



- 20% of the babies in Jefferson County are born substance-addicted with over 50% affected in some way by substance abuse.
- These babies are weaned off the substance and often sent home with their mothers who may know little about how to care for their child.
- The first six months of a child's life is crucial to his/her mental and physical well-being.

What is Mentor for Moms?

Mentor for Moms is a newly established one-on-one mentor program developed by members of Healthy Communities of Jefferson County to help these mothers utilizing Second Stories, a local non-profit organization, whose goal is to provide resources to parents and /or family members to better equip them to handle the daily job of parenting and ultimately aid their child's mental and physical development. In addition to the one-on-one mentoring, a support group for these moms will be provided led by mothers who have overcome addiction.

What will the Mentors teach the Moms? Age appropriate expectations, supervision skills, how to sooth their crying baby (fussy and/or experiencing withdrawal), how to feed their child, basic infant care, home safety, etc.

How Can I Help?

- Become a Mentor to one of these mothers. A pilot group of Mentors is forming now. All mentors will receive training and support throughout their participation in the program.
- Adopt a Mom by providing monetary support to the program to offset Substance Abuse curriculum and other expenses.
- Serve as a driver for these mothers to and from their doctors visits and needed support visits such as the local WIC office.
- Donate new and/or gently used baby items to the Blessings Boutique which a place where the mother's can shop for items for their child by spending "baby bucks" earned by attending the parenting classes.

Who Do I Contact to Volunteer or to Learn More?

- Kim Taylor at Second Stories: (502) 241-5483 or via email at ktaylor@oursecondstories.com.
- Carri Dirksen with Healthy Communities of Jefferson County dirksenc@kdhmadison.org.