



## **Residential Treatment for Pregnant and Postpartum Women– Iowa**

### **What is the Residential Treatment for Pregnant and Postpartum Women (PPW) program?**

The Residential Treatment for Pregnant and Postpartum Women is a three year (09/30/2015-09/29/2018) grant awarded to the Iowa Department of Public Health Division of Behavioral Health (IDPH) by the Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment (SAMHSA). The purpose of this program is to expand the availability of comprehensive, residential substance abuse treatment, prevention and recovery support services for pregnant and postpartum women and their minor children, including services for non-residential family members of both the women and children.

### **Where are the Residential Treatment for Pregnant and Postpartum Women programs located?**

The Iowa Pregnant and Postpartum Women's Residential Treatment (Iowa PPW) program is implemented at four established residential treatment programs in major cities in the state of Iowa: Area Substance Abuse Council (Cedar Rapids), Heartland (Council Bluffs), House of Mercy (Des Moines) and Jackson Recovery Center (Sioux City). The PPW program supports evidence-based parenting, prevention and treatment models including trauma-specific services which will decrease the use and/or abuse of prescription drugs, alcohol, tobacco, illicit and other harmful drugs among pregnant and postpartum women; increase safe and healthy pregnancies; improve birth outcomes, reduce perinatal and environmentally related effects of maternal and/or paternal drug abuse on infants and children; improve the mental and physical health of the women and children; prevent mental, emotional, and behavioral disorders among the children; improvement parenting skills, family functioning, economic stability and quality of life; decrease involvement in and exposure to crime, violence and neglect, and decrease physical, emotional and sexual abuse for all family members.

### **How does the Iowa's PPW grant program build on the Successes of our Current Women and Children's Programs?**

Iowa PPW services use a care coordination approach to implement clinically appropriate, evidence based practices to promote improvement of services provided to pregnant and postpartum women in residential treatment. Iowa PPW assists women in their ability to maximize the use of proven self-care management techniques to improve their health status, improve the lives of their minor children and improve self-sufficiency. Iowa PPW has implemented a program listed in the National Registry of Evidence-based Programs and Practices (NREPP), Seeking Safety, which focuses on developing coping skills and psychoeducation of the women, their minor children and extended family members. Seeking Safety extends its clinical approach with trauma informed care to assist women in healing from adverse life experiences through a present-focused model to help people obtain safety from trauma and/or substance abuse utilizing coping skills. Iowa PPW services focus to reduce behavioral health disparities through focus on outreach to populations with higher documented incidences of substance abuse and related problems. The populations were identified as families involved in Iowa's child welfare system, individuals involved in adult, juvenile and family drug courts and those with co-occurring substance abuse and mental health disorders.

### **What are Recovery Support Services?**

Recovery support services help people enter into and navigate systems of care, remove barriers to recovery, stay engaged in the recovery process, and live full lives in communities of their choice. Care Coordination includes Recovery Support Services which support the women, their minor children and non-residential family members of both the women and children. Recovery Support Services help women and their children meet needs associated with Child Care, Education, Pharmacological Interventions, Supplemental Needs (Clothing/Personal/Gas Cards/Wellness/Utility Assistance/Cellular Phone Assistance), Education, Sober Living Activities, Transportation and Vocational Training.

If you would like additional information about the PPW Iowa program contact Jennifer Robertson at [jennifer.robertson@idph.iowa.gov](mailto:jennifer.robertson@idph.iowa.gov) or 515-725-1053