

Pregnancy Care Management – Resources & References

for pregnant and postpartum women

Agencies

NC Division of Public Health – Women’s Health Branch

The DPH Women's Health Branch develops and promotes programs and services that protect the health and well-being of infants and of women during their child-bearing years. The goal is to improve the overall health of women, reduce infant sickness and death, and strengthen families and communities.

<http://whb.ncpublichealth.com/>

The Women's Health Branch also offers guidance, consultation and training for professionals who provide women's health services. A six-member team comprised of four regional social work consultants, a clinical social work consultant, and a program manager provide training, consultation, technical assistance and oversight for Pregnancy Care Management services statewide, as well as developing policy and program guidance to improve birth outcomes in NC.

The Pregnancy Care Management program manual is available on the WHB website:

<http://whb.ncpublichealth.com/provPart/pubmanbro.htm>

Information on training for Pregnancy Care Managers is also available on the WHB website:

<http://whb.ncpublichealth.com/provPart/training.htm>.

Community Care of North Carolina

Community Care of North Carolina, in partnership with DMA and DPH, is administering the Pregnancy Medical Home (PMH) and Pregnancy Care Management Initiative.

CCNC Main webpage: <http://www.communitycarenc.org>

CCNC PMH webpage: <https://www.communitycarenc.org/what-we-do/clinical-programs/pregnancy-medical-home>

NC Division of Medical Assistance (Medicaid)

DMA Pregnancy Medical Home website

<http://www.ncdhhs.gov/dma/services/pmh.htm>

The NC Medicaid (DMA) Clinical Coverage Policies are located on the Division of Medical Assistance (DMA) website.

Full current policies index: <http://www.ncdhhs.gov/dma/mp/index.htm>

PMH Policy: <https://dma.ncdhhs.gov/providers/programs-services/family-planning-and-maternity/pregnancy-medical-home>

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PMH Special Bulletin: <https://www.communitycarenc.org/media/related-downloads/medicaid-bulletin.pdf>

Obstetrics Policy: <https://dma.ncdhhs.gov/providers/clinical-coverage-policies/obstetrics-and-gynecology-clinical-coverage-policies>

Services Covered Under Medicaid for Pregnant Women (MPW) -
<http://info.dhhs.state.nc.us/olm/manuals/dma/fcm/man/ma3540-34.htm#p/832-74194>

Topic Areas

Healthy Pregnancy

UNC Center for Maternal and Infant Health

www.mombaby.org

The goal of the UNC Center for Maternal and Infant Health is to improve the health of North Carolina's women and infants. This site provides information on a variety of health topics such as 17P, safe sleep, folic acid, prevention of preterm mature births, etc., with portals for patients & families as well as health care professionals.

March of Dimes – North Carolina Chapter

www.marchofdimes.com/northcarolina/

This site provides information about the March of Dimes, conferences, health education materials, pregnancy related information and links to other helpful sites. You can sign up to become involved in their advocacy network.

Text For Baby

www.text4baby.org

Pregnant women can sign up to receive for free educational text messages about pregnancy and their baby's first year of life.

Babycenter.com

<http://babycenter.com>

This site contains a short video on the stages of labor. Women can sign up to receive e-mail newsletters that contain specific information on the stage of their baby's fetal development. The site also contains various trackers, suggestions for baby names, as well as a variety of other useful information.

MothersMatterNC

<http://www.facebook.com/mothersmatternc>

A Facebook page sponsored by the Mothers Matter Advisory Group for new moms.

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Healthy Pregnancy – CDC Gateway

<https://www.cdc.gov/pregnancy/index.html>

Multiple webpages with information for before, during, and after pregnancy.

Organization of Teratology Information Specialists (OTIS) Fact Sheets

<https://mothertobaby.org/benefits-otis/>

This site provides fact sheets on various exposures of concern. These fact sheets answer frequently asked questions about exposures during pregnancy and are designed to be shared with patients.

Mother To Baby Line – 1-800-532-6302, M-F, 7:30 a.m. to 4:30 p.m.

<http://www.fasdinncc.org/mother-to-baby-nc/>

Free, confidential information for professionals and clients about the effects of substances (i.e., prescription or street drugs, cigarettes, alcohol, illnesses and infections, x-rays, work chemicals etc.) on a fetus.

Preterm Birth

Premature birth – CDC Features website

<http://www.cdc.gov/Features/PrematureBirth/>

Information on preterm birth and the warning signs of preterm labor.

March of Dimes Prematurity Campaign

<https://www.marchofdimes.org/mission/march-of-dimes-prematurity-campaign.aspx>

In 2003, the March of Dimes launched the Prematurity Campaign to address the crisis and help families have full-term, healthy babies. They fund lifesaving research and speaking out for legislation that improves care for moms and babies.

March of Dimes Prematurity Prevention Resource Center

<https://www.marchofdimes.org/giving/prematurity-prevention-resource-center.aspx>

Articles, screening tools and other resources dealing with preterm birth.

Substance Use

Perinatal Substance Abuse – The NC Division of Public Health’s Perinatal Substance Use Specialist, Judith Johnson-Hostler, can provide consultation regarding client substance abuse issues and who can assist professionals in linking their clients with perinatal substance use services. You can contact Judith at the Alcohol and Drug Council of NC directly at 1-800-688-4232 to speak with Judith or e-mail her at Judith.johnsonhostler@dhhs.nc.gov

North Carolina Pregnancy and Opioid Exposure Project

<http://ncpoep.org/services>

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This site provides information on the Perinatal Substance Abuse Treatment programs across North Carolina.

Methadone in Pregnancy

www.methadoneandpregnancy.com

Information on methadone and pregnancy.

Fetal Alcohol and Drug Program

<http://www.fasdinnc.org/>

Provides direct and indirect prevention, education, and support services to youth, adults, educators, and helping professionals relative to prenatal exposure to alcohol, tobacco and other drugs
1-800-532-6302.

Alcohol/Drug Council of North Carolina (ADCNC)

<https://www.alcoholdrughelp.org/>

This agency provides information regarding alcohol and drug treatment as well as educational programs and materials to businesses, community groups, families and individuals. 800-688-4232.

Alcoholic Anonymous (AA)

<http://aa-intergroup.org>.

An international fellowship of men and women who are in recovery from a drinking problem. It is nonprofessional, self-supporting, nondenominational, multiracial, apolitical, and almost omnipresent. Membership is open to anyone who wants to do something about his or her drinking problem. Membership is free. For in person groups/meetings go to the website or call Alcohol/Drug Council (800-688-4232).

Narcotics Anonymous (NA)

<https://www.na.org/meetingsearch/>

An international fellowship of men and women who are in recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. Narcotics Anonymous, is not meant to imply a focus on any specific drug; NA's approach makes no distinction between drugs including alcohol. Membership is free. For in person groups/meeting call NA (818-773-9999) or visit the website.

SAMHSA

<https://www.samhsa.gov/disorders/substance-use>

A site that provides written information, posters and research on alcohol and drug use in English and Spanish.

Tobacco Use

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You Quit Two Quit

<https://youquittwoquit.org/>

The You Quit Two Quit Project is implemented by the University of North Carolina Center for Maternal and Infant Health in partnership with the Women and Tobacco Coalition for Health, the NC Division of Public Health Tobacco Prevention and Control Branch, and Community Care of The Lower Cape Fear. The goal of the You Quit Two Quit project is to ensure that there is a comprehensive system in place to screen and treat tobacco use in women, pregnant and postpartum mothers. This project is unique in its focus on low-income women, new mothers and recidivism prevention.

QuitlineNC

<http://www.quitlinenc.com>

1-800-QUIT-NOW (1-800-784-8669), Spanish 1-855-Dejelo-Ya (1-855-335-3569) 24 hours, 7 days a week. English, Spanish and other languages available. Free, confidential smoking cessation counseling for all NC adults and youth. The line is staffed by professionally trained expert tobacco cessation quit coaches. The staff use a specialized protocol for pregnant women.

“A Guide for Helping to Eliminate Tobacco Use and Exposure for Women” 2016.

This manual outlines the components of the tobacco cessation best practice - 5A's Smoking Cessation Counseling Method which is required to be done with each prenatal patient seen by local health departments. The manual is available for download at <https://whb.ncpublichealth.com/docs/2016-GuideforCounselingWomenWhoSmoke.pdf> (You may have to cut and paste the link above into an internet browser to get to guide to open.)

A DVD entitled, “**Counseling from the Heart**” is a companion piece to the guide. You can access the video at:

Part 1: <https://www.youtube.com/watch?v=iPmMp6Egtvk>

Part 2; <https://www.youtube.com/watch?v=wWiw5RbLzI>

Part 3: <https://www.youtube.com/watch?v=4A4ZR703ADo>

*These links break easily. It is recommended that you go to <https://www.youtube.com/> and search Counseling from the Heart.

If you have questions about the manual, DVD or about perinatal smoking cessation, please contact Judy Ruffin, at 919-707-5712 or judy.ruffin@dhhs.nc.gov.

5As Free Online Training through NW AHEC (\$20 fee if CEUs are required)

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Registration for the *Counseling for Change* online course is available at: <https://northwestahec.wfubmc.edu/mura/www/#/>. At this site, type tobacco in the search engine to locate the training.

Tobacco Cessation Resources

A list of tobacco cessation resources is available at <http://www.quitlinenc.com/health-professionals/practice-resources/tobacco-treatment-training>

Centers for Disease Control (CDC)

<https://www.cdc.gov/features/pregnantdontsmoke/index.html>

A site that provides information on pregnancy and its impact on mom and baby.

Smokefreemom Text: <https://women.smokefree.gov/smokefreemom.aspx>

A mobile text messaging service designed for pregnant women across the US to help them quit smoking. The program provides 24/7 encouragement, advice and tips to help pregnant women and mothers quit smoking and stay quit.

Division of Public Health, Tobacco Prevention and Control Branch

<http://www.tobaccopreventionandcontrol.ncdhhs.gov/>

This site provides a variety of information including downloads for brochures and forms, resource information and links to other health related sites.

Centers for Disease Control Smoking and Tobacco Use

www.cdc.gov/tobacco

The site provides a variety of information and downloadable publications on smoking and tobacco use, as well as, links to other health related sites. The Surgeon General's Report on Health and Smoking and fact sheets addressing smoking risks for particular population groups such as women, youth, men and women concerned about reproductive health can be found at this site.

Pregnancy and Motherhood

<https://women.smokefree.gov/pregnancy-motherhood.aspx>

A website with guides, tools and links to help pregnant women quit smoking and stay quit.

Violence/Abuse

North Carolina Injury Prevention and Control Branch

<http://www.injuryfreenc.ncdhhs.gov/preventionResources/SexViolence.htm>

This site has a number of links and resources regarding sexual assault and abuse.

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North Carolina Coalition Against Domestic Violence

<https://nccadv.org/>

This site provides information and resources regarding interpersonal violence prevention.

“Reporting Child Abuse and Neglect in North Carolina”, Second Edition, NC Institute of Government, Third Edition, 2013 with 2016 Supplemental Chapter by Janet Mason. Available for download at:

https://www.sog.unc.edu/publications?keys=Child+abuse+and+neglect&content_type=All&role_s=All&topics=All&author=&sort_by=score

Behavioral Health

Post Partum Support International

www.postpartum.net – 1-800-944-4PPD

This site provides information on perinatal mood and anxiety disorders. It also provides phone support to pregnant and post-partum women as well as their family members.

North Carolina LME/MCO Directory: (800)849-6127

<https://www.ncdhhs.gov/providers/lme-mco-directory>

Family Planning

Be Smart – NC Medicaid Family Planning

<http://www.ncdhhs.gov/dma/medicaid/familyplanning.htm>

The Be Smart Family Planning Program (BSFP) is designed to reduce unintended pregnancies and improve the well-being of children and families in North Carolina. It provides family planning and birth control services for free to those who qualify. For more information, contact your local Department of Social Services or Local Health Department.

CDC Reproductive Health

<http://www.cdc.gov/reproductivehealth/>

This site provides links to a variety of reproductive health topics such as family planning, infertility, teen pregnancy and unintended pregnancies.

Bedsider.org

www.bedsider.org

This site contains easy to understand information about available birth control methods. It also allows women to set up reminders for their family planning appointments and to take their birth control as scheduled.

Preconception/Interconceptional Health

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Every Woman NC (NC March of Dimes Preconception Health Campaign)

<http://everywomannc.com/>

The March of Dimes North Carolina Preconception Health Campaign is a statewide initiative aimed at improving birth outcomes in North Carolina by reaching out to women with important health messages before they become pregnant. The Campaign formerly functioned as the North Carolina Folic Acid Campaign, a nationally recognized, award-winning campaign created to improve infant and maternal health by promoting the benefits and consumption of folic acid.

The goals of the March of Dimes North Carolina Preconception Health Campaign (NCPHC) are to reduce infant mortality, birth defects, premature birth, and chronic health conditions in women, while also aiming to increase intended pregnancies in North Carolina. In order to achieve their mission the NCPHC seeks to raise awareness and inspire positive action among the general public, health care professionals and community agencies through a fully integrated educational and media campaign.

Helpful Links

The NC State Center for Health Care Statistics

<http://www.schs.state.nc.us/>

This site provides a wealth of public health statistics on both the state and county levels. Birth Certificate, Pregnancy Risk Assessment Monitoring System (PRAMS), and Behavioral Risk Factor Surveillance Survey (BRFSS) data is also available at this site.

Birth Parents

www.birthparent.us

This site provides information on adoption and NC adoption agencies and attorneys specializing in adoptions. It also includes the NC laws related to adoption and has a list of frequently asked questions regarding the rights of birth mothers and fathers in relationship to adoption.

First Candle

<http://www.firstcandle.org/>

This site provides information on SIDS, miscarriages and fetal loss. It has educational information and links to other helpful sites.

Safe to Sleep Campaign

<http://www.nichd.nih.gov/sts/Pages/default.aspx>

This site provides information on safe sleep.

Period of Purple Crying

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<https://www.dontshake.org/purple-crying>

This site provides information on the period of purple crying, including parenting tips, video clips, research articles and more. You can sign up to receive their electronic newsletter.

North Carolina Cooperative Extension - Just in Time Parenting

www.parentinginfo.org

This site provides parenting information, e-newsletters and advice.

Family Support Network of North Carolina

www.fsnc.org

This site provides free information, and referral assistance for professionals and families seeking support services for children with special needs. 1-800-852-0042, M-F 8:00 a.m. to 5:00 p.m. in English and Spanish.

North Carolina Healthy Start Foundation

www.nchealthystart.org

This site provides information and educational resources for women and families pertaining to the period before, during, and after pregnancy and infant care. The site also includes information on how to obtain free or low-cost insurance for children and teens who qualify.

North Carolina Institute of Medicine

www.nciom.org

This site lists a variety of publications it's produced and the task forces the institute is currently involved with. The NC Child Health Report Card can be downloaded and printed from this site. You can sign up to receive their e-mail newsletter.

NC Child

www.ncchild.org

This site provides a link to the NC Child Health Report Card (found under data, NC data) and includes several reports on child health and safety issues. It also provides county specific reports regarding child health and economic indicators. You can sign up to receive their advocacy alerts.

NC Justice Center

<http://www.ncjustice.org/>

This site provides information on public policy issues impacting North Carolina's most vulnerable citizens. You can sign up to receive their e-mails and advocacy alerts.

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Shift NC (Sexual Health Initiatives for Teens)

www.appcnc.org

This site posts statistics, newsletters, announcements regarding continuing education programs, advocacy information and educational resources for professionals interested in the subject of adolescent pregnancy prevention. You can sign up to receive their newsletters and advocacy alert e-mails.

<http://www.shiftnc.org/initiatives/brdsnbz-text-message-warm-line>

Teens can receive confidential, accurate responses to their sexual health questions via text messages by signing up for the service at this site. This is a program operated by SHIFT NC.

NC Institute of Government Legal Guide Series on Teen Pregnancy (Total of 4 Guides) written by Anne Dellinger

<https://www.sog.unc.edu/resource-series/adolescent-pregnancy-project-legal-guides>

All 6x9 in books are available to download free.

- 1) “Health Care for Pregnant Adolescents” -
- 2) “Social Services for Pregnant and Parenting Adolescents”
- 3) “Public Schools and Pregnant and Parenting Adolescents”
- 4) “Pregnancy and Parenting - A Legal Guide for Adolescents” – available in English and Spanish

Safe Surrender Program:

<https://www.ncdhhs.gov/assistance/pregnancy-services/safe-surrender>

This site provides information on North Carolina’s Safe Surrender Law.

US DHHS Office of Women’s Health

<https://www.ncdhhs.gov/assistance/pregnancy-services/safe-surrender>
www.womenshealth.gov www.girlshealth.gov

These sites provide information on a variety of topics concerning the health of women and girls.

Center for Women’s Health Research

www.cwhr.unc.edu

This site contains the NC Women’s Health Report Card which can be downloaded. It also lists a number of research studies that are looking for participants.

The Immigrant Legal Resource Center

www.ilrc.org

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This site provides a variety of information and free publications on immigration issues including the publication, “A Guide for Immigrant Youth”.

NC DHHS Customer Service Line – 1-800-662-7030 – M-F 8 AM to 5 PM (except state holidays)

The customer service line is an automated line which links callers to a variety of NC DHHS programs and agencies (i.e., Food Stamps, Medicaid, Veteran’s Services, etc.).

If a caller is experiencing a mental health crisis they are referred from this number to the National Suicide Prevention Line – 1-800-273-8255.

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