

# Alcohol and Drug Use in Pregnancy



## Important Phone Numbers

**Anne Arundel County  
Substance Abuse  
Referral Line**  
410-222-0117

**Maryland Behavioral Health  
Administration**  
410-402-8600  
<http://bha.dhmh.maryland.gov/SitePages/Home.aspx>

**Substance Abuse and  
Mental Health Services  
Administration**  
800-662-4357  
(24 hours daily/7 days a week,  
English and Spanish)  
[www.samhsa.gov/treatment](http://www.samhsa.gov/treatment)

3 Harry S. Truman Parkway  
Annapolis, MD 21401  
410-222-7223  
[www.aahealth.org](http://www.aahealth.org)

Last update 8/2015

Using alcohol, illegal drugs or misusing prescription drugs while pregnant can harm your unborn child. Getting into treatment is important for a healthy baby.

Addiction is a complex condition. Do not be ashamed to ask for help. Taking steps to recovery from alcohol or drug use will reduce the health risks for you and your baby.

You may need medically supervised detoxification or you may be referred for opioid maintenance treatment. Withdrawal should not be attempted without your

approval, as it may result in miscarriage or premature labor. If you are already in a treatment program, tell them you are pregnant.

Outpatient and inpatient treatment for drug and alcohol problems are available. To get treatment, you will need to find a program and arrange for payment. You may need to apply for financial help or get an approval from your insurance company, and have an evaluation for treatment. **Pregnant women are given priority for assessment and treatment.**

## Steps to Finding a Treatment Provider

1. If you have **private insurance**:
  - a) Call your insurance company to ask about your benefits and eligibility requirements for substance abuse treatment.
  - b) Ask for names of "in-plan" or "in-network" providers.
2. If you have **Maryland Medical Assistance (MA)**:
  - a) Call Value Options Maryland at 1-800-888-1965, and select Option 5 to ask about your benefits and eligibility requirements for substance abuse treatment or go to [www.maryland.valueoptions.com](http://www.maryland.valueoptions.com).
  - b) Ask for names of "in-plan" or "in-network" providers.
3. If you are a **County resident with no insurance**:
  - a) Call the Anne Arundel County Substance Abuse Referral Line at 410-222-0117.
  - b) You may qualify for financial help for drug and alcohol treatment through the Anne Arundel County Opportunity for Treatment Fund (OTF).
4. If you **live in another County and have no insurance**:
  - a) Call the health department in your county.
  - b) Call the Maryland Behavioral Health Administration at 410-402-8600.
  - c) Call the Federal Substance Abuse and Mental Health Services Administration at 1-800-662-4357.
  - d) You may need to pay out-of-pocket. Some treatment programs have a sliding fee scale based on your income.

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## Finding a Treatment Provider (cont.)

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5. Select a substance abuse treatment provider and make an appointment for an initial evaluation. The evaluation will help to determine the level of treatment you need. If you are pregnant, immediately tell the treatment provider.
6. While you are trying to arrange for treatment, start your recovery by going to a support group, such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA) or Chemical Dependency Anonymous (CDA).

Did you know that using drugs in pregnancy can harm your baby? This can include miscarriage, being born too early or too small, birth defects or even death.

## Support Group Information

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**Adult Children of Alcoholics**  
[www.adultchildren.org](http://www.adultchildren.org)

**Alcoholics Anonymous Annapolis**  
410-268-5441  
[www.annapolisareaintergroup.org](http://www.annapolisareaintergroup.org)

**Al-Anon/Alateen (Anne Arundel County)**  
410-766-1984  
[www.md-al-anon.org](http://www.md-al-anon.org)

**Alcoholics Anonymous Baltimore**  
410-663-1922  
[www.baltimoreaa.org](http://www.baltimoreaa.org)

**Al-Anon (Baltimore City and County)**  
410-832-7094  
[www.alanon-maryland.org](http://www.alanon-maryland.org)

**Chemical Dependency Anonymous**  
888-232-4673  
[www.cdaweb.org](http://www.cdaweb.org)

**Narcotics Anonymous**  
800-317-3222  
[www.freestatena.org](http://www.freestatena.org)  
[www.nalinks.org](http://www.nalinks.org)



## Other Useful Resources

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**YWCA Domestic Violence Support Programs**  
410-222-6800  
[www.annapolisywca.org/programs](http://www.annapolisywca.org/programs)

**Anne Arundel County  
Sexual Assault Crisis Line**  
410-222-7273

**Anne Arundel County  
Department of Social Services**  
410-269-4500  
[www.dhr.maryland.gov/annearundel](http://www.dhr.maryland.gov/annearundel)

**Anne Arundel County  
Mental Health Crisis Warmline**  
410-768-5522

**Baltimore County  
Mental Health Crisis Line**  
410-931-2214

**Baltimore City  
Mental Health Crisis Line**  
410-752-2272

**Maryland Poison  
Control Center**  
800-222-1222

