



# Philly LIFTS

Philadelphia's  
Neonatal  
Abstinence  
Syndrome (NAS)  
Outreach Program



**PHILLYLIFTS**

Linking infants and families to services

## WHAT IS NAS?

- Neonatal abstinence syndrome (NAS) is a group of conditions that may occur when a baby is exposed to certain drugs during pregnancy.
- NAS is treatable, but could mean a longer hospital stay.
- The treatment for NAS ranges from basic soothing techniques to medication, such as morphine, buprenorphine, or phenobarbital.
- Health professionals and advocates are working to improve care for babies with NAS and their parents.

**PLEASE TALK WITH YOUR PROVIDER ABOUT THE RISKS AND SYMPTOMS OF NAS.**

## HOW WE CAN HELP

Our outreach specialist will contact parents, by phone, about one month after the baby's birth. If families are interested, we will help connect them to services (doula support, food assistance, home visiting programs, substance use treatment) and supplies (diapers, wipes, clothing, etc.). We also offer mental health support, harm reduction tips, and overdose prevention training.

**NOTE: PARTICIPATION IN THIS PROGRAM IS COMPLETELY VOLUNTARY; THE PARENTS CAN OPT OUT AT ANY POINT.**

## WHO WE ARE

*Philly LIFTS is an outreach program created in December of 2018 by the Philadelphia Department of Public Health.*

*The program is a service for families of babies diagnosed with NAS. We provide mental health support for children and adults, overdose prevention training, and linkage to a variety of social services, including substance use treatment, Philadelphia.*

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**Am I required to enroll in Philly LIFTS?**

No, participation is voluntary and you can decide not to continue at any time. Our program exists to help you and your baby through this postpartum period.

**Is Philly LIFTS affiliated with DHS?**

No, Philly LIFTS is a program with the Philadelphia Department of Public Health (PDPH) and has no connection to the Department of Human Resources (DHS). We also provide services to parents who do not have custody of their babies.

**Will information I provide be shared?**

We will only share your information with your permission when referring you to partner organizations for additional services.

Q+A

## SERVICES

As an outreach program, Philly LIFTS can connect you and your family to local organizations and services you may need. Our team also offers mental health support for children and post-partum parents, as well as a support group for parents of children born with NAS.

Our outreach specialist will work with you to determine which services are most suitable for your needs.

## SERVICES CAN INCLUDE:

- Baby supplies like diapers, wipes, and clothing
- Access to food
- Case management/home visiting programs
- Health/medical needs
- Mental health support for children and post-partum parents
- Employment Assistance
- Substance use treatment

## CONTACT OUR TEAM

**To refer yourself or someone else:**  
[bit.ly/PhillyLIFTSreferral](https://bit.ly/PhillyLIFTSreferral)

**Outreach Specialist**  
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