

## **Project NESST**

### **Newborns Exposed to Substances: Support and Therapy**

#### **What can I expect as a client of NESST?**

- the option to work with a NESST clinician, a NESST maternal recovery specialist, or both;
- services that are free of charge and confidential;
- services that are available to you where you live, at your recovery center, or at another convenient meeting place;
- support that is available to you from pregnancy through your baby's third birthday;
- service providers who have a special understanding of pregnancy, early parenting, and the challenges of prenatal substance exposure.

#### **What can I expect from my NESST Clinician?**

- support with meeting the challenges of pregnancy and early parenting, alongside the challenges of recovery;
- someone to listen to you and your baby's story and help make sense of it;
- someone who can join you in getting to know your baby's unique personality and particular needs;
- help with exploring your baby's feelings and behavior;
- support with the special relationship that develops between you and your baby;
- someone to think with you about how your own relationships and experiences of being parented may affect your relationship with your baby;
- support with understanding and managing your own feelings.

#### **What can I expect from my NESST Maternal Recovery Specialist?**

- someone who can provide support during your baby's hospital stay and during the transition from hospital to home;
- someone who can share her understanding of the challenges of parenting a substance-exposed newborn;
- help with obtaining the services and resources you may need;
- assistance with navigating service providers' requirements and schedules;
- support with your sobriety and encouragement with your participation in recovery programs;
- someone to listen to your concerns and/or feelings about parenting joys, challenges and demands.

For more information, contact Amy Sommer at [asommer@jfcsboston.org](mailto:asommer@jfcsboston.org) or 781-693-5006.