

## What is a High-Risk Pregnancy?

A high-risk pregnancy could be caused by one or more of the following risk factors:

- Poor nutrition
- Domestic violence
- Tobacco use
- Alcohol use
- Drug use
- Stress
- Depression
- Anxiety
- Family issues
- Little or no prenatal care

These risk factors may lead to problems such as:

- Intellectual/Developmental delays
- Impaired growth
- Facial malformations
- Organ defects
- Premature birth
- Low birth weight
- Eating and sleeping problems
- Placental abruption
- Excessive crying
- Poor sucking ability
- Learning disabilities
- Withdrawal from substances used during pregnancy



*"A mother always has to think twice - once for herself and once for her child."*  
- Sophia Loren

For more information, contact:

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Comprehend, Inc. is an accredited, licensed Integrated Healthcare Center serving the Buffalo Trace region.



**KY-Moms MATR**

Maternal Assistance  
Towards Recovery



*Healthier Moms,  
Healthier Babies*

## What is KY Moms MATR?

KY-Moms MATR helps you find the services you need to have the healthiest baby possible.



### *REMEMBER ...*

*A baby is developing the entire nine months of pregnancy and stopping alcohol, tobacco or other drug use at any stage will improve his or her chances for a healthier life. It is never too late to get help. What greater gift could a mother give a child?*

## What Services are Available?

Case Managers who understand family issues are available to help direct you to the services you and your baby need. Services are available at any time during your pregnancy, and will follow up with you and your baby for up to 60 days post delivery. KY-Moms MATR case management and prevention services include:

- Case Management
- Crisis Intervention
- Substance Abuse Counseling/ Treatment
- Referral to prenatal and well baby care
- Healthy Baby Workshops
- Help with alcohol, tobacco and other drug problems
- Information about other available community services such as:
  - Housing and other basic needs
  - Mental health counseling
  - Domestic violence services
  - Smoking cessation assistance
  - Parent education

## What Is the Cost?

There is no charge to you for KY-Moms MATR services. There are incentives available for participation in case management that may assist with transportation or child care costs while participating in the program.

## Is My Baby at Risk?

Problems during pregnancy can be caused by:

- Stress
- Poor nutrition
- Tobacco use
- Alcohol and other drug use
- Depression or anxiety
- Domestic violence
- Lack of prenatal care
- Lack of support



*We care about you and your baby.*