

Hands of Hope



WHO WE ARE

Hands of Hope is a comprehensive one-on-one mentoring program developed by **Metro Drug Coalition (MDC)** for first-time mothers (*mentees*) in addiction treatment and/or recovery. The mentees will be matched with other mothers (*mentors*), who are stable in their recovery journey, to help them navigate the challenges of maintaining sobriety while parenting a Neonatal Abstinence Syndrome (NAS) or drug exposed baby.

COMMUNITY NEED

More than 69,000 Tennesseans struggle with addiction. In 2016, over 1,000 babies were born drug dependent and of those babies, approximately 100 were born in Knox County. (*Tennessee Department of Health*)

Cost of a Healthy Newborn

\$4,200

18X

Cost of a NAS Newborn

\$67,000

NAS babies are 18 % more likely to end up in DCS custody at some point in their first year of life compared to other TennCare infants at 1 %.

WHAT IS NAS?

When pregnant women take prescription medications or other drugs, their baby may be born drug-dependent. This condition is called Neonatal Abstinence Syndrome (NAS). A baby born with NAS can suffer from withdrawal symptoms such as: fever, seizures, blotchy skin, continuous crying, rapid breathing, respiratory problems and extreme sensitivity to sounds and light. Some babies' symptoms are so great that they will require hospitalization, intensive care and medications for several weeks to keep them comfortable and safe during the withdrawal process.

OUR GOAL

MDC's goal at the end of the commitment period is for our mentees to maintain sobriety, create a healthy home environment for their family and be an engaging mother.

HOW CAN YOU HELP?

Are you a recovering mother wanting to give back and interested in being a mentor? Do you know of or are you a first-time mother who could benefit from this program? Are you interested in donating? Please contact **Courtney Niemann** at cniemann@metrodrug.org for more information.

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To learn more about Hands of Hope, visit:
www.metrodrug.org/HandsofHope