

COMPASSION:

Community Of Maternal PArenting Support for Substance Impacted PeOple and Newborns



COMPASSION Aim: To provide a flexible and sustainable model of supportive group care that is healing, compassionate, and beneficial to birthing people, families and providers.

The model:

- Clinical care AND education are delivered in a group, virtually or in an in-person setting
- Group sessions focus on recovery, relapse prevention, equity, mental health, perinatal, labor and birth, infant care, family planning and postpartum care
- Group size varies (optimal size is 8-12 individuals)
- All gestational ages are included
- Patients take their own vitals, check-in, have a snack
- Patients can expect to attend 10 in-person, 90-120 minute and 10 virtual 60-minute group sessions during pregnancy
- One-two facilitators lead group sessions using participant-centered group facilitation techniques
 - Licensed obstetric provider (addiction, OB/GYN, Family Medicine physician, certified midwife, certified nurse-midwife, nurse practitioner)
 - Nurse, health educator, medical assistant, community health worker, social worker, *doula*, patient navigator
- Improves satisfaction for birthing people and providers

March of Dimes and ASAM's Women and Substance Use Disorders Group will pilot the project beginning in July, 2022