

# **ARKANSAS RELATIONSHIP COUNSELING CENTER (ARCC)**

## **Prenatal Substance Use Support Program**

Healthy Moms • Healthy Babies • Healthy Futures

### **Are You Pregnant and Struggling With Alcohol or Drug Use?**

You are not alone. ARCC provides confidential, compassionate, evidence-based support for pregnant women and families. We help you build a safe and healthy future for you and your baby.

### **Our Services Include:**

- Confidential Assessment & Screening — substance use screening, mental health evaluation, trauma assessment, individualized care planning.
- Evidence-Based Treatment — Motivational Interviewing, Cognitive Behavioral Therapy (CBT), relapse prevention strategies, trauma-informed counseling.
- Prenatal Health & Parenting Support — education on substance effects during pregnancy, healthy coping skills, parenting preparation, stress management.
- Case Management & Resource Coordination — medical provider coordination, community resource referrals, housing and social support connections, Medicaid navigation.
- Family & Recovery Support — family counseling, recovery planning, peer support resources, aftercare planning.

### **Who Can Receive Services?**

- Pregnant women using alcohol or substances
- Women at risk for substance use during pregnancy
- Families needing support
- Court or provider referrals accepted

### **Why Early Support Matters**

Evidence shows treatment during pregnancy can improve birth outcomes, reduce complications, strengthen maternal health, support long-term recovery, and promote healthy child development (SAMHSA, CDC, ACOG guidelines).

### **Our Approach**

- Person-centered • Trauma-informed • Judgment-free • Evidence-based • Family-focused • Confidential

## **Contact ARCC Today**

Phone: [Insert Number]

Location: [Insert Location]

Website: [Insert Website]

Email: [Insert Email]

Referrals welcome from healthcare providers, courts, and community partners.