

Hey Mamas!

We understand the fear of seeking help, but know that we're here for you whenever you're ready. Our mission is to help you and your baby thrive without any pressure or judgment. Whatever you need, we're here to support you on this journey.



The
MATR
Team

Contact Us

Perinatal Navigator/OB Coordinator

Kristen Frisco-Strosnider

(304) 282-7769

Location

2000 Mon Health Medical Park Drive

Suite 2100

Morgantown, WV 26505



MonHealth.com/OBGYN



EVERY STEP GUIDED
WITH CARE AND
COMPASSION



The **Baby Steps MATR** program collaborates with OB/GYN practitioners, Mon Health, and other necessary providers to ensure clients receive the comprehensive care and support they need.

As part of prenatal care, individuals are offered additional services to support their well-being. A perinatal navigator works closely with each person to connect them to essential community resources, as well as behavioral health and substance use services, to help them achieve their goals.

FOR EMERGENCIES:

Call 911

FOR MENTAL HEALTH OR SUBSTANCE USE CRISES:

Call 988

Services Offered

- **Postpartum Depression Support**
- **Referral to Behavioral Health Services**
- **Medication-Assisted Treatment Referrals**
- **Individualized Care**
- **Linkage to Community Resources, including:**
 - Housing
 - Transportation
 - Workforce Development
 - Domestic Violence Resources
 - Legal Assistance
 - Birth-To-Three
 - Right From The Start

About Us

If you are an OB/GYN patient who resides in West Virginia and needs help managing your mental health or substance use disorder, we have some great news for you!

Baby Steps MATR is available to all residents and completely **FREE**



The West Virginia Perinatal Partnership sponsors this program and is grant funded. Don't hesitate to take advantage of this fantastic opportunity!