



UMPQUA HEALTH

NEW DAY

ABOUT NEW DAY

New Day is a service of Umpqua Health Alliance for Douglas County residents on the Oregon Health Plan. We help pregnant women struggling with substance abuse or other challenges.

We work together with you and your OB doctor, and with other community providers and agencies to offer support and resources. The New Day staff can help with:

- Evaluating your needs
- Emotional support
- Counseling
- Transportation
- Buprenorphine medication-assisted therapy (MAT)
- Methadone/Suboxone plan
- Drug treatment options
- Quitting smoking
- Making & keeping your appointments
- Finding resources

ARE YOU PREGNANT AND UNSURE WHAT TO DO NEXT?

Most importantly, see a doctor. You can:

- Call your OB/GYN to make an appointment
- Call your PCP and get a referral
- Call UHA Member Services at (541) 229-4842 and ask for help
- Ask your counselor, case manager, or any community partner for help
- Call New Day to make a self-referral at (541) 537-0402 (cell) or (541) 229-7049

SUBSTANCE USE DURING PREGNANCY

Lots of things can cause problems for babies before and after they are born, and sometimes those problems last a lifetime.

Things like smoking, alcohol, substance abuse, marijuana, unsafe housing, poor nutrition, domestic violence, and stress are harmful to pregnant women and their children. The New Day program can help you deal with these things. Even small changes can make a BIG difference. We can help.

If you are currently using opiates like heroin or pain pills, or in a methadone or suboxone program, we can work with a doctor who specializes in MAT to help you get through your pregnancy safely. You want a healthy baby and we want to help you get there.





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OUR STAFF

The New Day Program is led by Mandy Rigsby, BA, NCAC II, CADC II, CGAC I Behavioral Support in Pregnancy

LOCATION

500 SE Cass Avenue, Suite 200
Roseburg, OR 97470

REFERRALS

To make a referral to New Day please send a flag to the EMR desktop of Mandy Rigsby. Referrals can also be sent by phone, email or fax.

Office: (541) 229-7049
Cell: (541) 537-0402
Email: mrigsby@umpquahealth.com
Fax: (541) 229-8180

FOR MEDICAL PROVIDERS

If you have a pregnant patient who could benefit from a behavioral assessment and/or behavioral management, make a referral. We will assess each patient for basic resource needs, mental health and substance use issues, safety and environmental factors. We can:

- Assess barriers to care
- Assist in engaging the patient in treatment.
- Connect patients with community support and resources
- Provide education about behavioral risk factors (i.e. smoking, nutrition)
- Encourage healthy and realistic goal setting
- Provide on-going support throughout the pregnancy
- Work as a liaison between medical and community providers

We are available to meet with your patients in your practice, or in the New Day office. Arrangements can also be made for a meeting place in the community.

