

What is Project Nurture?

Project Nurture is a harm reduction program that is designed for pregnant and parenting people who self-identify as experiencing problems with substance use. The goal of Project Nurture is to provide flexible, complete, wraparound care to participants to help them meet their goals.

The team strives to:

- Engage and build trust
- Improve emotional and physical health
- Support access to low-barrier care for substance use disorder
- Meet patients where they are

Managing your care online

Did you know you can manage your care online anytime? Sign in to kp.org or the Kaiser Permanente app to:

-  View most lab results
-  Email your doctor's office with nonurgent questions
-  Refill most prescriptions
-  Schedule most appointments
-  Pay bills



If you haven't already created an online account, visit kp.org/register to get started.

Who is on the Project Nurture Care team?

The Project Nurture Team is made up of physicians, licensed professional nurses (LPN), peer support specialists, and co-occurring counselors.

How long is the program?

Kaiser members can participate in Project Nurture anytime during their pregnancy and up to one year after birth.

What kind of services does Project Nurture provide?

Participants can choose any services they feel are helpful to them, including:

- Complete prenatal care and postpartum care up to one year after delivery
- Medications to treat and support recovery from substance use disorder
- Two weekly Project Nurture support groups focused on support and education
- Counseling to support recovery
- Peer support specialists to provide individual support outside the medical setting to help participants in their journey of recovery and coordinate care with community resources

What do I need to do?

- Call (855)-285-4246 (TTY 711) to speak with a Project Nurture team member who can help you get connected to services.
- If you haven't already created an online account, visit kp.org/register to get started.

To learn more about your pregnancy journey care options go to kp.org/maternity



Frequently Asked Questions

Will DHS/Child Welfare be called?

We are required to call Child Welfare if we believe a child is being abused or neglected. This is rare. We may ask your permission to call them together if we think they may be able to help. Participating in Project Nurture and working towards your recovery goals shows you are committed to being a safe and reliable parent, and families are more likely to stay together when parents are engaged in treatment.

I am pregnant and have been using substances...what should I do?

Talk to your Project Nurture physician. Your physician will offer you medication support, counseling services, or both which can help you have a stable and healthy pregnancy.

Is it safe for me to stop using opioids while pregnant?

The medical recommendation is to start a medication (methadone or buprenorphine) that can help you stop using opioids. Studies have shown that this approach works better than stopping opioids on your own.

Will my baby be okay?

This is a common concern. Most Project Nurture participants have healthy babies. You are encouraged to speak with any of our team members about your concerns regarding your baby's health.