and more. CAP is committed to the following goals: delivering healthier infants to mothers receiving treatment for substance use disorders and promoting positive parent-child attachment and healthy child development and parenting. Health care services include substance use disorder treatment, psychiatry and mental health, pediatrics, obstetrics/gynecology, and family planning. *For admissions and eligibility call the **24-hour hotline** at [410-929-6999](tel:410-929-6999).*

Family Recovery Program (FRP) offers Baltimore City parents or legal guardians whose children (age 13 and under) have been removed from their care due to parental alcohol or illegal drug use. An eligible parent may voluntarily enroll or follow a mandate to enroll at the presenting child's dispositional hearing. FRP parents are immediately assessed to determine necessary treatment modalities. Enrolled FRP parents receive intensive case management, weekly court oversight, placement in an appropriate substance use treatment program (within 24 hours of their FRP enrollment), and other supportive services—including transitional housing, mental health, education, parenting classes, and employment assistance over an 18- to 24-month period. These services aim to meet the needs of parents who are often in crisis and unable to move forward without intensive ongoing support services. To be eligible for the Family Recovery Program (FRP) in Baltimore, Maryland, you must meet the following criteria:

- Be the parent or legal guardian of a child who is 13 years old or younger
- Have a child who was placed in shelter care for at least one night
- Have a substance use issue that contributed to the child's removal
- Attend court hearing for the referral to the FRP

For admissions or more information about this program you may contact Family Recovery Program at 410-605-0492 or send an email to info@frp-inc.org.