What to Know if You are Pregnant and Using

If you are ready to find help or get information about substance abuse treatment, there are many low-cost programs available in Santa Barbara County. Some programs even offer scholarships for treatment.

South County
- Project Recovery Residential Detox Center
  (805) 963-1836
- Perinatal Program
  (805) 308-8549
- Council on Alcoholism & Drug Abuse
  (805) 963-1433
- Casa Serena
  (805) 966-1260
- Zona Seca
  (805) 963-8961
- The Daniel Bryant Youth & Family Treatment Center
  (805) 730-7575

North County
- Coast Valley Substance Abuse Treatment Center
  (805) 739-1512
- Council on Alcoholism & Drug Abuse
  (805) 963-1433
- Project PREMIE
  (805) 925-0315

Mid County
- Coast Valley Substance Abuse Treatment Center
  (805) 735-7525
- Turning Point/Recovery Way
  (805) 736-0357

For help finding programs anywhere in the County, call:
- 24 hour Access Line
  1 (888) 868-1649
- 211 Help Line
  2-1-1

What is Using? Using is taking in any substance including, but not limited to alcohol, tobacco, marijuana, cocaine, ecstasy, methamphetamines, heroin, and prescription drugs if you take a medicine in a way that is different from what the doctor prescribed.
It is not too late to have a healthy baby.

Where to Begin:

- **Going to the doctor** — Making a doctor’s appointment is a great first step to helping you and your baby stay healthy.
- **Getting health insurance** — You can qualify for Medi-Cal while you are pregnant and maybe even after you give birth. To learn more about your options visit your doctor or call Department of Social Services at 1-866-404-4007.

What can happen to my baby if I continue using?

**Early Birth** — Babies that are born early can have more health problems and may need to stay in the hospital longer.

**Low Birth Weight** — When a baby is born with low birth weight it can cause serious health problems.

**Miscarriage or Stillbirth** — In some cases, using can increase the chance of a baby dying in the womb or during birth.

Babies born to moms that have been using may have withdrawal symptoms and are more likely to have health problems throughout their lifetime.

How does quitting help my baby?

- It can give your baby a better chance at a healthy life.
- By quitting, you have the chance to get sober and enjoy life with your new baby.

What to Expect from Prenatal Care:

**Do I need to stop using before going to the doctor?**
- No. You can see the doctor even if you are still using. It is important to go to the doctor early and regularly to help keep your baby healthy.
- The doctor can also help you find treatment options that will help you quit using and stay sober.

**Will the doctor report me to Child Welfare Services (CWS) if they know I’m using?**
- Although your doctor can contact Child Welfare Services (CWS), CWS cannot act on a report from your doctor while you are pregnant if you do not have other children.
- If you are pregnant, have other kids at home, and your doctor suspects you are abusing or neglecting your children, your doctor is required by law to file a report with CWS.
- If you are still using when the baby is born and the doctor suspects abuse/neglect, the doctor is required by law to report you to CWS.
- CWS will work with your family to have the healthiest outcome for you and your children.

**How will I benefit from getting prenatal care?**
- Going to the doctor will help you know how to give your baby the best chance at a healthy start.
- If you are interested, you can also get connected with home visiting programs that can support you in staying healthy.

The doctor can help you.

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