



Emerge: Find your new beginning

Centered obstetrics and neonatal care

We are delighted to know that you are considering Kootenai Clinic Family Medicine Coeur d'Alene for your pregnancy care and birth of your child. This is an important decision and we value the opportunity to serve you at this emotionally powerful time in your life. We recognize that each woman and her birthing experience is unique, therefore we strive to integrate active decision-making and communication between you and your physician using a team approach. We want you to have a healthy and rewarding pregnancy and childbirth experience.

Our knowledgeable, dedicated and caring staff is committed to providing you with the highest-quality and individualized care. We want to do more than just help you welcome a healthy new baby. We aim to create a well-rounded program for addiction recovery, rebuilding and a personalized childbirth experience. As family practice physicians practicing obstetrics, we have the unique opportunity to provide a full continuum of care: from conception, to delivery and on-going care for both you and your infant.

Our program is centered around transformation in life, body and mind for a new beginning.

Emergence Pregnancy and Neonatal Program Approach

Our program provides comprehensive medical care during pregnancy for women in recovery or currently using drugs. The program begins with pregnancy and lasts through the first year of your child's life.

These services are provided through a coordinated multi-faceted team approach between Kootenai Clinic Family Medicine Residency and Kootenai Health's Chemical Dependency Program.

The core team:

- Family Medicine Physicians
- Psychiatrist specializing in addiction medicine
- Social Services
- Chemical Dependency Counselors
- Case Managers
- Nutritionists
- Nurse educators
- Specialist consultants for high-risk pregnancies and complicated neonatal issues



**Kootenai Clinic Family Medicine Coeur d'Alene Residency Program
and Kootenai Health Chemical Dependency Program**
208.625.6000 tel | 208.625.6001 fax | kootenaiclinic.org

Program Goals

Emerge works to help you overcome challenges with chemical dependency recovery, pregnancy and parenting, and will connect you to helpful resources to support you on your journey.

Our goals:

- ▶ Instill the importance of prenatal care and a drug-free pregnancy
- ▶ Help mothers excel at parenting

Program Services

Intake Evaluation

Services begin with a thorough evaluation to determine the appropriate level of care and services. This will include questionnaires and assessments by one of our EmERGE program family medicine physicians, psychiatrists, and chemical dependency counselors. Patients must be willing to sign a treatment contract agreeing to participate in prenatal services, chemical dependence treatment and pediatric services following delivery.

Chemical Dependency Treatment

You are expected to participate in an educational series on chemical dependence that addresses the addictive process and special needs this imposes on pregnancy and your infant. In some instances, a 14 - 21 day inpatient hospital treatment program at Kootenai Behavioral Health may be recommended at the start of the program. Outpatient treatment will include both individual and group therapy to be held at our clinic.

EmerGE will work with all types of substance abuse issues and create a plan that is individualized for you and your family. EmERGE physicians do not prescribe methadone, but can work in coordination with the Spokane Methadone Clinic for women who are already enrolled. We do have physicians trained and licensed in Buprenorphine (Subutex, Suboxone) treatment for women who are appropriate for this therapy. Our goals during pregnancy are to minimize harm to you and your infant, and thus we try to use the lowest effective Buprenorphine dose necessary to stabilize symptoms to minimize neonatal abstinence syndrome (infant withdrawal) after delivery.

Prenatal Care

Prenatal services are provided in our clinic by family medicine physicians practicing obstetrics in coordination with specialist consultants for high-risk cases. We will also continue to work with outside private physicians who wish to continue obstetrical care but desire chemical dependency and pediatric services from our program. Group sessions with women similarly pregnant will provide camaraderie and support from your peers through the trials and joys of pregnancy and motherhood. Prenatal education is provided in these group settings by resident physicians and obstetric nurses appropriate for each stage of pregnancy. Labor and delivery will be performed at Kootenai Health, unless special circumstances arise.

Postpartum Care

EmerGE continues one year after delivery, where you will be able to continue to participate in chemical dependency treatment through individual and group sessions coordinated by your physician and chemical dependency counselor. Postpartum education classes will focus on parenting needs of chemically dependent parents and their infant. Social Services will assist you in using local community support networks such as the WIC program and help you to navigate through this frequently challenging but amazingly rewarding time in your life.

Pediatric Care

Your family medicine physician who accompanied you through your pregnancy will continue caring for both you and your infant. We will also coordinate with private outside pediatricians and family medicine physicians in the community. Your pediatric provider will be there with you after the delivery and follow you and your infant during your hospital stay. During the first year of life, there will be frequent “well child visits” with your physicians, typically at a few days after discharge from the hospital, two weeks, one month, two months, four months, six months, nine months, and 12 months of age. We will also offer valuable education on breast-feeding, safety, parenting, nutrition, and more with your weekly group sessions to help equip you with tools to care for your new infant.

Our Mission

Our mission is simple—health for you and your children. We will provide you with all the resources for this journey if you bring desire, willingness, and dedication to help rebuild and transform the life for you, your family, and your new infant. We are both privileged and honored to be a part of this time in your life. We look forward to partnering and celebrating with you the birth of your precious little one.

