

Each START team consists of:

- A licensed clinician who partners with clients to strengthen early relational health and support long-term recovery.
- A doula/case manager specializing in education, advocacy, and support during pregnancy, birth, postpartum and beyond
- A certified peer recovery specialist to assist with setting and reaching recovery goals

START Program Offices

Bridgewater:

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A comprehensive in-home treatment program for pregnant and parenting persons with substance use disorder



Comprehensive in-home treatment for pregnant and parenting persons with substance use disorder



The heart of CGE's mission is to provide a safe place, safe presence and safe path to the families and individuals we serve through treatment that lays a foundation for each client to realize their full potential.

START

The START program provides free in-home and telehealth therapeutic services for persons with substance use disorder, who are pregnant or up to 12 weeks postpartum at the time of intake.* START serves clients in Essex, Hunterdon, Western Hudson, Middlesex, Morris, Somerset and Union Counties for up to 18 months.

*On a case-by-case basis, clients may be admitted to the program up to 16 weeks postpartum.



CGE's organizational Trauma C.A.R.E.© model provides a safe environment for each client and the creation of client-centered treatment. Informed by evidence-based approaches, including early relational health, START provides positive outcomes for the parent-child dyad to break intergenerational patterns of trauma and substance use.

In-home and telehealth therapeutic services include:

INDIVIDUAL AND DYADIC COUNSELING

START's unique focus on early relational health changes the trajectory of intergenerational patterns of substance use, beginning with the therapeutic relationship between client and clinician. This relationship creates a template for an attuned, responsive relationship between parent and child. Licensed clinicians provide a minimum of one 1-hour session per week, offering client-centered interventions, guided by individualized treatment plans. Positive outcomes include long-term recovery and secure attachment between mother and infant. Toxicology screens are administered on a random and as-needed basis. An on-staff advanced practice nurse is available for initiation and monitoring of pharmacotherapy. As necessary, clinicians will refer clients to intensive outpatient, partial hospitalization or residential treatment programs.

PEER RECOVERY SUPPORT

Clients receive in-home mentoring, coaching and support from a certified peer recovery specialist, working in close collaboration with each client's clinician to assist with setting and reaching recovery goals. Peer recovery specialists bring the expertise and perspective of someone who has reclaimed their life and gained freedom through sobriety.

INTEGRATED DOULA AND CASE MANAGEMENT SERVICES

Doula care is a distinguishing feature of START. Over the course of the 18-month relationship, the doula/case manager ensures ongoing support, advocacy and education during pregnancy, childbirth, postpartum and beyond. These caregivers attend to the pregnant or birthing person's basic needs: nurturing relationships, prenatal care, stable housing, employment, food security and attainment of other social determinants of health.

The doula/case manager is responsible for assisting clients with securing and engaging in prenatal care and birth plan preparation. Our team also minimizes attachment ruptures by working with each client to create a plan of safe care. The doula/case manager provides individual and group childbirth education, labor support and advocacy at the hospital. We promote a trauma-informed childbirth experience and advocate for early and uninterrupted skin-to-skin contact in the first hours after birth. The doula/case manager offers breastfeeding education, including information on the benefits of breastfeeding for substance-exposed infants.

We support a connected experience for all clients, whether they choose to bottle-feed or breastfeed their babies. Our in-home postpartum sessions focus on physical and emotional wellbeing for the mother and coaching on reading and responding to infant cues, soothing techniques, feeding and care.

THERAPEUTIC GROUPS

Clients are invited to attend therapeutic groups, which afford opportunities for connection, community building and recovery support. Groups provide life skills training, job readiness, child development education, mind-body regulation, nutritional wellness and experiences that promote connection between parent and child.