Resources

Important Telephone Numbers:
- Brigham and Women’s Hospital Social Work, 617-732-6469
- Passageways, help with intimate partner violence, 617-732-8753
- Teen Parents Benefits Access Line, 800-645-3750 x115
- Healthy Families Home Visiting through the Children’s Trust Fund, 888-775-4KIDS

Internet Resources:
- Massachusetts Alliance for Teen Pregnancy at www.massteenpregnancy.org
- Massachusetts Adoption Resources Exchange at www.mareinc.org
- Planned Parenthood League of Massachusetts at www.pplm.org

Books:
- *Baby Steps, The BWH Adolescent Reproductive Health Services Pregnancy Handbook* by Alison Stuebe, MD and Tarayn Grizzard
- *What to Expect When You’re Expecting* by Arlene Eisenberg, Heidi E. Murkoff
- *Teen Dads* by Jeanne Warren Lindsay
- *Your New Baby* by Angela M. Nicoletti, RNC, WHNP
Welcome to the Adolescent Reproductive Health Services (ARHS) Clinic. Young women primarily come to the clinic for prenatal care, because they are expecting a baby, as well as for other reproductive health issues, such as birth control. The clinic staff is here to support you and to provide the very best health care.

If you are expecting a baby, the clinic staff will be available to you throughout your pregnancy.

Our primary goal is to insure that you stay healthy and deliver a healthy baby. However, we also think it is important that young women feel good about themselves, stay in school and pursue their life’s ambitions. We want to provide the support and guidance you need during this critical period of your life.

The clinic team includes a social worker, nurse practitioners, a doctor, a resource specialist, home visiting nurses, and a health educator. During your visits you will meet with one or more of the team to help you find the assistance, information and support you may need around pregnancy, parenting and other needs. In addition to the services we provide at the hospital clinic, we can refer you to community programs and work with them to help you reach your goals. Additionally, the social worker can help to improve communications with the medical team both during admissions and your outpatient care.

Talking with a Social Worker

The clinic’s social worker is a valuable member of your team. Whether it is planned or unplanned, learning you are pregnant can be a surprise. Parents and friends may have a variety of reactions to the news. Your baby’s father may be excited, unsure, scared or angry about the pregnancy. The clinic social worker is here to help you adjust to your new situation: changing relationships with friends and family; coping with your emotions and dealing with the practical day-to-day issues that arise during a pregnancy. Your social worker can meet with you alone, or with you and your partner or your parent(s).

Teens may have a variety of emotional reactions to discovering they are pregnant. These feelings also change during the course of the pregnancy. Teens also have different ways of coping with the new and unfamiliar challenges that accompany pregnancy. It is common to experience a range of emotions: sadness, fear, moodiness, happiness, confusion and excitement. Clinic patients may meet with their social worker to sort out their feelings, thoughts, experiences and needs. Confidential conversations with mental health professionals familiar with the feelings and experiences common to pregnant teens help patients feel better about themselves and their decisions.

Pregnancy and Relationships

Pregnancy can change relationships. It can affect the way members of your family, your partner, friends, teachers and others relate to you. The social worker can help you understand what is happening and how to cope with your evolving relationships. Feel free to talk with her about the range of mental health and life skills issues, including intimate partner violence, drug and alcohol use, parenting, educational plans and parenting support among many other needs.

Ask any member of the clinic team to help you schedule an appointment with the social worker.

For additional resources, refer to back cover.