

We specialize in treating women who are living with substance use disorders, including those who may be pregnant or parenting, to assist them in developing a healthier approach to life.



McCambridge Center is a women's and children's center operating since 1978. The center is named after Academy Award winning actress, Mercedes McCambridge, who was a recovering alcoholic and spokeswoman supportive of substance use disorder treatment.

Our dedicated and compassionate team of doctors, nurses, therapists, community support specialists, and peer support specialists assist pregnant clients in accessing quality prenatal obstetrical care and will help prepare them for the upcoming birth of their children through connection with community resources and support systems. While in treatment, clients will learn skills to more effectively manage their substance use and how to best care for the health and well-being of their unborn child through education on nutrition, access to prenatal care, and parenting classes.

MCCAMBRIDGE CENTER  
200 PORTLAND STREET  
COLUMBIA, MO 65201

573.449.3953



## McCambridge Center

TREATMENT CENTER FOR  
WOMEN AND THEIR CHILDREN



Compass Health  
Network



McCambridge welcomes women ages 18 and older who are living with a substance use disorder; offering an array of comprehensive services on a residential and outpatient basis, including:

- An RN on staff to assist with a gender specific need, including pregnancy.
- Parenting classes
- Family/child-centered services
- Medically Assisted Treatment

*“McCambridge taught me how to structure my life and to create efficient routines instead of the chaos in which I lived. I would not have come so far and transformed into the woman I am today without McCambridge. Life is good, I have been set free. You can experience freedom too!” - Diane L.*

## MEDICALLY ASSISTED TREATMENT

Medically Assisted Treatment (MAT) and Withdrawal Management (WM) services are offered concurrently in the treatment setting in an integrated manner to interrupt patterns of substance use in persons with addiction, using a “whole patient” approach to care. Through use of FDA-approved medications tailored to meet individual needs, clients can receive access to services to help “break the cycle” of use and establish abstinence.

Research shows that medication in combination with therapy can successfully treat substance use disorders, as well as help to sustain recovery. MAT has also been shown to prevent or reduce the risk of opioid overdose.

MAT is primarily used in the treatment of opioids – such as heroin and prescription pain relievers that contain opiates. The MAT medications help to normalize brain chemistry, block the euphoric effects of alcohol and opioids, relieve cravings, and normalize body functions without negative or euphoric effects of the substance used (SAMHSA).

### *What are the specific benefits of MAT?*

With a comprehensive treatment program, MAT has shown to increase treatment retention, improved birth outcomes among perinatal addicts, provide additional support to pregnant women, decrease illicit opiate use, hepatitis and HIV and criminal activities.

As recovery progresses, you may choose to remain on medication for an extended period or you may decide to be weaned from MAT.

## CHILDCARE

McCambridge Center allows women to bring their children (under the age of 12) to stay with them while in treatment. We assist clients with arrangements for school and daycare.

## HEALTHCARE

McCambridge Center has a full time nurse to assist client with medical needs. We assist clients in addressing mental health needs by offering educational classes, therapy and psychiatry services. Medically Assisted Treatment is also available.

## THERAPY/TREATMENT

We offer educational classes, group therapy, individual therapy, community support/case management to address all aspects of an individual’s participation of family supports in the treatment/recovery process.

