

BEHAVIORAL HEALTH CORNER

Project CARA: Care that Advocates Respect, Resilience, and Recovery for All

“I always knew my baby was worthy of care. But I never knew I was worthy of care, until I came to Project CARA. They treated me with the dignity and respect I didn’t know I deserved.”

Those are the words of a former patient of Project CARA (Care that Advocates Respect, Resilience, and Recovery for All), a perinatal substance use disorder treatment program that serves patients who are pregnant or less than one year postpartum and who are in recovery or seeking recovery in a judgment-free environment.

Housed at MAHEC Ob/Gyn Specialists in Asheville and also available through MAHEC Women’s Care at Brevard, the services of Project CARA include prenatal and postpartum care, medications for recovery, therapy, and wrap-around services.

Project CARA helps address the rapidly increasing opioid overdose deaths and pregnancies associated with opioid use disorder for people in our region.

This project was identified in CARE’s 2021 strategic plan as an important component to meaningfully address substance use in the county and specifically to reduce the incidence of neonatal abstinence syndrome.

Removing the burden of traveling for care

Research has shown that postpartum patients in the Project CARA program who travel from outside of Asheville and Buncombe County face more challenges attending appointments.

Additionally, across the rural United States, provider shortages remain for both

obstetrics and gynecology and prescribers of medications for recovery.

This gap prompted the innovation of a regional “hub and spoke” network of care: rural ob/gyn and family health clinics provide perinatal substance use disorder services, and then consult with and refer patients to the Project CARA office in Asheville when higher levels of care are needed.

Since 2019, Project CARA has partnered with nine clinics in rural counties across western North Carolina to help people access perinatal substance use care closer to their homes. These include MAHEC Women’s Care at Brevard, starting in 2022, allowing for people living in and around Transylvania County to receive the care they need without the burden of traveling to Asheville.

MAHEC Women’s Care at Brevard

MAHEC Women’s Care at Brevard is located at 87 Medical Park Drive, Suite B, Brevard, NC 28712. The office is open Monday-Friday, 8 a.m. - 5 p.m.

The three providers there offer comprehensive ob/gyn services, medication injections, lab services, and ultrasound services, in addition to caring for perinatal substance use disorder patients with Project CARA.

Referrals

To refer a patient for general OB/GYN services at MAHEC Women’s Brevard, please call (828) 547-3004.

To refer a patient for Project CARA services at the Brevard or Asheville office please call (828) 255-5542 or complete this form: <https://tinyurl.com/carareferral>.



Sponsored by
the CARE Coalition of
Transylvania County

(828) 884-1750
carecoalition@tconc.org
www.transylvaniacares.org

Content provided by:
Rebekah Bass, BA
Project CARA at MAHEC

(828) 220-6465
rebekah.bass@mahec.net
<http://mahec.net/obgyn/project-cara>

