

Mommy's Helping Hands

Working together to improve the health of mothers and babies in Philadelphia

The Mommy's Helping Hands Program recognizes that pregnant women who are struggling with or are in early recovery from substance use need an all-inclusive approach to care. CBH offers care coordination services for pregnant and postpartum women (up to one year after being pregnant).

CBH Complex Care Management Team

A Care Manager will work with members and those involved in their care to help meet their health goals, as well as assist with the following:

- ▶ Planning in-person visits or phone calls
- ▶ Helping access substance use treatment, including Medication-Assisted Treatment (MAT)
- ▶ Working with your medical insurance to coordinate care
- ▶ Communicating and coordinating with treatment teams and setting up care with doctors and specialists
- ▶ Helping to connect with community resources and supports
- ▶ Helping you and/or your supports better understand your behavioral health condition(s), medications, and treatment

Interested in referring yourself or someone you know?

Please call CBH Member Services at
1-888-545-2600

You are eligible for CBH's Mommy's Helping Hands Care Management Program if you are a resident of Philadelphia. If you are unsure whether you are covered through Medical Assistance and CBH, please call the above number.

This specialized case management program is voluntary. Your CBH services will not be affected if you choose not to participate.