

Trusting Our Instincts: Life-Saving Power of Keeping Mothers & Babies Together



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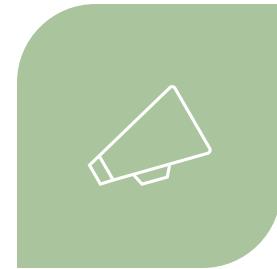
- Wife
- Mother
- Hippie
- Eternal Extrovert Optimist
- Former NICU Nurse
 - Certified infant loss counselor
- Family Nurse Practitioner
- Certified Addictions Registered Nurse – Advanced Practice
- Masters of Business Administration – Health Care Focus
- Stained glass artist
- Have pet sheep and ponies



Ground Rules



GOOD
CONVERSATION



INTERRUPT



BE READY FOR
A TANGENT



WE DON'T HAVE
TO AGREE



The instinct to stay close isn't just emotional — it's biological, protective, and evidence-based





OBVIOUSLY.

BUT WHAT IF IT ISN'T THAT STRAIGHTFORWARD?

THE IMPACT OF EARLY EXPERIENCES

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

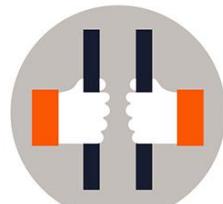
HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Incarcerated Relative



Substance Abuse



Divorce

ACE SCORES

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



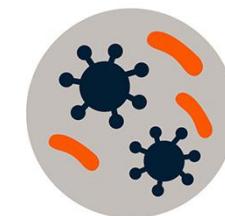
Diabetes



Depression



Suicide attempts



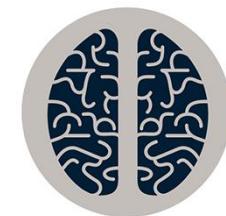
STDs



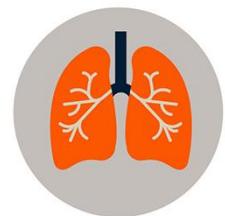
Heart disease



Cancer



Stroke



COPD



Broken bones

Leading cause of maternal death?

Substance Use Disorder

Leading cause of child removal from
their mother?

Women with high ACEs more likely to:

Experience perinatal mood disorders

Struggle with attachment

Have substance use disorders

ACE SCORES
AND
MATERNAL
OUTCOMES



IMPACT OF REMOVAL ON MATERNAL HEALTH

Emotional trauma of loss = higher
rates of:

SUD relapse

Mental health crisis

Suicide attempts

Real life stigma.

“If you’re only protecting the mother, I’ll protect the baby.”



WHAT'S IN IT FOR THE BABY?

- Secure attachment = safety + regulation
- Builds resilience against stress, trauma, and future risk
- Disrupted attachment = higher ACE scores, higher risk of SUD



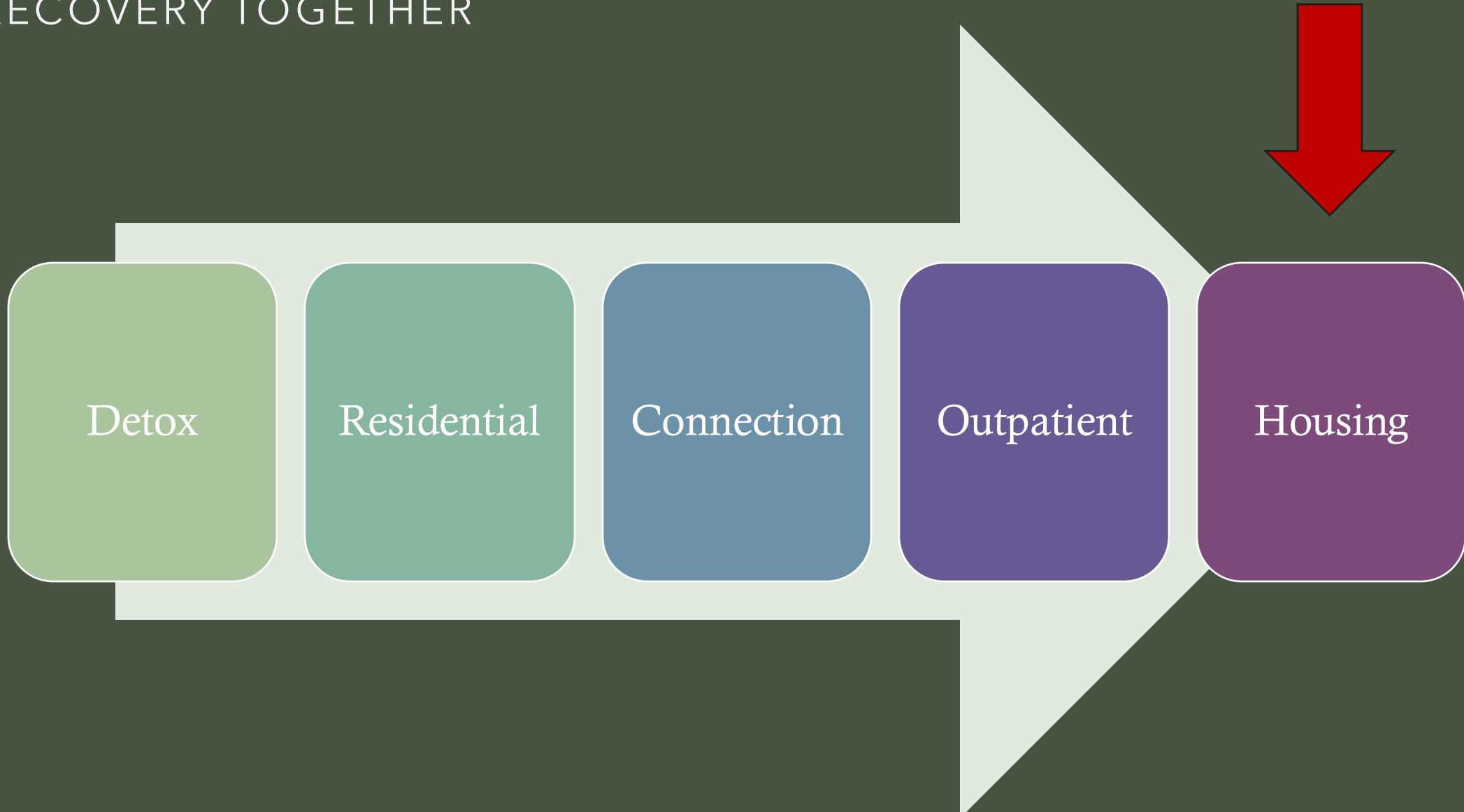
WHAT IF WE
CAN KEEP
THEM
TOGETHER?

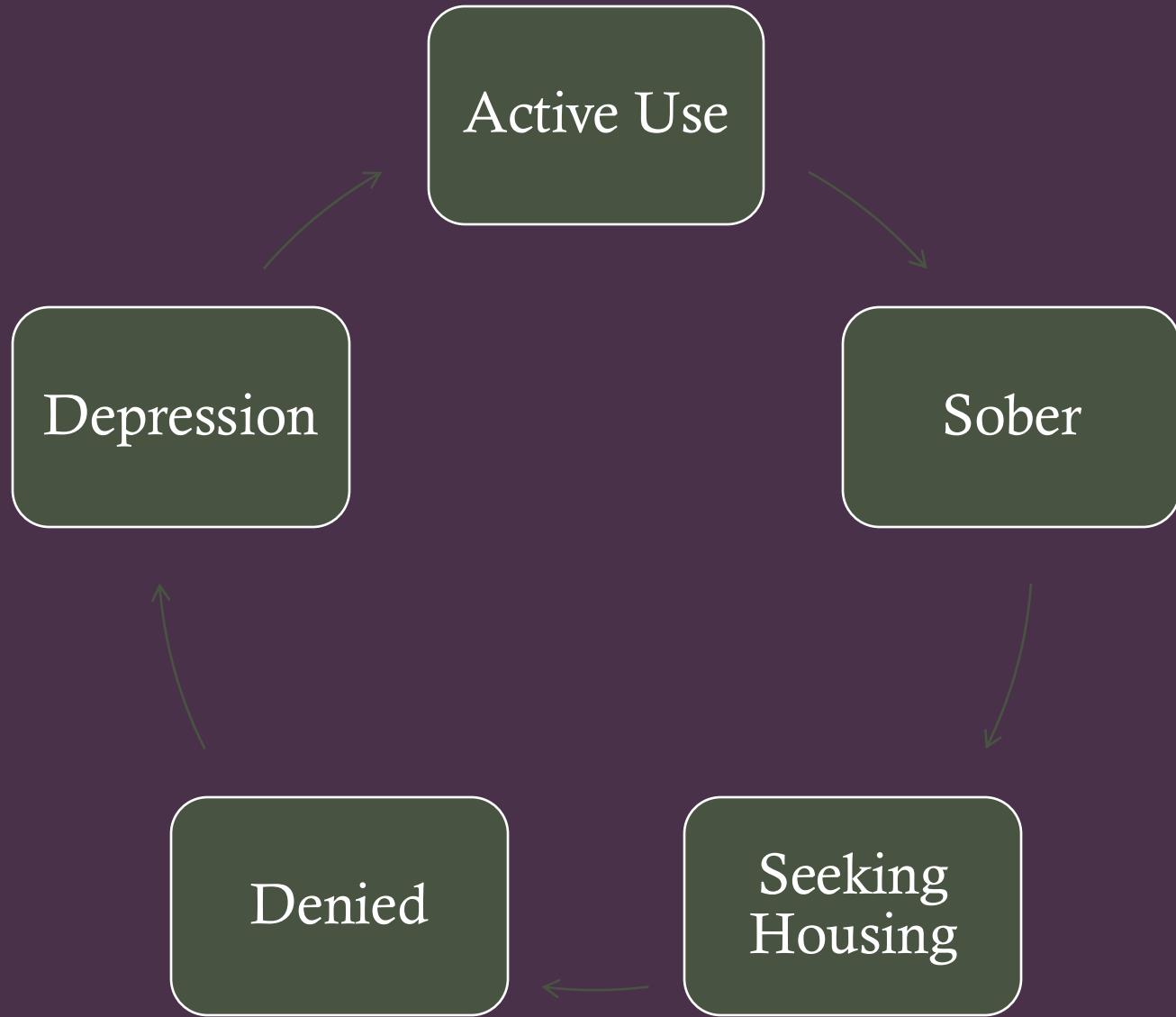


OUTCOMES OF KEEPING MOMS & BABIES TOGETHER

- Better maternal retention in treatment
- Lower NOWS severity in infants
- Higher breastfeeding rates
- Less postpartum depression

RECOVERY TOGETHER





IF WE SEE SOMETHING
WE MUST DO SOMETHING



SUPPORTIVE HOUSING

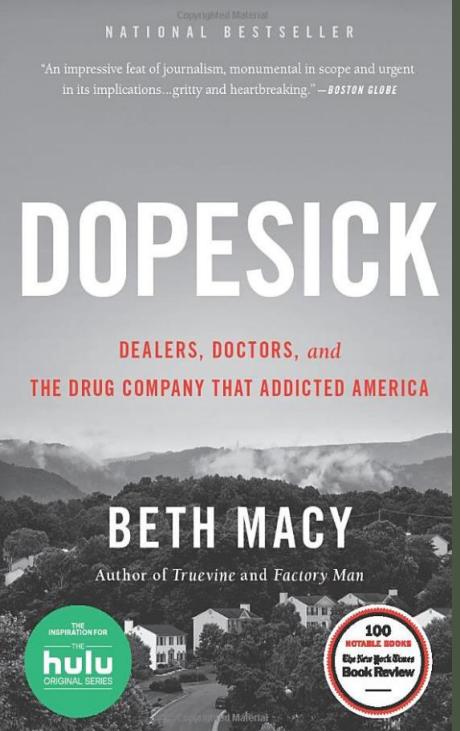
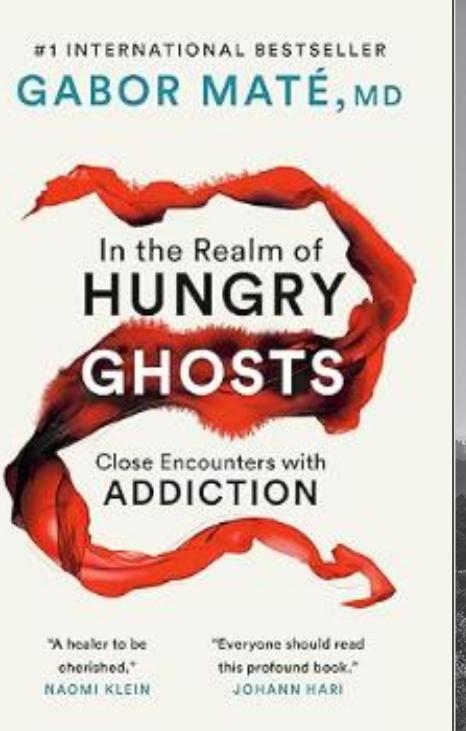
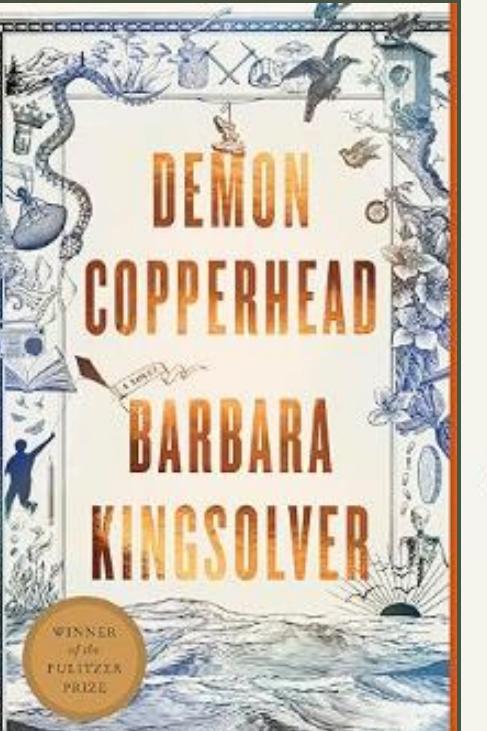
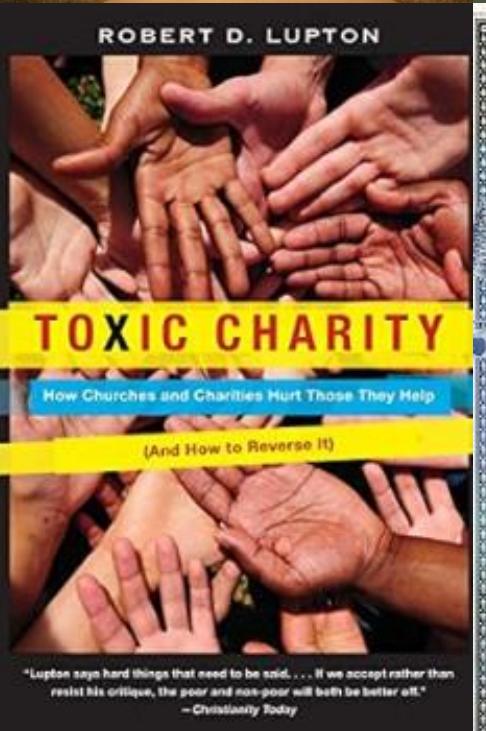
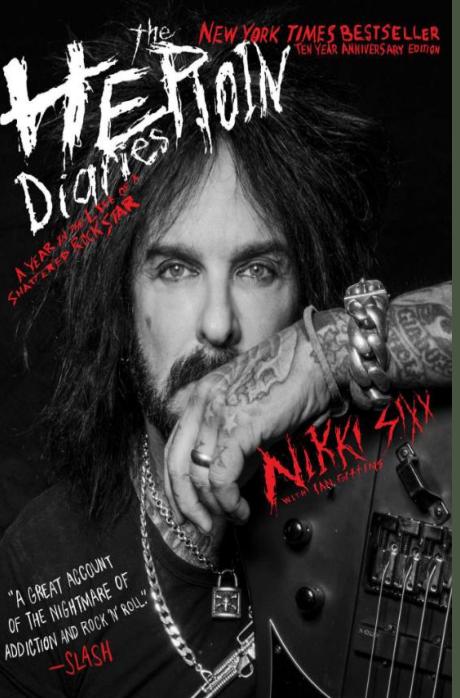
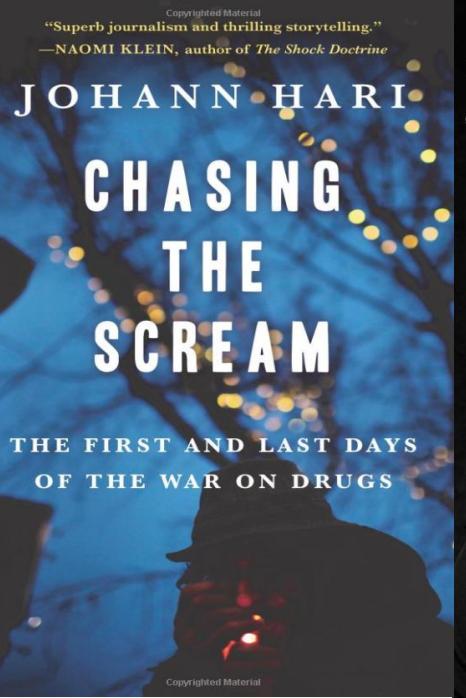
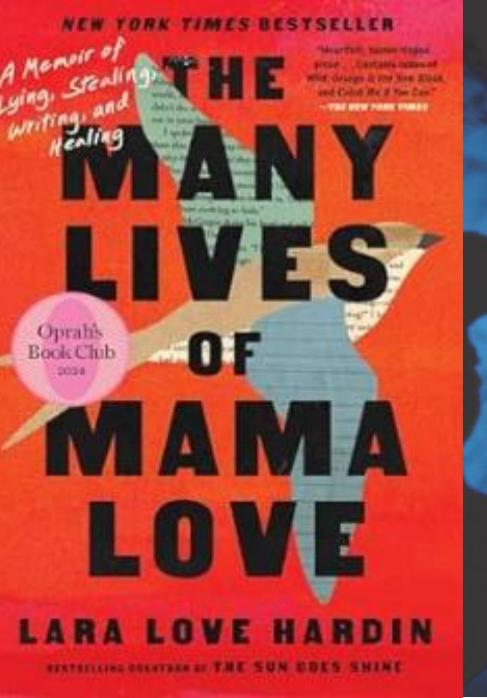
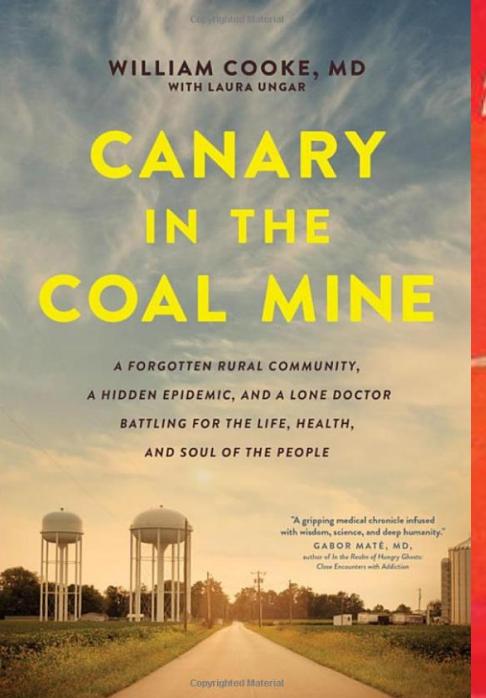
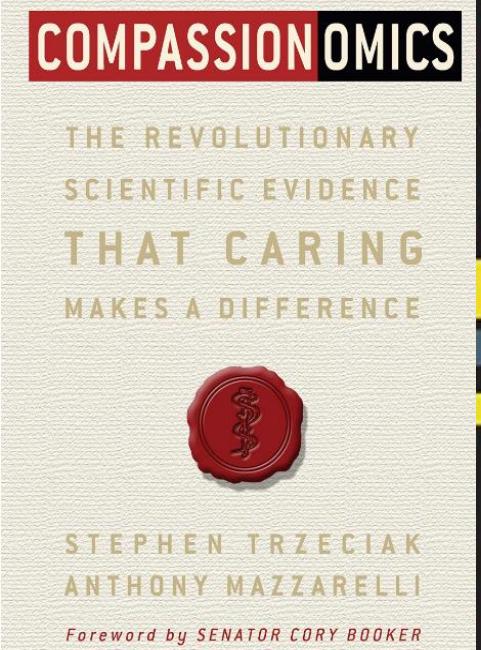
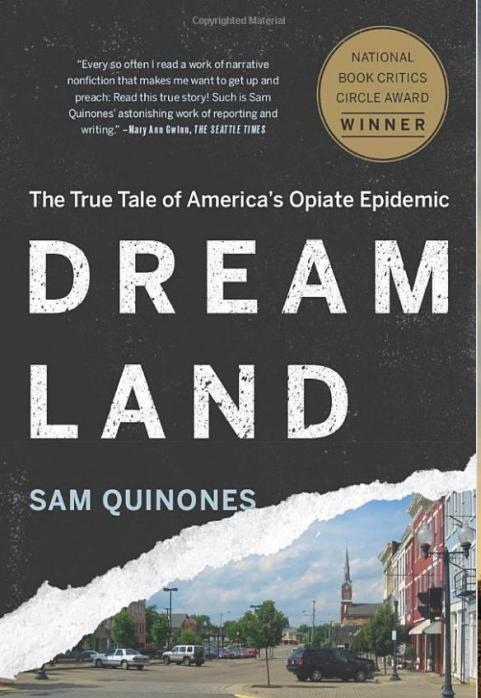
One year of level 3 residential support

Partnered with longer term apartments, up to two years

On site day care, behavioral health clinic, free clinic (medical, dental, vision)

A hand holds a vibrant, multi-colored umbrella (yellow, orange, green, blue, red) in a vast field of numerous grey umbrellas. The scene is set against a dark, cloudy sky. The word "Optimism" is written in a serif font on the yellow section of the umbrella.

Optimism





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