



Contact Us

If you are currently pregnant or under one year postpartum and in recovery or seeking recovery, ask for an appointment.

Call: 828-255-5542

Online: <https://tinyurl.com/carareferral>



Welcome To



where
Healthy Parents = Healthy Babies

Regional Referrals

While Project CARA is in Buncombe County, we work with programs across North Carolina.

If you would like to be connected to a supportive clinic close to your home, please call us.

Project CARA: 828-255-5542



Project CARA
MAHEC Ob/Gyn Specialists
119 Hendersonville Rd
Asheville, NC 28803
<https://mahec.net/obgyn/project-cara>



Substance Use Treatment
in Pregnancy and Postpartum

Mission & Vision

To ensure that all pregnant and parenting people in recovery or seeking recovery from substance use have easy access to a multidisciplinary team that is compassionate, trauma informed, and non-judgmental.

We aim to change generational patterns of substance use one pregnancy at a time.

Our team is committed to helping our patients have the healthiest possible pregnancy and birth whether their last time using was five years ago or five days ago.

“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.”

Our Services

Medical Care

- Preconception consults
- Prenatal and postpartum care
- Perinatal Substance Use Disorder (PSUD) care
 - ▶ Medications for recovery
 - ▶ Tobacco cessation
- Hepatitis C/HIV screening, consults, and treatment access
- Referrals to dental, family medicine, psychiatry services, etc.

Behavioral Health Care

- Therapy
- Case management and relapse prevention planning
- Behavioral health and substance use clinical assessment
- Clinical consults
- Referral to partnering treatment organizations

Wrap Around Care

- Information about Neonatal Opioid Withdrawal Syndrome and Neonatal Abstinence Syndrome
- Hospital expectations and discharge planning
- Referral to peer support services
- Legal and community service coordination

