

# **The Sun Clinic**

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The SUN Clinic cares about you and your baby. Wherever you are in your journey to recovery from substance-use disorder, we welcome you.





**The SUN Clinic**, located at the Cabarrus Health Alliance in Kannapolis, NC, supports pregnant patients suffering from a substance-use disorder. Not just a medical provider, the SUN clinic is part of a larger network of services for patients and their newborns. We welcome you as you are, without judgment.

## **SUN Clinic Services**

**Prenatal care (e.g., ultrasounds, lab work, fetal monitoring) • Newborn care**

**Mental-health services • Behavioral therapy**

**Dental care • Nutrition counseling**

**Recovery support • Medication-assisted treatment  
Substance-use monitoring**

**Coordinated care • Case management  
Continuing care**

**Educational services • Family services • Parenting  
support/education • Home-visitation programs  
Housing assistance**

**SUN cares about your individual story, no matter how complicated.**



**We also provide prescriptions to treat opioid use disorder to ease withdrawal symptoms.**

All services are available to you in one place. If there are any services you need that the SUN Clinic does not offer, staff will coordinate with community partners. The SUN Clinic is part of a network (The SUN Project) of several agencies that all come together to better serve you and your baby.



# FAQs

## Who is eligible to receive treatment?

Any pregnant person who is or has used substances can receive treatment. Partners and family members are also welcome.

## What can you expect on your first day?

**You're welcome just as you are. No judgment!** The first thing you'll do is meet with a clinical social worker, a nurse, and a doctor, for about 1–2 hours.

The clinical social workers at the SUN Clinic are licensed therapists. They work with you on other things that affect your substance use, like depression or anxiety. They **do not** work for the Department of Social Services or Child Protective Services.

## ON YOUR FIRST DAY AT THE SUN CLINIC, YOU MAY HAVE QUESTIONS LIKE THESE:

### **Why are there so many people asking questions?**

Each person at the SUN Clinic is there to get to know you so they can help you and your baby. Getting to know you means asking a lot of questions. This can be overwhelming.

### **Why are people taking notes?**

The SUN staff takes notes to make a treatment plan that is specific for you. Your notes will only be shared with the treatment team. The goal is to give you and your family the best care. The staff is there to help you, not to judge you.



## **Will the Department of Social Services or Child Protective Services be called?**

This is always a big concern for SUN clients. Your medical and substance use information is protected by law and can only be disclosed with your permission or when allowed or required by law. Our staff will go over all those consents so you can understand them and make an informed choice. Our goal is to help the mother and baby be healthy and safe so they can stay together.



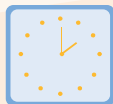
## **How long are appointments and how often do I need to come in?**

The first set are about 1–2 hours each. The frequency of appointments is different for each patient but usually you're seen weekly for a while until you build up support. Over time, the visits will get shorter.


## Why do I have to do frequent urine screens?

Having regular urine screens is part of providing the best care. It does not mean the people at the SUN Clinic do not trust you. Urine samples also screen for other medical things. Screens are a requirement for a trustworthy clinic to operate in NC. If you return to using substances, **there is no judgment**. The people at the SUN Clinic appreciate your honesty, as it helps determine the best way to help you and your baby.

## What happens if I miss an appointment or am going to be late?



If you need to miss an appointment, please call. If you weren't able to call before your missed appointment, you can call after. In order to provide excellent care for everyone, SUN asks that patients keep their appointments and arrive on time. If you come in late, you may have to wait longer, but they do their best to see you. They understand that life is hard and appreciate you doing your best to receive care.



## **Is the program informed by science? In other words, is this provider like a pill mill?**

The SUN Clinic uses best practices informed by science; the clinic is not a pill mill. SUN is committed to helping you get better. Program participants are offered medications to treat opioid use disorder along with therapy to help support and sustain recovery. The SUN Clinic follows all state guidelines to ensure you are getting the best medical care.

## **How much does it cost to attend the SUN clinic?**

The SUN Clinic will help you sign up for Medicaid, if you are eligible. Medicaid covers most of your medical treatment during pregnancy and for up to one year after delivery.

The SUN Clinic is part of the health department that works with other agencies in the community. They are not a for-profit agency. If you can't afford any of the services, they will work with you to get you the care you need.



Does the program take a patient-centered approach, meaning am I am in charge of my care?

**Yes, the SUN Clinic takes a patient-centered approach.** This means the focus is on you, driven by you, and informed by you. Decisions include your input, and the SUN staff is honest with you about your treatment. The SUN staff coordinates your care with all the SUN Project partners in the community to help meet all your needs—not just your medical ones.

### What happens at the end of treatment?

At the end of treatment (usually one year after delivery of your baby), SUN staff will help you find a primary care provider for continued care. It could be a provider at the Cabarrus Health Alliance or another partner. SUN will work with you to determine your new provider so that you feel comfortable with transition.



## **What if I have a family member or friend who needs treatment but is not pregnant? Is there any way for them to get services also?**



Yes! Men and women over 18 can receive services at CHA. The clinic that serves non-pregnant people is right down the hall. This program also assists in paying for the medication.

## **Why am I being asked to sign a consent form to share my information with other agencies in the SUN Project?**

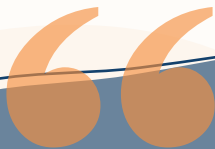
The SUN Clinic is part of a larger SUN Project, which is made up of lots of community agencies that coordinate services for you and your baby. The agencies involved in the SUN Project are required to follow strict confidentiality laws that, in most instances, require your permission before sharing information. By signing a consent form, you authorize the agencies in the SUN Project to share information with each other for the purposes described in the form, including providing treatment and coordinating services for you and your baby. Our staff will talk with you about the consent form to make sure that you understand what it allows so that you feel comfortable before signing it.

## **What happens if I don't want to sign the consent form allowing the SUN Project partners to share my information?**

You have the legal right to refuse to sign the consent form. You can still receive services from the SUN Clinic even if you do not sign the form. However, the SUN Clinic is unique because it partners with other community agencies to coordinate different types of care and services beyond your medical needs. If you don't allow the SUN Clinic to share information with other community partners in the SUN Project, then the SUN Project team cannot work together to coordinate services for you and your baby.



# TESTIMONIALS



*Sometimes moms using substances think they have to stop using before they can come in. But that's not true. No matter your story, you are welcome there.*

*People at SUN really care about you, not just your baby or your health, all of you. Sometimes they seemed to care more about me than I did, and that saved me.*

*I didn't think that they would go so far for me, without knowing me. Helping me and my baby. They help with whatever needs there are that are available.*

*I was surprised at how open, honest, and polite people were. I could tell them there may be something in my system. I was just honest.*

## from real patients

*I am in weekly classes for my substance use. I didn't have the resources for that before. I'm working closely with the social worker...there's just so many things that I really didn't know that I needed help in to be able to stay clean.*

*Many moms who are using substances like heroin, meth, marijuana, or alcohol are scared to see a doctor. I know I was. I was afraid of being judged. I was afraid I would be reported to the police or child welfare. I was afraid they would tell me I had stop, and I didn't know if I could. Even though I wanted to make sure my baby would be ok, I was scared and nervous to go get prenatal care.*



# NOTES

A series of horizontal dotted lines for writing notes, overlaid on a light orange background with a large, faint, semi-circular graphic element.



# The Sun Clinic

Cabarrus Health Alliance

[cabarrushealth.org](http://cabarrushealth.org)

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