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**Are you pregnant and dependent on taking methadone or buprenorphine? Or are you using heroin, other street drugs or prescription medications and considering treatment with methadone or buprenorphine?**

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**Resources**

You are eligible for substance use services through your local Community Services Board or Behavioral Health Authority. You can figure out which organization you should go to based on where your permanent residence is. Pregnant and postpartum women are prioritized for substance use services and you may be eligible for financial assistance for a Medication Assisted Treatment Program at your local Community Services Board or Behavioral Health Authority.

**Central Virginia Community Services Boards/Behavioral Health Authorities**

- **Richmond Behavioral Health Authority (RBHA)**
  - Walk-in Intake: Monday-Friday 8:00am-3:00pm
  - 107 S 5th St
  - Richmond, VA 23219
  - (804) 819-4100

- **Henrico Mental Health & Developmental Services**
  - East Location Walk-in Intake: Monday, Tuesday, Thursday 9:00am-3:00pm
  - 4825 S Laburnum Ave
  - Richmond, VA 23228
  - (804) 727-8515

- **Chesterfield Community Services Board**
  - Walk-in Intake:
    - Monday-Thursday 8:30am-5:00pm,
    - Friday 8:30am-2:00pm
  - 6801 Lucy Cor Boulevard
  - Chesterfield, VA 23832
  - (804) 768-7318

- **Hanover Community Services Board**
  - Walk-in Intake: Monday-Friday 9:00am-3:00pm
  - 12300 Washington Highway
  - Ashland, VA 23005
  - (804) 365-4253

- **District 19 Community Services Board**
  - Colonial Heights, Dinwiddie, Emporia/Greensville, Hopewell/Prince George, Petersburg, Surry, Sussex
  - (804) 862-8002

**Medication Assisted Treatment Programs (Methadone and Buprenorphine)**

- **Richmond Metro Treatment of Virginia**
  - 2217 E Franklin St
  - Richmond, VA 23223
  - (804) 213-0249

- **Richmond Southside Treatment Center**
  - 9609 Jefferson Davis Highway
  - Richmond, VA 23237
  - (804) 275-1116

- **Family Counselling Center for Recovery (FCCR)**
  - 905 Southlake Blvd, Suite C
  - Richmond, VA 23226
  - (804) 419-0492

- **Human Resources, Inc. Methadone Outpatient Clinic/Jump Street**
  - 15 W Cary St
  - Richmond, VA 23220
  - (804) 644-4636

- **River City Comprehensive Counseling Services**
  - 13100 Mountain Rd
  - Glen Allen, VA 23059
  - (804) 230-0999

- **Richmond Private Methadone Clinic**
  - 4926 West Broad St
  - Richmond, VA 23230
  - (804) 673-5241

**Childbirth, Breastfeeding and Infant Care:**

**Opiates, Methadone, Buprenorphine**

<table>
<thead>
<tr>
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</tr>
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What about child protective services?

- Babies and mothers are often tested for drugs and alcohol at the time of delivery — this includes methadone and buprenorphine.
- Having a positive drug test for yourself or baby, even if it's for prescribed medications, means that social workers and a child protection agency will want to talk to you and your family.
- The steps that happen next will depend on what county you live in, but the goal is the same — to provide you with the resources you need to care for your baby.
- A child protective services worker may come to your home to see how safe the environment is for your baby.
- Please talk to your doctor and other health care providers about child protection laws in Virginia.
- Be sure to follow up with your baby's doctor as directed and communicate with their team if you are not able to do so for any reason. Failure to follow medical directions can result in additional involvement with child protective services.

How does withdrawal affect the baby after delivery?

- After delivery, the baby no longer receives nutrients and medications such as buprenorphine and methadone from the mother’s bloodstream. Your baby may develop withdrawal — called Neonatal Abstinence Syndrome (NAS).
- Not all babies born to moms on methadone or buprenorphine develop NAS. The dose you are taking does not always predict if NAS will develop or the severity.
- Each baby shows withdrawal differently. The following are some of the most common signs in infants with substance exposure:
  - Tremors or shakes (not seizures)
  - Excessive crying
  - Frequent yawning
  - Poor feeding/sucking
  - Fast breathing
  - Difficulty sleeping
  - Stuffy nose
  - Fever
  - Sneezing
  - Tight muscles
  - Vomiting
  - Diarrhea
  - Loose stools (poop)

- These signs may happen from birth to several days after delivery and may last days, weeks or months. Your baby will be monitored for 4-5 days in the hospital for these symptoms prior to discharge to see if treatment is needed.
- You can help soothe your baby by holding him or her often; keeping lights low in your room; and providing quiet, soothing sounds, voices and gentle rocking.
- If your baby develops NAS, a medication like methadone will be started on your baby in the hospital. Methadone helps the baby feel better and prevents complications like seizures. The baby's dose will be decreased over time, until the symptoms have improved. This process can take several weeks in the hospital.

Can I breastfeed if I am taking buprenorphine or methadone?

- Breastfeeding is encouraged for women who are taking methadone or buprenorphine, except in some rare cases.
- Breastfeeding is not safe for those who have HIV, take certain medicines that are not safe in breastfeeding or actively use street drugs. Ask your doctor if there are any reasons why you should not breastfeed.
- Only very small amounts of methadone and buprenorphine get into the baby’s blood through breastfeeding and breastfeeding may help lessen the symptoms of NAS.

How will having a newborn affect my recovery?

- The weeks and months after the baby is born can be a stressful time for women in recovery. Be sure to continue your counseling, and use parenting support programs.
- Do not make a decision to stop taking your methadone or buprenorphine too quickly or too soon because this increases the risk of relapse.
- It is important to discuss decisions about your medication with your doctors and your counselors.

You can help soothe your baby by holding him or her often; keeping lights low in your room; and providing quiet, soothing sounds, voices and gentle rocking.