



# Healthy Beginnings Perinatal Program (HBPP)

For Referral Partners & Community Professionals



Launching July 1, 2026



**A coordinated continuum of care for pregnant and postpartum individuals through 12 months postpartum**

HBPP is a trauma-informed, family-centered program delivered by Bridges Professional Treatment Services in partnership with Sacramento County.



## Population Served

- Pregnant individuals and postpartum individuals up to 12 months after delivery
- Individuals with substance use disorder, with or without co-occurring behavioral health needs
- Medi-Cal, uninsured, or underinsured families
- High-risk birthing people affected by social drivers of health, trauma, or CPS involvement



## Core Services

- Prenatal/postpartum linkage and maternal-infant supports
- Behavioral health, substance use treatment, and recovery support
- Parenting education, family therapy, and partner/father engagement
- Lactation support, doula linkage, childbirth and infant care education
- Housing, food, transportation, legal/benefits and community resource linkage



## Continuum of Care

- Residential treatment (~ 90 days; extendable based on medical necessity)
- Warm handoff to outpatient
- Sober Living Environments for mothers and children
- Ongoing care coordination and case management



## Referrals Accepted From

- Hospitals, Pediatricians and OB providers
- CPS and courts
- Managed Care Plans
- Sacramento County Behavioral Health Services



**To refer a client or learn more, contact Bridges.**



[www.bridgesinc.net](http://www.bridgesinc.net)



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