



HOW DOES THE MIST PROGRAM WORK?

The MIST team consists of a case manager, a counselor, and a program manager who work together to support and care for families struggling with substance abuse.

The team connects with moms through home visits, individual therapy sessions, and weekly support groups. Moms are welcome to bring their children to their visits.

The program offers individualized services depending on the family's needs and progress.

The Jellico MIST program is funded by a grant through the BlueCross BlueShield of Tennessee Health Foundation. The program is a partnership between Dayspring Family Health Center, Ridgeview Behavioral Health Services, Jellico Community Hospital, and BlueCare Tennessee.

WHO CAN PARTICIPATE?

- Pregnant moms who have had or currently have issues with alcohol or drugs.
- Moms with a child up to 12 months of age who have had or currently had issues with alcohol or drugs.

FOR MORE INFORMATION PLEASE CONTACT:

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MIST

MOTHERS & INFANTS
SOBER TOGETHER

Helping mothers and families stay drug free

YOU ARE NOT ALONE

Being addicted to drugs during pregnancy is a scary time.

You want what's best for your baby, yet you don't know if it's safe or how to come off of the drugs.

Everyone around you has so much advice, but who do you trust?

You want to talk to your doctor about your problems but don't want to get in trouble or have your baby taken away.

You're embarrassed and don't know how you got to this point.

We understand that you are afraid and feel alone. We want to help you overcome these challenges so that you can be the parent that you would be proud to be.

The staff at Dayspring Family Health Center and Ridgeview Behavioral Health Services has teamed up together to walk alongside of you and your family. We want to provide you with the most up to date medical care for you and your baby, while giving you the tools you need to stay drug free.



THE TRUTH ABOUT PREGNANCY

- Drug use during pregnancy is associated with premature births, low birth weight, birth defects, learning and behavioral disorders, stillbirths, and withdrawals in the baby.
- You are not alone. We are here to provide you with the support and resources you need to help you and your baby through this season of life.
- Babies who are born to mothers who use drugs during their pregnancy have a high likelihood of going through withdrawal at birth. Signs of withdrawal include seizures, severe diarrhea, poor feeding, and even death.
- All hospitals drug test moms and babies at the time of delivery. What's most important is that you can demonstrate that you are committed to doing what's right for you and your baby. Being a part of the MIST program goes a long way in showing your dedication to staying drug free and providing a safe home for your baby.
- Babies can suffer from withdrawal from illicit drugs as well as prescription drugs such as pain and nerve pills. Babies can also withdraw from suboxone, subutex, and methadone.
- Detoxing during pregnancy can be safe but needs to be done under the recommendation of your OB provider.

HOW CAN MIST HELP YOU

- Provide you with the care and support that you need, when you need it.
- Help you provide a better home life for you and your baby.
- Teach you new ways to be a better parent.
- Work together to develop a plan that will guide you step by step in becoming and staying drug free.