

Virginia's Gender Specific Substance Abuse Treatment Services for Pregnant and Parenting Women

Women are more likely to remain in treatment and evidence the greatest benefits when the services they receive are gender specific, family focused, allow the women to keep her children in treatment with her and include both clinical and support services. The degree of structure and support a woman requires varies depending upon the severity of her use, the presence of co-occurring mental health problems and socioeconomic problems as well as the degree of support available to her in her environment. "One size does not fit all" and the intensity of services a woman requires may vary over time. Different levels of treatment are available such as outpatient, intensive outpatient, and residential. In order to determine an individual's treatment needs and the appropriate level of treatment, they need to be assessed by a substance abuse professional

Outpatient Substance Abuse Treatment

Virginia's Department of Behavioral Health and Developmental Services (DBHDS) provides public services through the community service board (CSB) system for individuals who have a mental health or substance use disorder and/or an intellectual disability.

- **Every CSB is required to provide gender specific substance abuse services for pregnant and parenting women.** The exact nature and extent of these services varies by CSB depending upon the community's needs and resources.
- **All CSBs are required to give treatment priority to pregnant substance using women and provide them with services within 48 hours of their request.**

To learn more about services available in your community, contact your local CSB. Women and providers can locate the CSB which serves their community by going to the DBHDS website <http://www.dbhds.virginia.gov> and clicking on Locating Services/Get Help.

Project LINK

DBHDS funds 8 Project LINK sites at select CSBs. Project LINK is an interagency, community based, collaborative project that coordinates and enhances existing community services for substance using and at-risk pregnant, postpartum and parenting women and their children. LINK provides family focused, intensive case management, outreach and home visiting services in selected communities.

- **Blue Ridge Behavioral Health Project LINK** : Counties of Botetourt, Craig & Roanoke, Cities of Roanoke and Salem. (Ph: 540 -344-2891)
- **Hampton Newport News CSB Project LINK** : Cities of Newport News & Hampton. (Ph: 757-788-0500)
- **Rappahannock Area CSB Project LINK**: Counties of Caroline, King George, Spotsylvania, Stafford & City of Fredericksburg. (Ph: 540-891-3132)
- **Region Ten CSB Project LINK**: Counties of Albemarle, Fluvanna, Greene, Louisa, Nelson & City of Charlottesville. (Ph: 434-972-1757)

- **Virginia Beach Department of Human Services Project LINK** : City of Virginia Beach. (Ph: 757-385-0810)
- **District 19 CSB Project LINK**: Prince George County & Cities of Hopewell & Petersburg. (Ph:804-862-6410)
- **Northern Virginia Project LINK**: collaboration between Fairfax-Falls Church, Alexandria, Arlington, Prince William & Loudoun CSBs. Northern Virginia LINK serves the Counties of Alexandria, Arlington, Loudoun & Prince William; cities of Fairfax, Falls Church, Manassas & Manassas Park. (Ph:703-934-5467)
- **Cumberland Project LINK**: collaboration between Cumberland Mountain Community Services, Dickenson Community Services & Planning District 1 CSB. Cumberland LINK serves the Counties of Buchanan, Russell, Tazewell, Dickenson, Lee, Scott & Wise & City of Norton. (Ph: 276-935-7154)

Other Outpatient Services

Women may also be able to access treatment services from private providers in their community. Medicaid, FAMIS¹ and FAMIS Moms² and many private insurance policies cover outpatient treatment for both mental health and substance use disorders.

Residential Substance Abuse Treatment Programs that Accept

Pregnant Women (Medicaid, FAMIS, and FAMIS MOMS cover residential substance abuse treatment for pregnant women. Check with the program to see if they qualify as a Medicaid provider)

Northern Virginia:

- **Vanguard Demeter House (Arlington)**: Serves pregnant & parenting women & their children. [<http://www.vanguardservices.org/demeter.html> Ph. 703-841-0703]
- **Fairfax-Falls Church CSB's New Generations (Fairfax)**: Serves pregnant, postpartum women & their children. Admission limited to Fairfax residents. [Ph. 703-359-7040]

Tidewater Area:

- **Southeastern Family Project/ Hampton Newport News CSB**: Provides services for pregnant & recently postpartum women & their newborns. Serves CSBs in Tidewater area but will accept women from other localities as space allows. [Ph: 757-788-0500]

Central Virginia

- **Rubicon (Richmond)**: Provides services for pregnant & parenting women & their children. [<http://rubiconrehab.org> ; Ph: 804-359 -3255 ext 3049]

Southeast Virginia

- **Bethany Hall (Roanoke)** Serves pregnant & parenting women & their children. Women may bring up to 2 children [<http://www.bethanyhall.org> Ph 540-343-4261]
- **Life Center of Galax (Galax)** Accept pregnant women but are unable to accept newborns or older children [<http://www.galaxrecovery.com/> Ph: 877-762-3747]

¹ Family Access to Medical Insurance Security Plan: <http://www.famis.org>

² Ibid.