



## **R.O.S.S. Peer Support in the Neonatal/OB Department**

***Opioid use in pregnancy has escalated dramatically in recent years. To combat the opioid epidemic, all health care providers need to take an active role.***

**Recovery Organization of Support Specialist, R.O.S.S.**, is a peer-run organization assisting individuals with a substance use disorder in obtaining and maintaining recovery. **R.O.S.S.** offers peer support to help improve an individual's emotional health, well-being, and sense of belonging.



**What is a peer?** A peer is an individual with lived experience in active drug/alcohol use now living in recovery. The peer gives an individual support, encouragement, hope, guidance, and understanding to aid in obtaining and maintaining recovery. The peer is certified by the Alabama Department of Mental Health to provide recovery support services.



As a response to the opioid crisis, **R.O.S.S.**, will link recovery services to individuals that give birth to a baby dependent on opioids. The peer will take advantage of the “window of opportunity” to provide support and linkage to treatment services. The longer addiction goes untreated, the harder the journey to recovery. The need for treatment is even more pertinent in women who are pregnant or are trying to have a baby so that fewer children are born as opioid-addicted babies. Mothers with a substance use disorder who connect to a peer after delivery have a better chance of avoiding continued use. The peer will also provide support navigating the legal and child custody system.

***“Hospital staff – we need your help.”***

**Please Call the 24/7 Helpline**



**HELPLINE  
844-307-1760**

If you have a patient deliver a baby dependent on any opioids or any other substance, please connect the individual and/or family member to our 24/7 Helpline.

***R.O.S.S. peers will provide the following services for individuals and family members:***

- Use their lived experience in active addiction and recovery to connect to the individuals and family members. (This takes away the individual feeling, “You don’t understand”).
- Introduce and explain recovery resources, including the many pathways to recovery.
- Provide support for the individual before, during, and after treatment to provide hope that we do recover.
- Provide support and information for family member(s).
- Connect the individual to the appropriate treatment resources of their choice.
- Assist in navigating the substance use disorder system of care.
- Provide transportation through a “warm-off” method to recovery resources.
- In-person peer response from 7:00am – 7:00pm; Phone support only 7:00pm – 7:00am.
- ***All services are free of charge.***



**R.O.S.S.**



**HELPLINE**  
**844-307-1760**

**ross4u.org**  
**rossbhm4us@gmail.com**

**Hours of Operation**

Open 7 days a week, 10 a.m. – 10 p.m.

### **3 Convenient Locations**

#### **R.O.S.S. Birmingham Community Center**

3616 5th Avenue South  
Birmingham, AL 35222  
**844-307-1760** | **ross4u.org**  
**www.rosshelpline4u.org**

#### **R.O.S.S. Marshall County Community Center**

1280 Hwy 431 Suite B  
Boaz, AL 35957  
**256-281-9008** | **ross4u.org**  
**rossmc4us@gmail.com**

#### **R.O.S.S. Montgomery Community Center**

925 Forest Avenue  
Montgomery, AL 36106  
**334-356-2890** | **ross4u.org**  
**ross4us.mo@gmail.com**

PEER SUPPORT SPECIALIST is a person living in recovery with a substance use disorder providing support to others seeking recovery from a substance use disorder.

**WE ARE THE PEOPLE  
WE SERVE!!**



### **Outreach for Success**

#### **Services Available**

- Assist in navigating the substance use disorder system of care.
- Connect individuals and family members to available resources.
- Provide support for individuals and family members.
- Provide transportation to recovery resources.
- Engage individuals at risk for overdose.
- Educate the community on substance use disorder and the resources needed to obtain and maintain recovery.

This is a novel and replicable response to the opioid epidemic. R.O.S.S. is in partnership with the Alabama Department of Public Health and the Alabama Department of Mental Health to provide this service inside Alabama's Emergency Rooms.

Funding for activities performed under this Grant was provided in part by the ADPH, Bureau of Prevention, Promotion, and Support through a cooperative agreement with the Centers for Disease Control and Prevention (CDC), being Grant number 6 NU17CE924964-02-02, Overdose Data to Action, Injury Prevention and Control Research and State and Community Based Programs Funding (93.136) for budget period September 1, 2020 through August 31, 2021.

