

## National Substance Use Disorder Summit

Families in Recovery: The First 1,000 Days  
Pregnancy, Newborns, and the First Years  
February 1, 2023

### Resources Handout

This handout includes resources and publications that were shared by Summit speakers and attendees. The Brazelton Touchpoints Center does not endorse or advocate for these agencies, tools, or approaches, but we hope they will be helpful in your work serving and supporting families and children affected by substance use disorder.

#### Organizations and Government Agencies

##### **Center for Early Relationship Support® at Jewish Family & Children's Services (Massachusetts)**

Since 1989, the Center for Early Relationship Support® (CERS) has been promoting the earliest parent-child relationships by supporting parents as they manage the challenges of caring for their baby.

<https://www.jfcsboston.org/Our-Services/Center-for-Early-Relationship-Support>

##### **Count the Kicks**

Counting kicks is a simple way to monitor your baby's well-being. Expectant parents should begin counting daily at the start of the third trimester.

<https://countthekicks.org>

##### **Evergreen Recovery Centers Pregnant and Parenting Women's Residential Treatment (Washington State)**

Whether pregnant or parenting, Evergreen Manor Family Services Center, operated by Evergreen Recovery Centers, has served more than 2,000 mothers with its unique, research-based program that blends treatment for substance use disorders and mental health conditions, with prenatal and perinatal care for the mother.

<https://evergreenrc.org/pregnant-and-parenting-womens-residential-treatment/>

### **FIRST (Families in Recovery Support) Steps Together (Massachusetts)**

A voluntary and free home visiting program that was created to support parents working on their recovery. Each family is connected with a Family Recovery Support Specialist, who is a parent in recovery themselves.

<https://www.mass.gov/info-details/about-first-steps-together>

### **Friends Research Institute, Inc.**

Friends Research Institute promotes health and well-being through research, grants administration, education and treatment.

<https://friendsresearch.org/>

### **Infant Massage USA**

Through training, education, and research, Infant Massage USA promotes nurturing touch and communication so parents, caregivers, and children are loved, valued, and respected.

<https://www.infantmassageusa.org/>

### **Joyful Together® (Ohio)**

Developed by OhioGuidestone's Institute of Family & Community Impact®, Joyful Together® is an evidence-based, play-centered, and parent-implemented model that infuses joy into everyday moments. Their research has shown that it lowers parental stress, improves parent-child relationships, and increases childhood resiliency.

<https://joyfultogether.org/>

### **Lund (Burlington, VT)**

At Lund, we work to break the cycles of poverty, addiction, and abuse by supporting pregnant and parenting teens, young adults, and adoptive families with our integrated, compassionate services. Lund offers a residential program for mothers with SUD or mental health issues.

<https://lundvt.org/treatment/residential-program/>

### **Maine Recovery Advocacy Project (Maine)**

The Maine Recovery Advocacy Project (ME-RAP) is a grassroots network of people across Maine working to redefine and reimagine justice, access, connection, and recovery in state laws, county policies, municipal ordinances, schools, workplaces, and in residents' daily lives. ME-RAP is committed to giving people in recovery, people who use drugs, family members, and recovery allies the organizing tools to think and act locally.

<https://www.recoveryvoices.com/me/>

### **Mother is Supreme Postpartum Care (Massachusetts)**

<https://www.facebook.com/MotherISSupremeInc>

### **Parent Support Network of Rhode Island**

Represents young adults, individuals, and parents/family members who are in recovery from opioid addiction, substance use, and/or mental health challenges.

<https://psnri.org/our-services/peer-recovery-outreach.html>

### **Philips Healthcare**

<https://www.usa.philips.com/healthcare>

### **Project RESPECT at Boston Medical Center (Massachusetts)**

A pregnancy and post-pregnancy clinic for mothers/parents in recovery

<https://www.bmc.org/welcome-project-respect>

### **Turning Point Center of Chittenden County (Vermont)**

A peer-run recovery center that provides a multitude of services that help individuals find their own path to recovery and support them in their continued sobriety.

<https://turningpointcentervt.org/>

### **SSTARbirth (Rhode Island)**

A long-term, residential substance abuse treatment program specifically designed for pregnant, postpartum, and parenting women.

<https://www.sstar.org/sstarbirth/>

### **National Center on Substance Abuse and Child Welfare**

NCSACW is a national resource center providing information, expert consultation, training, and technical assistance to child welfare, dependency court, and substance use treatment professionals to improve the safety, permanency, well-being, and recovery outcomes for children, parents, and families.

<https://ncsacw.acf.hhs.gov/>

### **SAMHSA (Substance Abuse and Mental Health Services Administration)**

The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

<https://www.samhsa.gov/>

## **Publications**

Albert, A., Bain, T., Brico, E., Dinkins, B. M., Houston, K., McMillan, J., Quarles, V., Sangoi, L., Cloud, E. M., & Marx-Arpadi, A. (2021). Ending the Family Death Penalty and Building a World We Deserve. *Columbia Journal of Race and Law*, 11(3), 860–894.

Lucero, K. (2012). *Family Drug Courts: An Innovation of Transformation*. BalboaPress. This book describes a successful program for supporting families involved in the court system.

Fox, N. A., Almas, A. N., Degnan, K. A., Nelson, C. A., & Zeanah, C. H. (2011). The effects of severe psychosocial deprivation and foster care intervention on cognitive development at 8 years of age: findings from the Bucharest Early Intervention Project. *Journal of Child Psychology and Psychiatry*, 52(9), 919–928.

Murthy, V.H. (2020) *Together: The Healing Power of Human Connection in a Sometimes Lonely World*. HarperCollins Publishers.

Polikoff, N. D., & Spinak, J. M. (2021). Strengthened Bonds: Abolishing the Child Welfare System and Re-envisioning Child Well-Being. *Columbia Journal of Race and Law*, 11(3), 427–454.

“Understanding Newborn Behavior & Early Relationships” by Drs. J.K. Nugent, C.H. Keefer, S. Minear, L.C. Johnson, and Y. Blanchard.

Young, I. M. (1994). Punishment, treatment, empowerment: Three approaches to policy for pregnant addicts. *Feminist Studies*, 20(1), 33.

### **Resources on Plans of Safe Care**

- Children and Family Futures – Plans of Safe Care Learning Modules  
<https://www.cffutures.org/report/plans-of-safe-care-learning-modules/>
- Children and Family Futures – Tribal Family Wellness Plan Learning Modules  
<https://www.cffutures.org/home-page/qic-ccct-tribal-posc-modules/>

### **Videos**

To view Angela's Story, scroll to timestamp 2:59:27 in this YouTube video:

[https://youtu.be/5CwvA\\_CBTUQ](https://youtu.be/5CwvA_CBTUQ)

### **Newborn Behavioral Observation (NBO) System and Neonatal Behavioral Assessment Scale (NBAS)**

Learn about the NBO and NBAS, and the impact they have on our understanding of newborn behavior. Learn how a wide array of family-facing providers (including nurses, physicians, early interventionists, home visitors, doulas, and midwives) can use the NBO to better serve and support families and their very young infants affected by substance use disorder.

<https://www.brazeltontouchpoints.org/newborn-behaviors/>

