

# What is MOMS?

The Marion & Polk Obstetric Mentoring Service (MOMS) is a peer mentor program designed to help pregnant women who struggle with substance use disorders. Women are supported in the MOMS program from engagement through 6 months postpartum.

MOMS Plus is an extension program for mothers with a history or risk of substance use disorder.

## MOMS can help members with:

- Finding and receiving early prenatal and postpartum care
- Learning how to navigate the health care system
- Helping women build and maintain a healthy family
- Ensuring that children are in a safe, stable, and drug- and alcohol-free home
- Introducing women to the recovery community, treatment services and mental health professionals
- Assisting in housing, education, employment, transportation and other needed services
- Developing a personal plan to stay clean and sober during and after pregnancy
- Connecting with parenting and mother/infant care and bonding programs
- Connecting with support groups
- Choosing a family planning method

# Testimonial from a Member

When I came into the MOMS program, I was pregnant and using. **I wanted to get clean but didn't know how.** I was homeless and scared. My mentor took the time to help me get into treatment, took me to doctor appointments, introduced me to the recovery community, and was always there to listen.

Together with my mentor, I worked through the pain of my past wreckage and slowly started to become a better person — the real me. Each goal and milestone I accomplished, my mentor was right by my side to cheer me on, and then help me make new goals to work on. She was one of the most consistent people in my life.

I got into stable housing and delivered my son clean and sober. My mentor even came to visit me in the hospital! She helped and supported me through being a first time mom and new to recovery. **I really don't think I would have been as successful without my mentor.**

When I graduated MOMS, I moved to MOMS Plus and got a new mentor who was just as amazing. She helped me envision what I wanted my life to be like and then helped me break it down into smaller goals. I got my own apartment, a full time job, and the confidence I needed to take care of my son as a single mom. She helped me figured out how to balance my new life.

**These programs changed my life in so many ways.** I got the tools I needed for long-term sobriety, and now I have my support network for when life gets hard.



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## How it Works

Each MOMS team is built around the needs of the pregnant woman and includes a supervisor, peer mentors, clinical support and resources as needed.

### What does the team do?

This team develops an individualized plan addressing specific focus areas for each member, giving them the support and tools they need to help make gradual and sustainable changes.



### Who are the mentors?

The mentors are women with shared life experiences who have overcome similar hurdles. This gives them a unique perspective when providing assistance and emotional support. They know what these mothers are going through because they have been there. The shared experiences help build trust with the members.

### What is MOMS Plus

The MOMS Plus team provides support and resources for enrollees to achieve and maintain sobriety.

**Mentor:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

## Who is Eligible?

The Marion & Polk Obstetric Mentoring Service (MOMS) is available to Pacificsource Community Solutions members in Marion or Polk counties seeking assistance. Involvement with the MOMS program is strictly voluntary.

## Enroll in the Program

To refer members or learn more, contact the WVP Peer Support Team:

**Email:** [PeerPrograms@mvipa.org](mailto:PeerPrograms@mvipa.org)

**Phone:** 503-485-3221

**Fax:** 503-485-3224

A program offered by:



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# MOMS & MOMS Plus Programs



Empowering Mothers  
to Build Lives Free of  
Alcohol and Drugs



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