

Taking Care of You and Your Baby During Pregnancy

Being pregnant can be wonderful but it can also be scary. Making sure you get the right care during your pregnancy is one of the most important steps you can take to having a healthy pregnancy.

Call 704-853-5148 to find out more about our practice and our services.

TIPS FOR A HEALTHY PREGNANCY

- * **Make a goal of delivering your baby drug free**
- * **Get treatment and support with the STAR program**
- * **Get prenatal care**
- * **Keep your baby safe**
- * **Learn healthy ways to manage stress**



STAR (Substance Treatment & Rehabilitation), a program of the Gaston County Department of Health & Human Services

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Substance Treatment & Rehabilitation

STAR
Substance Treatment & Rehabilitation

 summit
midwifery &
high-risk obstetrics

STAR Program

WHO WE ARE

STAR is a program for pregnant women who are actively using drugs and want to have a healthy pregnancy.

Our program is friendly, confidential, and non-judgmental. Our skilled team works with you to have a honest and supportive relationship.

Patients in the STAR program will have a dedicated team of doctors, nurses, and other staff that will follow you and support you throughout your pregnancy.

The STAR program is included in your pregnancy care and there is no additional cost to you.

PROGRAM GOALS

- * To make sure you get good medical care during your pregnancy
- * To increase healthy pregnancies
- * To decrease the chances of drug withdrawal your baby might experience after delivery
- * To help you participate in drug and alcohol treatment programs
- * To help connect you to other agencies and resources
- * To make the mother and child relationship stronger

Services Provided

- * Individual prenatal care for you and your baby during your pregnancy
- * Connections to programs that use medications to treat your drug use
- * Support for you and your individual situation
- * Education about eating well and exercising
- * Linking you to resources that help your transportation or financial needs
- * Referrals to drug and alcohol treatment programs
- * Assessment of your total health, including mental health
- * Emotional support during pregnancy, labor, and after delivery
- * Help you quit or reduce smoking and tobacco use



What We Do

The STAR Program offers care for women who use drugs during their pregnancy.

Our team will provide your medical care during pregnancy and give you information about substance use, withdrawal symptoms for the mother and the baby after delivery, healthy relationships, good eating habits, and what to expect during delivery.

After your initial exam with the doctor, you will meet with a nutritionist, a therapist, and a counselor to help make a plan that is just for you and your baby.

Case management services are offered to help you with locating and receiving resources, and helping you and your baby get support from other community agencies.

If you are interested in our program, please call (704) 853-5148.

