

New Moms' Group

Our New Moms' Group consists of weekly, group appointments with your Treatment Team. The Team includes a physician, a Master's Level counselor, and a case manager.

You will learn about what to expect after giving birth, and how to manage as a new mom. Your Team will provide you support as you learn the necessary tools to interact with and enjoy your new baby.

Sample Group Topics

- Basic mom skills
- You, your partner, & sexual health
- Developmental milestones
- How you impact your child
- Birth control and VLARC
- Breastfeeding and nutrition
- Managing health risks
- Managing your emotions

Who We Are

About us:

High Point Clinic, an Evidence Based Addiction Medicine company, provides a safe and welcoming environment so we can truly partner with you during your recovery. We deliver a holistic, team-based approach which incorporates the latest techniques as well as proven methods for addiction recovery. You can finally make those lasting changes in your thoughts and behaviors and recover your life.

We want to be your patient-centered, medical home for Medication Assisted Treatment and recovery.

Contact Us



203 High Point Drive
Johnson City, TN 37601
(423) 631-0731



Evidence Based
Addiction Medicine
Dba

**High Point
Clinic**

*Pregnancy and
New Moms*

www.highpointclinic.org

Pregnancy Group

Pregnancy Group is designed to help you achieve the healthiest pregnancy possible! Our goal is to help you to understand the disease of addiction and how it could affect your baby.

The Pregnancy Group consists of weekly appointments with your Treatment Team. Your Treatment Team includes a physician, a Master's Level counselor, and a case manager. The group is designed to provide education, support, and encouragement.

Sample Group Topics

- Breastfeeding & nutrition
- Birth control and VLARC
- Managing health risks
- Communication with health care providers
- Neonatal Abstinence Syndrome
- Finnegan Scale
- Managing your emotions
- Delivery and newborn moments
- Guest speakers from the Health Department
- Life skills

Our Belief

The treatment of addiction is changing, and changing radically. Addiction is a disease, and persons need to be treated with respect and care. We utilize multiple approaches including counseling, case management, and appropriate medication assisted treatment, as we aid you in your recovery.

We specialize in the most progressive and evidence based treatment as validated by the leading experts in the field of addiction medicine.

Professional Support

- Board Certified Addictionologist
- Physicians experienced in the treatment of addiction, pregnancy, and childbirth
- Licensed, professional counselors/ mental health service providers
- Master's Level counselors
- Case manager

Services Included in Your Clinic Visits

- Individual therapy
- Family therapy
- Couple's therapy
- Case management
- SMART recovery
- Finnegan Scale classes
- Resume building
- Job search

Call today and schedule your appointment! We look forward to meeting you and helping you get started with your recovery.

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