



*Everyone deserves a
healthy pregnancy.*

*You have what it takes to create
a better beginning from here!
If you are pregnant or recently
postpartum and struggle with
substance use, our program can
help you along your way.*

**INTERESTED?
NOT SURE YET?**

Talk one on one with our peer!
She has the experience and the
training to help, wherever
you are in your journey.

 304.709.8381

CONTACT US

*All interactions with
staff are confidential.*



304.777.8413



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*Located in
Morgantown?
Ask us about our
sister program
near you!*



BETTER

Beginnings



ABOUT US

The Better Beginnings Program provides support to individuals who are pregnant or recently postpartum who struggle with substance use, or have a history of substance use.

We seek to go above and beyond regular prenatal and postnatal care by offering individualized services tailored to meet the needs of each person we serve, and aim to help guide our participants to better outcomes for themselves and their babies. We operate out of United Hospital Center in Bridgeport and Fairmont Gateway Clinic in Fairmont.

The Better Beginnings program is grant-funded through the Drug Free Moms and Babies initiative with the West Virginia Perinatal Partnership, partnered with West Virginia University



BENEFITS

Completely free of cost to the participant!

Follows moms for up to 2 years after delivery and participants can enter at any point during that time.

No strict requirements. No one is kicked out or penalized- we're just here to help!

Eligibility requirements are minimal: **participants must be a WV resident receiving their pre/postnatal care through WVU OB/GYN, and have current or prior substance abuse. That's it!**

SERVICES

Support during medical appointments.

Incentive items for program milestones.

Access to our mom & baby pantry

DOULA support and lactation consultation services

Access to our coordinator, who can work with you one on one to determine areas where extra support is needed.

Referrals for other resources (housing, transportation, mental & behavioral health, etc.)



PEER RECOVERY SUPPORT



One of the fundamental components of our program is access to peer recovery support services with our certified peer.

Our PRSS offers support to participants in person out in the community, via phone call or text message, visits patients at their prenatal or postnatal appointments, and can even accompany patients for ultrasounds and at delivery.

Our program can also help connect you or your loved one with other forms of treatment, including medication-assisted treatment, detox or rehabilitation, intensive outpatient programs, and more. Whatever your unique needs are, we will help bridge the gap between you & where you want to be in your recovery and in your life.