

A MESSAGE

FOR
EVERY MOM

We know it is not easy being vulnerable and seeking help. Celebrate your bravery, for you are making a choice to learn about the possibilities and opportunities of a life free from coping through substance use.

BEING A MOM IS TOUGH, BUT SO ARE YOU.

Asking for support can be hard and we know you are scared, but you're tough as a mother. To learn more, visit OKIMREADY.org/TAAM



OKLAHOMA
Mental Health &
Substance Abuse



THIS IS
HARD.



WE ARE SO GLAD YOU ARE HERE.

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.

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WHAT IS A FAMILY CARE PLAN?

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.

..... WHY GET HELP?

Many people don't understand why or how someone, especially a mother, becomes dependent on drugs and alcohol. They don't understand the disease of addiction. Quitting takes way more than good intentions or a strong will—it takes the right medical treatment and therapeutic support. Through scientific advances, we know more about how drugs work in the brain and better understand how to treat substance use disorder.

Motherhood is hard.

Your children need you, but they need you to be healthy first. Addiction doesn't have to get the best of you.

Addiction is a disease.

It's ok to admit that you are struggling. Addiction is a medical issue, not a moral shortcoming. Like other medical problems, substance use will harm your health until it gets treated.

You're not alone.

Motherhood is never going to be easy, but it can be better. The sooner you ask for support, the quicker you can get medical help that treats your mind and body.

Put yourself first.

You are stronger than your addiction, and asking for support is a sign of your strength. You are worthy and deserving of the support to get better.

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

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DID YOU KNOW?

Many expectant persons with a history of substance use have either delayed getting prenatal care or not sought any at all. They're afraid there may be negative consequences due to substance use which may result in their child being placed in out-of-home care.

With a Family Care Plan, you can create a new narrative.

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Family Care Plans are helping mothers and providers work together towards recovery. Scan this QR code to learn more about starting your Family Care Plan today.