

# Help is closer than you think.

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.

# What to Know if You are Pregnant and Using



**You are not alone.  
We can help.**

Santa Barbara County  
Public Health Department  
Maternal, Child, & Adolescent Health Program

For more information and resources,  
call 1-800-288-8145

## 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.

This project was supported by funds received from the California Department of Public Health Maternal, Child & Adolescent Health Program.