

Women's Voices Healthy Choices

Free, confidential, and safe.

Women's Voices is where you get help and support to stop drinking, smoking, or using while you are pregnant. **Women tend to use in isolation** and are afraid to get information, education, and assistance. **Addiction is a cycle.**

We will help you figure out if you need treatment or other community supports such as: finances, baby supplies, housing, and needs of other children.

Don't wait. Be good to yourself, and to your baby. Talk to your nurse, doctor, or social worker about getting the support you need.

Carson Valley Children's Aid Mission

Carson Valley Children's Aid is dedicated to delivering services to children, youth and families that ensure their safety, build on their strengths, honor their differences and empower them to achieve their goals for success in life.

Vision

For children, youth and families to realize their potential and thrive.

Guiding Principles

Optimism	Unity
Inclusiveness	Trust
Compassion	Accountability

Funding provided by:



Montgomery County Office
of Behavioral Health and
Developmental Disabilities



Tom Wolf, Governor
Gary Tennis, Secretary

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Women's Voices Healthy Choices



Change is a
process...start today!

Women use in isolation

This voluntary program provides support to women who are struggling with substance abuse/use to move toward sobriety. Women may also be experiencing difficulty in relationships with family or partners, parenting, housing, or other areas that put them at risk.

Free, confidential, and safe

Women must be patients of the Ob Clinic and are generally referred by staff. There is no charge for services, which can last up to six months post-partum. Your outreach worker will help you create a plan to work on goals you would like to achieve.

Services can take place at your home, the clinic, or any other location you choose. Topics discussed with the outreach worker will be kept confidential; only pertinent medical, drug, and alcohol information will be shared with clinical staff for the purpose of continuity in your medical care. If your worker believes you are in danger of harming yourself or others, they may have to break confidentiality. They are also mandated by state law to report if child abuse is suspected.

Addiction is a cycle, but change is a process...



What we do:

- Provide a trusting supportive person to confide in.
- Help identify your goals and needs.
- Help get the medical care you need.
- Provide trustworthy up-to-date information about drug, alcohol, and tobacco use and how they affect you and your baby's health.
- Get the help you need to stop using drugs, alcohol, and tobacco.
- Find alternative coping strategies to drugs, alcohol, and smoking.
- Referral to people and resources that can support your goals.
- Follow up with home visits once you have your baby.

When available we may be able to help with transportation to medical care, social services, and other appointments.

Women's Voices Agreement

I _____,
give my permission to be contacted to
received services:
(check all that apply)

- By phone at this number _____
OK to leave message: yes no
- By mail
- At my next clinic appointment only

Your Name

Your Phone

Your Address

I have received information describing
Carson Valley Children's Aid Women's
Voices Healthy Choices Program.

Signature

Date

Witness Signature

Date