

Neonatal Abstinence Syndrome (NAS)

Syndrome (NAS)

Occurs after birth due to the baby being exposed to substances (usually opioids) during pregnancy.

Symptoms can include:

- Body shakes (tremors), seizures (convulsions), overactive reflexes (twitching) and tight muscle tone
- Fussiness, excessive crying or having a high-pitched cry
- Poor feeding or sucking or slow weight gain
- Breathing problems, including breathing really fast
- Fever, sweating or blotchy skin
- Trouble sleeping and lots of yawning
- Diarrhea or throwing up
- Stuffy nose or sneezing

Your baby may need additional time and treatment in the hospital.

How Can I Help?

Swaddle your baby (wrap him snugly) in a blanket.

Give your baby skin-to-skin care (also called kangaroo care). It's when you put your baby, dressed only in a diaper, on your bare chest.

Keep your baby in a quiet, dimly lit room.

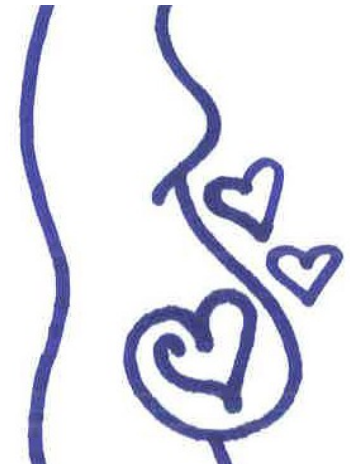
Breastfeed your baby.

Source: March of Dimes, 2019



Pregnant?

Using?



Plan of Safe Care

A plan created with you to support your health and your baby's health and development.

What is a Plan of Safe Care?

A plan to address your and your baby's health and safety by:

- Working with you to identify your overall health & substance use treatment needs
- Make referrals and link you to services
- Focus on you and the health and development of your baby



What if I am taking medication my doctor prescribed me?

- Prior to birth, inform your OBGYN of your prescribed medications and sign a release of information so your OBGYN and prescribing doctor can coordinate care.
- Bring the prescription bottle(s) to the hospital with you.
- Bring a release of information from the prescribing doctor to the hospital.
- If you are pregnant and taking opioids, talk to your doctor before you stop taking them. Stopping opioids too quickly may harm you and your baby.

When and why is the Department Family and Children Services (DFCS) contacted?

A federal law, CARA, requires DFCS to be notified when:

- The baby has signs and symptoms of withdrawal (see NAS info on back)
- The baby has signs of being affected by Fetal Alcohol Spectrum Disorder
- There are indications of neglect, abuse or maltreatment
- In Georgia, DFCS is contacted when a mother or baby tests positive for substances or has a history of substance use during pregnancy

What Happens Next?

- A hospital social worker will meet with you.
- A DFCS intake worker will complete a Plan of Safe Care with you, your family and the hospital staff and offer referrals to services.
- If you would like receive residential substance use treatment, there are treatment centers you can go to with your baby.
- The DFCS intake worker will explain the next steps as every family is different.

Douglas County Resources

- Dept. of Public Health (for pregnancy testing & Medicaid): (770) 949-1970
- WellStar Medical Group North Douglas OB/GYN: (770) 949-4188
- Food stamps (SNAP), TANF, Medicaid: (770) 489-3000
- Medicaid Transportation:(678) 510-4555
- WIC: (770) 514-2389
- Sharehouse (domestic violence shelter): (770) 489-7513
- Mother to Baby: (toll- free) 866-626-6847, text: 855-999-8525

Substance Use Treatment

- Behavioral Health Crisis Center, 24/7: (404) 794-4857
- Cares Warm Line: (call or text toll free) 844-326-5400
- Cobb County CSB: (770) 422-0202
- **MMAC: (770) 422-0202
- **Mary Hall Freedom House: (678) 786-7240, (678) 786-7241
- **St. Jude's: (404) 874-2224
- **The Extension: (770) 590-9075

**indicates residential treatment

Outpatient substance use treatment

- Douglas County CSB: (770) 949-8082
- Recovery Unlimited: (678) 324-0476
- Tanner Behavioral Health: (770) 836-9551
- mygcal.com , otpgeorgia.org, findtreatment.samhsa.gov/locator

M.A.T. Providers:

- Douglas County CSB: (770) 949-8082
- Dr. Saha: (678) 355-8722