



# THIS IS HARD.

Putting yourself and your needs first is the most important step in not only working towards recovery but also strengthening your family. We want you to know you are not alone and you are not to blame. **Substance use disorder (SUD)** is a disease that can be treated.

Being a mom is tough – we're here to help.



OKLAHOMA  
Mental Health &  
Substance Abuse

[OKIMREADY.org/TAAM](https://OKIMREADY.org/TAAM)

# THE GOAL OF THE FAMILY CARE PLAN IS TO STRENGTHEN THE FAMILY, HELP MOTHERS HAVE A HEALTHY PREGNANCY, AND KEEP CHILDREN SAFELY AT HOME.

• — • • • •

The Family Care Plan is a way for you to advocate for yourself, your family and children, and if you are pregnant, even your unborn child. It's a living document that helps to coordinate services and record your progress. And the best part is that YOU are in charge of leading the process. A Family Care Plan is completely customized to your recovery journey, and acts as the following:

- **A personalized guide** to ensure the necessary resources are provided to help your family thrive.
- **A “recovery resumé”** or diary that helps communicate your strengths, needs, accomplishments and goals to providers.
- **A tool** to help with care coordination between multiple providers or organizations.
- **A resource** to keep everything organized and stored in one place.



Family Care Plans are helping mothers and providers work together towards recovery. Find a treatment provider in your area today, so you can be the best mom possible. Scan this QR code to learn more.

