

Treatment for pregnant and parenting people with opioid use disorder

If your loved one is pregnant or parenting and has opioid use disorder

Pregnancy and parenting can be powerful motivators for recovery, and they can also make navigating care feel more complicated. The good news is that safe, effective, and family-centered treatment options are available, and many programs are designed specifically to support pregnant and parenting people and their children.

This section outlines treatment options, wraparound support, and housing resources that can help support recovery and family stability.

What to know first

You are not alone and help is available.
Pregnant and parenting people with opioid use disorder can receive treatment that supports both their health and the health of their baby. Seeking help is a sign of care and strength.

Medication treatment during pregnancy and parenting

Medication for opioid use disorder (MOUD) is the recommended standard of care for pregnant people with opioid use disorder.

- Methadone and buprenorphine are first-line treatment options.
- National medical experts, including the American College of Obstetricians and Gynecologists (ACOG) and the Substance Abuse and Mental Health Services Administration (SAMHSA), recommend these medications during pregnancy. ([Treatment of Opioid Use Disorder Before, During, and After Pregnancy | Opioid Use During Pregnancy | CDC](#))
- These medications help reduce cravings, prevent withdrawal, and lower the risk of overdose.

Important: Medically supervised withdrawal (sometimes called “detox”) alone is not recommended during pregnancy. Treatment with medication offers the safest outcomes for both parent and baby. ([Clinical Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder and Their Infants \(pg. 36\)](#))

Need clinical guidance or provider support?

- Washington Society of Addiction Medicine (WSAM) Consult Line:
[Call 833-937-9326](#)
For questions about perinatal substance use, medication initiation and dosing, and whole-person care for birthing people, newborns, and families.
- Opioid Treatment Programs (OTPs):
Find methadone and buprenorphine providers across Washington State:
[Opioid Treatment Programs Guide](#)
- Perinatal Support Washington
Find help navigating complicated mental health systems, receive referrals to local providers, and complete a postpartum wellness plan

[Learn more](#)

Treatment and hospital-based care options

Pregnant and Parenting Women (PPW) Services

PPW services are designed specifically for pregnant and parenting people with substance use disorders.

- A licensed provider completes a comprehensive assessment using the American Society of Addiction Medicine (ASAM) criteria.
- The assessment helps determine the right level of care based on medical, behavioral health, and family needs.

Outpatient treatment

Outpatient PPW programs may include:

- Counseling and behavioral health support
- Medication for opioid use disorder
- Relapse prevention and recovery planning
- Case management and life-skills support
- Referrals to prenatal care, health care, and housing services

These programs allow people to receive treatment while continuing daily responsibilities.

Residential treatment

Residential PPW treatment provides:

- Up to six months (180 days) of 24-hour care
- On-site clinical services in a structured environment
- Support for accompanied children (typically ages 5 and under)
- Parenting education, prenatal and post-natal care, legal advocacy, and housing support

Residential programs focus on keeping families together whenever possible while supporting recovery.

Hospital-Based Care: Substance Using Pregnant People (SUPP) Program

SUPP programs provide short-term, hospital-based care for pregnant people who need medical stabilization.

- Inpatient care for up to 26 days
- Medical stabilization, withdrawal management, and treatment initiation
- Coordination of follow-up substance use disorder treatment
- Available to adults or adolescents who are pregnant

Family-centered shelter and recovery program

Some programs combine housing, treatment, and family supports

Rising Strong (Eastern Washington)

- Family-centered shelter program
- On-site outpatient substance use treatment and mental health services
- Life-skills coaching and trauma-informed care
- Designed to keep families together while supporting recovery

Hospitals recognized for best practices in Perinatal Substance Use Care

The Centers of Excellence for Perinatal Substance Use recognizes hospitals across Washington State demonstrate best practices in caring for pregnant and birthing people with substance use disorders.

Hospitals designated as Centers of Excellence:

- Follow evidence-based, non-stigmatizing treatment practices
- Support treatment with medication for opioid use disorder during pregnancy
- Promote trauma-informed, family-centered care
- Work to reduce unnecessary separation of parents and infants
- Support coordination of care before, during, and after birth

Choosing a hospital recognized as a Center of Excellence can help ensure that pregnant and birthing people receive care that supports both health and dignity.

[Find a certified facility](#)

Wraparound and support services

Recovery is more than treatment. Many families benefit from wraparound services that help navigate systems, reduce stress, and support long-term stability.

Parent-Child Assistance Program (PCAP)

PCAP provides intensive case management for pregnant and parenting people with substance use disorders.

- Long-term, relationship-based support
- Help navigating health care, treatment, and social services
- Focus on improving outcomes for both parents and children

Legal advocacy: FIRST Legal Clinic

FIRST Legal Clinic offers early legal support for families involved with or concerned about child welfare systems.

- Legal advocacy before a court case is filed
- Parent Ally Support
- Helps families understand their rights and avoid unnecessary family separation

Housing and stability support

Stable housing is a critical part of recovery, especially for families.

Willows Program

- Supportive housing and clinical services for mothers recovering from substance use disorders and their children in the King County area
- On-site support focused on recovery, parenting, and independence

[Learn more](#)

Pregnant Women Assistance (PWA) Program

- Cash assistance for low-income pregnant women
- Available to those not eligible for other state assistance programs
- Includes referrals to housing and essential needs support

[Learn more](#)

Pregnant and Parenting Housing (PPH) Program

- Permanent supportive housing for pregnant and parenting families in Snohomish County
- Case management focused on:
 - Housing stability
 - Family reunification
 - Substance use recovery

[Learn more](#)

If you're supporting someone right now

You can help by:

- Encouraging treatment with medication
- Helping schedule an assessment or intake appointment
- Asking providers about family-centered and parenting-friendly programs
- Connecting with legal or care navigation supports early
- Making sure naloxone is available and accessible

Recovery looks different for everyone. Progress may take time, and support makes a difference.

Need help finding services?

- Call or text 988 for free, confidential support and referrals anywhere in Washington. You can also contact the Washington Recovery Helpline at 866-789-1511.