

NEONATAL OPIOID WITHDRAWAL SYNDROME COALITION

NOWS

COALITION DIRECTORY



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NOWS is a collaboration among healthcare and human service providers across sectors who serve pregnant and parenting people. With backbone support from Penn Medicine Lancaster General Health's Joining Forces for Children initiative, NOWS works closely with Lancaster County Children and Youth Agency to proactively support families impacted by substance use. This proactive, preventative approach aims to ensure that parents/caregivers have the skills and resources needed to safely parent their children and minimize child welfare involvement.



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TABLE OF CONTENTS

Align Pregnancy Services - Columbia	2
ARS of Ephrata - MAT, IOP, Med Free OP	2
ARS of Lancaster - MAT	3
Bethany Christian Services - Safe Families for Children.	3
Bethany Christian Services - ReNew – Recovery Mothers with Newborns.	4
Community Action Partnership - Thrive to Five	4
Community Action Partnership - WIC	5
Compass Mark - Family Services Advocate	5
Gaudenzia Inc - Vantage	6
Lancaster County Early Intervention - Early Intervention Infant/Toddler Program	6
Penn Medicine Lancaster General Health - STEPS	7
Penn Medicine Lancaster General Health - Nurse Family Partnership - Lancaster County	7
Penn Medicine Lancaster General Health - Healthy Beginnings Plus	9
Penn Medicine Lancaster General Health - Family Planning Services.	9
Rase Project	10
Retreat Behavioral Health	10
SACA - Nuestra Clinica Education & Prevention Services	11
Union Community Care - PrOUD (Perinatal Opioid and Other Use Disorder)	11
Unity Recovery - Specialized CRS Support	12
UPMC Obstetrics and Gynecology Specialists - Lititz.	12
Wellspring Health - Foundations Pregnancy Support Services.	13
Wellspring Health - Healthy Beginnings Plus	13



Program Name: Columbia, Ephrata, Lancaster

For: Expectant parents and current parents needing support

Eligibility: There are no eligibility requirements, we serve everyone, and all of our services are free of charge

Program Description: We provide free pregnancy tests and limited first trimester ultrasounds. We also provide options education for those facing an unexpected pregnancy. We offer prenatal and parenting education classes, and help with diapers, wipes, and formula.

717-684-3400 Columbia

717-733-9440 Ephrata

717-575-0561 Lancaster

bkeretzman@AlignLifeMinistries.org

alignpregnancyservices.com



Program Name: MAT

For: 18+

Eligibility: Most major insurance, self-pay, Medicare, Medicaid
Program Description: Methadone, suboxone, vivatrol, IOP, drug free outpatient

717-394-7160

alayna.hoffman@arshealth.com

arshealth.com/lancaster-pennsylvania-addiction-recovery



Program Name: MAT, IOP, Med Free OP

For: 18+ struggling with substance use and issues related to substance use

Eligibility: Medicaid, Medicare, most private insurances, self pay

Program Description: Medication Assisted Treatment (MAT) is the administering and dispensing of Methadone and other federally approved medications (Suboxone and Vivitrol) at relatively stable dosage levels, in conjunction with appropriate social, clinical, and medical services. We offer Medication Free Outpatient Programs for individuals who may not require medication for the treatment of their addiction. Through these programs, ARS of Ephrata provides assessment for the appropriate services and programs including drug and alcohol evaluations to determine the need for additional counseling, individual and group counseling and Intensive Outpatient (IOP) counseling which is a 10 hour per week short-term, intensive treatment program.

717-740-6910

jessica.mastrangelo@arshealth.com

arshealth.com/ephrata-pennsylvania-addiction-treatment



Program Name: Safe Families for Children

For: Parents/guardians and their children

Eligibility: Must have legal custody of the children, cannot help with children who have major mental health or behavior issues.

Program Description: Temporary respite care for children whose parent/guardian is experiencing a crisis. The three objectives of Safe Families for Children are:

Keep children safe during a family crisis such as homelessness, hospitalization, or domestic violence in an effort to prevent child abuse and/or neglect.

Support, and stabilize families in crisis by surrounding them with caring, compassionate community.

Reunite families and reduce the number of children entering the child welfare system. We seek to be an alternative to foster care, where appropriate.

610-858-0180

sffccentralpa@bethany.org

safe-families.org



Program Name: ReNew – Recovery Mothers with Newborns

For: Pregnant people with substance use disorder

Eligibility: Pregnant people with substance use disorder

Program Description: ReNew is rooted in the belief that women with a history of substance use can recover. We walk with expectant mothers through their infant's first year—supporting the mother in her recovery, connecting her with community resources, and sharing parenting practices to help with attachment and bonding.

717-399-3213

bethany.org/service/substance-use-disorder-services



Program Name: WIC

For: Pregnant/postpartum women, infants/children up to 5th birthday

Eligibility: 185% Federal Poverty Guidelines; adjunct eligibility for MA, SNAP, and TANF recipients

Program Description: Nutrition assessment and counseling, supplemental food package, breastfeeding support, and referrals to health and community resources

717-509-3686

wiclancaster@caplanc.org
caplanc.org



Program Name: Thrive to Five

For: Families and children ages 0-5

Eligibility: Depending on program, there is income eligibility

Program Description: Thrive to Five is a birth-5 aligned program that provides high-quality learning supports for prenatal through Pre-K. With a 2 Generational approach, our services provide home-based and center-based services with extended day options that prioritize families experiencing vulnerable conditions and support both the child and family working towards economic prosperity. Program supports include early childhood education, developmental and health screenings and services, family support services, and nutritious meals. Emphasis is placed on academic and social-emotional learning to prepare children for school success. Supports are available to ensure that all children can experience full inclusion and participation in programming. Services to partner alongside families who have children starting from prenatal through age 5 are provided through our Parents as Teachers program which aligns with all Thrive to Five supports to provide effective and nurturing transitions through each child's early childhood services and into Kindergarten.

717.299.7301 ext. 3012

thrivetofive@caplanc.org

caplanc.org/our-programs/education-childhood-development/head-start/



Program Name: Family Services Advocate

For: Children with an incarcerated parent

Eligibility: Children ages 0-18 with a parent incarcerated at Lancaster County Prison

Program Description: The Family Services Advocate works to identify, support, and advocate for the unique needs and rights of children with incarcerated parents. This program helps families and caregivers connect with existing community supports and maintain healthy parent child relationships.

717-299-2831 x229

kshambaugh@compassmark.org

compassmark.org/family-services-advocate



Program Name: Vantage

For: Women with Substance Use Disorder

Eligibility: 18 years and older

Program Description: Residential Substance Use Disorder treatment for women with and without children (0-12 years). Length of stay is usually 4-6 months

717-291-1020

kplowman@gaudenzia.org
gaudenzia.org



Program Name: STEPS

For: Pregnant and postpartum individuals with a history of substance use disorder

Eligibility: Pregnancy through one year postpartum

Program Description: STEPS offers case management, nurse navigation, and peer support to guide mothers in their pregnancy journey and substance use recovery

717-544-4305 or text to 717-669-2485

whitney.barbusca@pennmedicine.upenn.edu
lancastergeneralhealth.org/services-and-treatments/
community-health/community-programs/healthy-beginnings-
plus



Program Name: Early Intervention Infant/Toddler Program

For: Babies & Toddlers - Birth to 3

Eligibility: Eligibility criteria is based on one of 3 criteria to include: (1) a 25% delay in one or more areas of development; (2) informed clinical opinion or (3) a diagnosed disability that leads to a high probability for developmental delays

Program Description: Early Intervention supports and services are provided at no cost to families. Early Intervention consists of services and supports designed to help families with children who have developmental delays or disabilities. Early Intervention builds upon the natural learning occurring in those first few years. It is a process that promotes collaboration among parents, service providers, and others significantly involved with the child. Early Intervention services can include: information about how children develop, parent or caregiver education, family supports, and developmental strategies that assist in child development. The ultimate goal of Early Intervention is to (1) help children with disabilities develop and learn to their fullest potential and (2) enhance a family's capacity to meet the developmental needs of their child.

717-390-7704

aschreck@co.lancaster.pa.us
lancastercountybhds.org



Program Name: Nurse Family Partnership - Lancaster County

For: Birthing person planning to parent for the first time.

Eligibility: Birthing person enrolled before 28 weeks gestation. Income eligibility requirements. First time parenting.

Program Description: Nurse Family Partnership is a national evidence-based program that is offered in Lancaster County by a collaboration between Penn Medicine Lancaster General and the United Way of Lancaster County. Nurse-Family Partnership empowers first-time moms to transform their lives and create better futures for themselves and their babies. Nurse-Family Partnership works by having specially educated nurses regularly visit young, first-time moms-to-be, starting early in the pregnancy and continuing through the child's second birthday. The expectant moms benefit by getting the care and support they need to have a healthy pregnancy. At the same time, new mothers develop a close relationship with a nurse who becomes a trusted resource they can rely on for advice on everything from safely caring for their child to taking steps to provide a stable, secure future for them both.

717-544-1952

dawn.horst@pennmedicine.upenn.edu
nursefamilypartnership.org
lancastergeneralhealth.org/services-and-treatments/community-
health/community-programs/nurse-family-partnership



Program Name: Healthy Beginnings Plus

For: Prenatal care

Eligibility: Must be on or qualify for medical assistance

Program Description: Healthy Beginnings Plus is a Pennsylvania State regulated program that provides quality and comprehensive prenatal care to persons that meet the eligibility for medical assistance to promote a healthy pregnancy and healthy baby.

717-544-4305

whitney.barbusca@pennmedicine.upenn.edu

**[lancastergeneralhealth.org/services-and-treatments/
community-health/community-programs/healthy-beginnings-
plus](http://lancastergeneralhealth.org/services-and-treatments/community-health/community-programs/healthy-beginnings-plus)**



Program Name: Family Planning Services

For: Individuals seeking reproductive health counseling, birth control, STD testing and treatment, or GYN services

Eligibility: Uninsured, underinsured, or persons requesting confidential treatment

Program Description: Family Planning Services is partially funded by the Family Health Council of Central Pa through Title X funding. This funding ensures that every person - regardless of where they live, how much money they make, their background, or whether or not they have health insurance - has access to basic, preventive reproductive health care.

717-544-4320

dawn.horst@pennmedicine.upenn.edu

**[lancastergeneralhealth.org/services-and-treatments/
community-health/community-programs/family-planning](http://lancastergeneralhealth.org/services-and-treatments/community-health/community-programs/family-planning)**





Program Name: RASE Project

For: Individuals seeking recovery from substance use disorders and those in recovery

Eligibility: Adults seeking recovery support services

Program Description: RASE in Lancaster serves to empower the recovery community through a variety of recovery support services and with a strong voice in decision and policy making. Our office in Lancaster provides Recovery Coaching, recovery support groups, Buprenorphine Care Coordination, annual events, and all day drop-in services.

717-295-3080

info@raseproject.org

raseproject.org



Program Name: Nuestra Clinica Education & Prevention Services

For: 14+

Eligibility: N/A

Program Description: Provide educational programming on Alcohol, Tobacco and Other Drugs (ATOD), HIV/AIDS & STD/STIs counseling and testing as well as medical case management that assists with housing, emergency financial assistance, food, medication and transportation for our clients.

717-295-7994

svaldez@sacapa.org

sacapa.org

Program Name:

For: Adults struggling with mental health and SUD and outpatient for adolescence

Eligibility: Private Insurance and Self Pay as funding source

Program Description: Retreat Behavioral Health is a respected provider of behavioral and mental health services. With several locations along the East Coast and a multitude of inpatient and outpatient rehab services, Retreat's goal is to help people quickly access the best quality of care in a holistic and peaceful environment. We are in-network with most major insurances, and our admissions department operates 24/7. Our on-site clinical and medical staff are leaders in their fields, committed to working tirelessly on behalf of our patients.

(570) 815-2670

maggieh@retreatmail.com

retreatbehavioralhealth.com



Program Name: PrOUD (Perinatal Opioid and Other Use Disorder)

For: Any pregnant or parenting person (and their children) with active OUD/SUD

Eligibility: Any insurance accepted and uninsured patients

Program Description: PrOUD is a specialized program of Union Community Care, offered to all prenatal and parenting persons, who have opioid or other substance use disorders. We provide comprehensive perinatal services with social work, behavioral health, and medication assisted treatment embedded in prenatal and mother-baby dyad visits. Our clinical staff are family medicine clinicians, some of whom also provide intrapartum care. We continue to care for children beyond the first year of life, incorporating the dyad model where possible. We care for our mothers and newborns at Women's and Babies Hospital, and provide perinatal care to pregnant women in Lancaster County Prison, and in Vantage. We provide active case management with other providers in this directory.

717-572-8747 (M-F 8 am - 5 pm)

Main number after hours - 717-299-6371 prenatal option

crystal.rosado@unioncomcare.org;

linda.gort@unioncomcare.org

unioncommunitycare.org



Program Name: Specialized CRS Support

For: Substance Recovery - pregnant and post-partum

Eligibility: Anyone

Program Description: Provides free virtual CRS and recovery meetings. All forms of recovery. Specialized CRS to help recovery friendly employment, pregnant & post-partum, general support and BCORE recovery support for those with long term recovery. Provide harm reduction services and kits in person in Phila and Pitt, but can deliver materials such as narcan, fentanyl strips, and possibly some other materials.

267-748-2454
keah@unityrecovery.org
unityrecovery.org/rss-service-interest



Program Name: Foundations Pregnancy Support Services

For: Pregnant and postpartum women who have a history of past or current substance or opioid abuse disorder.

Eligibility: Currently pregnant or have a child under 18 months with one or more of the following: Opiate Use Disorder, Alcohol Use Disorder, Substance Use Disorder, active in MAT program, or in long term recovery.

Program Description: We are a free program that supports pregnant and postpartum mothers and their baby/children who have history of past of current substance or opioid use disorders. We work with mothers as early as possible in their pregnancy and up to 18 months after delivery. We serve 5 counties, Adams, Franklin, Lancaster, Lebanon and York. We provide weekly outreaches and monthly visits. Provides baby supplies and community resources.

717-812-MOMS (6667)
kglatfelter3@wellspan.org
wellspanphilhaven.org/Programs-and-Services/Addiction-Services/Foundations-Pregnancy-Support-Services



Program Name:

For: Any patient of UPMC OB/GYN Specialists - Lititz is eligible for Social Work services as indicated

Eligibility: Must be a patient of UPMC OB/GYN Specialists - Lititz

Program Description: Social Work services are offered for free to all patients as part of the comprehensive ob/gyn care. During pregnancy and postpartum, the services include but are not limited to; counseling, education, support and referring to community resources as needed.

717-393-1338
scottkn2@upmc.edu
upmc.com/services/south-central-pa/women/locations/lititz/highlands-dr



Program Name: Healthy Beginnings Plus

For: Pregnant mothers on medical assistance

Eligibility: Pregnant mothers on medical assistance

Program Description: Healthy Beginnings Plus is a Pennsylvania state regulated program that provides quality and comprehensive prenatal care to low-income women to promote a healthy pregnancy and healthy baby.

717-738-6695
rackerman@wellspan.org
wellspan.org/programs/womens-health/maternity-services

Neonatal Opioid Withdrawal Syndrome Coalition



NOWS is a collaboration among healthcare and human service providers across sectors who serve pregnant and parenting people. The group has identified the following goals to improve the health and wellbeing of infants affected by prenatal substance exposure and their families:

1 Prevent Substance Use During Pregnancy

2 Mitigate the Impacts of Substance Use During Pregnancy

3 Increase Access to Evidence-Informed & Evidence-Based Family Services

4 Increase Communication Among Providers Across Sectors

5 Reduce Negative Attitudes and Beliefs about People who Use Substances



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