



Positive Direction and Associates, Inc.

Featuring Positive News

Positive Direction and Associates, Inc. recently celebrated four amazing years specializing in genuine care and enhancing education along with empowering pregnant women that are on the road for recovery with medication assisted treatment (MAT). This month's newsletter is dedicated to the 12 Positive Direction infants that were born within the four years and their dedicated and loving mothers.

Visit our Website



The Positive Direction (TM) Model is using rehabilitation counseling skills as well as intense one on one education for pregnant women regarding Neonatal Abstinence Syndrome, recovery, breastfeeding, reducing stigma. Each woman uses a binder created for each individual and to assist the mother to be organized with documents, summarize OB / GYN as well as provider visits and mostly have an understanding of Neonatal Abstinence Syndrome. The Positive Direction (TM) Model Notebook was created to increase the mother's self-value and confidence. Below you will read Ruthie's experience with the individualized binder and her experience with Positive Direction.

[The Positive Direction Model: Opioid Use & Pregnancy, First Edition](#)

Patient Spotlight

*Ruthie speaks to Dr. Moss-King about her experience
Pictured are Ruthie's 3 beautiful daughters*

1. What is your experience with Positive Direction and Associates, Inc.? I have had a very good experience it has helped me so very much and has made me feel like a person not feel bad about my self because I had a problem that I am fixing and to know there is someone to talk to you no matter what time of day; if you're having a very bad day it is a relief and Positive Direction did that for me... Dr. Moss-King did that for me and I am truly thankful.

2. What was the most important information gained from the Positive Direction Model? That you are your babies voice they can't speak for themselves you have to speak up for them and also the scoring charts and how to make sure if your baby is fussy when they come in to test them that you have a right to ask them to come back and always have them score with you there and there again it leads to you are your babies voice



3. *How did the Positive Direction Model enhance your knowledge as a mom on Medication Assisted Treatment?* It let me see that I am just like everyone else and that I should never let someone make me feel any different and before Positive Direction I had no clue what scoring was it taught me that. It taught me to write a journal it helps and to always keep you doctor excuse papers with you and also have a copy in a binder I believe the binder is the best thing in the world it had all my paper work my doctor's name, my goals,...it had medical record stuff so it was always in order. Bring that binder to the hospital with you because they won't ask a 1000 questions, the binder has 95% of the answers

4. *If you could have a conversation with other moms that are on Medication Assisted Treatment - What important subjects would you discuss?*

I would discuss the binder and tell them it would help 100% I would talk to them about when it comes to scoring ... score your child a hour and a half after they eat that is very important because they are relaxed and also remember what you say goes you are the mother if there is someone treating you like crap ask for the head nurse and tell her and let her know you do not want them around you don't deserve to be treated bad and also breastfeeding is important but most of all skin to skin I cant say how much that helps your baby and keep it silent and dark for them and if you could try to do everything for your baby... you and your baby bond is the most important thing

5. *Anything else you would like to say?* I would recommend Positive Direction to any women who is recovering you are treated kind and fair and like a person not lower than anyone else Dr. Moss-King has helped me so very much and has made me feel good about who I am so yes Positive Direction is a program I say should be expanded all over the world because there are women out there who could use that support that I had.

For More Information

There are two ways for moms to receive services using the Positive Direction (TM) Model (Rehabilitation Navigator) : **Positive Direction and Associates (716) 961-3434** and **Catholic Health (716) 923-9674**.

It is highly recommended that pregnant moms who are prescribed medication assisted treatment be referred to a Rehabilitation Navigator (Positive Direction -TM Model) during the first trimester to receive all the program's benefits. The Rehabilitation Navigator (Positive Direction -TM Model) will then work with the mom during the entire pregnancy.



Positive Direction's mission is to improve the quality of lives of mothers on medication assisted treatment and children exposed to opioids by empowering moms with education and life skills. The Positive Direction Model (TM) along with the individualized binder (workbook) offers the mother positive reassurance as well as a guide to a healthy birth and beyond. The model is also used in the "SBIRT in the OB/GYN office for Women and Opioid Use and Misuse Project" sponsored by Office of Women's Health via Erie County, NY Department of Health.

With generous funding from *The Peter and Elizabeth C. Tower Foundation*, Catholic Health System (WomenCare) employs Navigators who provide care coordination services and guidance for pregnant women with substance use disorder within the Catholic Health Medicaid Health Home division. The Navigator follows the Positive Direction (TM) Model by providing education and support to patients to engagement of suboxone providers, securing an appropriate pediatrician. There is also a value to the importance of the overall health for mom and baby.

Maya Angelou

People may not remember what you said or what you

did, BUT they NEVER forget how you made them feel
