


How Centerstone can help Improve Outcomes For Mothers and Babies



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Centerstone Services and Access

- Evaluations/ Assessments: Open Access Monday- Thursday 8am-4pm
- Private insurance clients can be scheduled ahead of time (Centerstone main number: 812-339-1691)
- After evaluation, team and department will be decided
- Services offered at Centerstone include:
 - Individual therapy
 - Family/ Couples therapy
 - Group therapy
 - Substance treatment
 - Recovery Engagement Center/ Recovery Coaching
 - Life skills groups
 - Community based services



Nurturing Families



- ▶ Nurturing Parenting:
 - ▶ Parent education in this program means learning new patterns of thinking, feeling, behaving and practicing the new skills. It means participating in activities and experiences designed to enhance self-awareness, empathy, personal empowerment, self-esteem, and self-concept.
- ▶ Key components of nurturing programs:
 - ▶ Empathy, Positive Discipline (guiding behavior), Appropriate Developmental Expectations, Role Reversal, Restriction or Allowance of Freedom
- ▶ Nurturing oneself is the first step toward nurturing others



Parenting Group through Children and Family Services

- ▶ Need for group was identified through DCS
- ▶ Elizabeth Bullock, director of Monroe County DCS:

"The group has been a huge asset to DCS as we address mother's who used THC during pregnancy. While many mothers admit to use during pregnancy, they state plans to cease use upon birth of the baby. This generally prevents them from being recommended for more intense substance use disorder treatment. The group has allowed DCS to offer services in these cases as we continue to assure child safety in the home. Parents have expressed enjoy the supportive atmosphere of the group. The group fills a gap in our community which was previously met through Bloomington Area Birth Services. It allows parents to work through the many emotions of parenting a new baby in a supportive peer environment. DCS has seen many cases close successfully upon completion of this group. To date, repeat maltreatment in these case has been virtually non-existent!"



Nurturing Parenting Group

- Current group is intended for parent and baby up to 6 months old
- Group is currently 8 sessions once week for an hour and a half each session
- Parents learn and actively practice basic parenting skills (physical, emotional, intellectual, creative, and spiritual needs)
- Parents learn safe and healthy coping skills
- Parents and children receive positive support and social interactions
- Ultimately decrease/ eliminate need for DCS intervention



Prevention: Targeting Pregnant Women

- ▶ If a pregnant woman is addicted to opiates or alcohol, they can qualify for more intensive services
 - ▶ Referrals are made to the Pearl Program by the hospital, OB provider, primary care provider, current mental health/addiction provider, criminal justice partner, or any other community agency
- ▶ Pregnant women can access all services through Centerstone to provide them with mental health support, which can help support the baby



Substance Use Treatment for Pregnant Women: Pearl Program

- ▶ Access to mental health and substance assessment within 24 hours
- ▶ Access to a psychiatric assessment with a prescriber for Medication Assisted Treatment (MAT) within 2 days of assessment.
- ▶ Access to wraparound services based on need that include: Recovery Coaching, Individual and Group therapeutic services, ongoing medication management and nursing support, collaboration with OB and primary care doctor
- ▶ This program and MAT can help decrease the possible issues the baby goes through such as NAS(neonatal abstinence syndrome) and can prevent the baby from having to be in the NICU



Summary

- ▶ If there are concerns about mental health, they can access multiple different services at Centerstone or through another mental health provider
- ▶ Services while pregnant can help the outcome of the baby

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