

RESEARCH TO RECOVERY · 2026

The Rev. Jan M. Brown, MSc, RCP, CPRS · SpiritWorks Foundation

From Surviving to Thriving to Flourishing

*Supporting pregnant and parenting families on the journey from addiction to recovery
and beyond*



The Rev. Jan M. Brown

MSc, RCP, CPRS

Founder & Executive Director
SpiritWorks Foundation

ABOUT YOUR GUIDE

A recovery advocate, ordained minister, MOM, and founder walking alongside pregnant and parenting families on the journey from addiction to recovery and beyond.

Founder of SpiritWorks Foundation and Moms on a Mission 2 Recover (MOMs), Jan brings together living experience, peer recovery practice, and pastoral care to support women and families navigating substance use disorders. She is a Master's-prepared Recovery Coach Professional and Certified Peer Recovery Specialist, and a tireless advocate for the principle that guides her work.

“Guide from beside — never from in front.”

Three movements, one journey



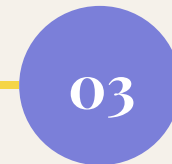
Surviving

The reality on the ground, and the gap in standard peer recovery support training.



Thriving

How MOMs answers that gap — purpose, philosophy, and the way we guide from beside.



Flourishing

What's next — our new website, the launch roadmap, and the call to champion this work.

From hidden hardship to celebrated wholeness — for every mother, every child, every family.

WHAT YOU'LL TAKE WITH YOU

Learning Objectives

01

Recognize the Unique Needs

of pregnant and parenting families at the intersection of substance use disorder and recovery.

03

Apply the MOMs Approach

of "guiding from beside" — supportive, collaborative, non-judgmental, and self-empowering.

02

Identify the Training Gap

in standard peer recovery support — and why specialized preparation matters.

04

Champion New MOMs Circles

by using the You Are Not Alone resource and a practical roadmap to launch Circles in your community.

The reality on the ground

Pregnant and parenting people with substance use disorders live at the intersection of stigma, fear, and silence.

THE FEAR

Reaching out for help can mean losing custody. So families hide — from doctors, from social workers, from each other.

THE GAP

Standard recovery support wasn't designed for someone who is pregnant, parenting, and in recovery all at once.

THE COST

Children are removed. Trauma compounds. The cycle continues across generations, families, and communities.

What standard training misses

Peer recovery support is powerful — but the standard curriculum was not built for the unique reality of pregnant and parenting families.

STANDARD CPRS TRAINING COVERS

- Recovery principles & stages
- Ethics, boundaries, scope
- Motivational interviewing
- Harm reduction basics
- Documentation & referrals

WHAT FAMILIES ALSO NEED

- **Navigating CPS and Social Services without losing custody**
- **Prenatal & postpartum recovery**
- **Parenting in active recovery**
- **Family reunification pathways**
- **Trauma carried across generations**

The gap isn't the trainers. The gap is the curriculum.

Why specialized support matters

- 01** Pregnancy and parenting come with stakes no other recovery support has to hold.
 - 02** Without specialized knowledge of CPS, Social Services, healthcare, and reunification, well-meaning peers can do harm.
 - 03** Specialized peers can hold the whole person — the mother and the woman in recovery, not one or the other.
-

“

I want to be a mom in recovery.

— echoed time and again, in the words of the women who became MOMs

How MOMs began

It started inside the Chesterfield County Jail.

Allie Bellamy and I were teaching the *Invitation to Change* program to a group of women in the HARP community.

We heard one phrase echoed over and over — not just from one woman, but from nearly all of them.

Not “*I want to recover.*”

Something more specific. More urgent.

“

I want to be a mom in recovery.

— the women of HARP, Chesterfield Jail

WHO WE ARE

Moms on a Mission 2 Recover

Guiding you from beside you.

We support people with substance use disorders — including those in recovery — who are pregnant or parenting.

A substance use disorder should never preclude the desire or ability to start or grow a family.

The women who live this truth in the HARP unit became MOMs. Today their lives are testimonies of breaking the cycle — and they extend that lifeline to others.

AT A GLANCE

Founded by and for

women who have lived recovery while pregnant and parenting.

A program of

SpiritWorks Foundation, Williamsburg, VA.

Peer-led

and grounded in lived experience.

OUR PURPOSE

A supportive presence, *every step of the way.*

01

Every family belongs

A substance use disorder does not erase the desire — or the right — to be a parent.

02

Lived experience leads

Mothers who have walked this road are the most credible guides for the mothers walking it now.

03

Recovery is a family act

When a mother recovers, so does the next generation. We hold both the parent and the family.

OUR PHILOSOPHY

Guiding you from beside you

Not from in front. Not from above. Beside.

“We aren't here to lead from a position of authority. We are here to be your collaborative partner — respecting your autonomy while providing the resources, empathy, and accountability you need to navigate challenges and achieve the outcomes you desire for you and your child.”

FROM OUR PURPOSE · moms2recover.org

WHAT GUIDING FROM BESIDE YOU MEANS

Four pillars in practice

01

Supportive Presence

Being emotionally available and providing a comforting environment.

02

Collaborative Decision-Making

Involving you in every step and respecting your preferences.

03

Non-Judgmental Feedback

A safe space to learn and grow without fear of judgment.

04

Self Empowerment

Providing tools to help you achieve your desired outcomes.

Science-backed support

Our programs are guided by the three Design Principles developed by **The Center on the Developing Child at Harvard University**.

The Three Pillars of Our Approach

01

Responsive Relationships

HOW WE IMPLEMENT IT

Fostering nurturing connections between children and caregivers.

THE GOAL

Emotional well-being and secure attachment.

02

Core Life Skills

HOW WE IMPLEMENT IT

Empowering families with essential tools to navigate life's challenges.

THE GOAL

Actively identifying and mitigating environmental and systemic stressors.

03

Reducing Stress

HOW WE IMPLEMENT IT

Enhanced resilience and self-sufficiency.

THE GOAL

Moving families from “surviving” to “thriving.”

What we offer

01 • CALL

Dedicated Phone Line

757-FOR-MOMS — immediate help, guidance, and referrals.

02 • BELONG

Online Community

Closed Facebook group where moms share experiences and find support from home.

03 • GATHER

Community Support Groups

Practical assistance, emotional support, and connections to local resources.

04 • LEARN

Parenting Programs

Families in Recovery & Celebrating Families — education, skills, healthy parenting in recovery.

05 • WALK WITH

Peer Support

Non-judgmental guidance from others with similar living experiences.

Nobody walks alone

MOMs connects families to a coordinated ecosystem of partners.

MOMs • The connector at the center of this ecosystem

01

Healthcare

Addiction medicine &
OB-GYN

02

Social Services

Counseling, case mgmt,
housing

03

Treatment

Specialized VA programs

04

Mental Health

Co-occurring care

05

CPS

Family preservation

OUR PROMISE

Educate

Build awareness, language, and understanding.

Equip

Provide skills, tools, and trusted resources.

Empower

Restore agency, dignity, and self-direction.

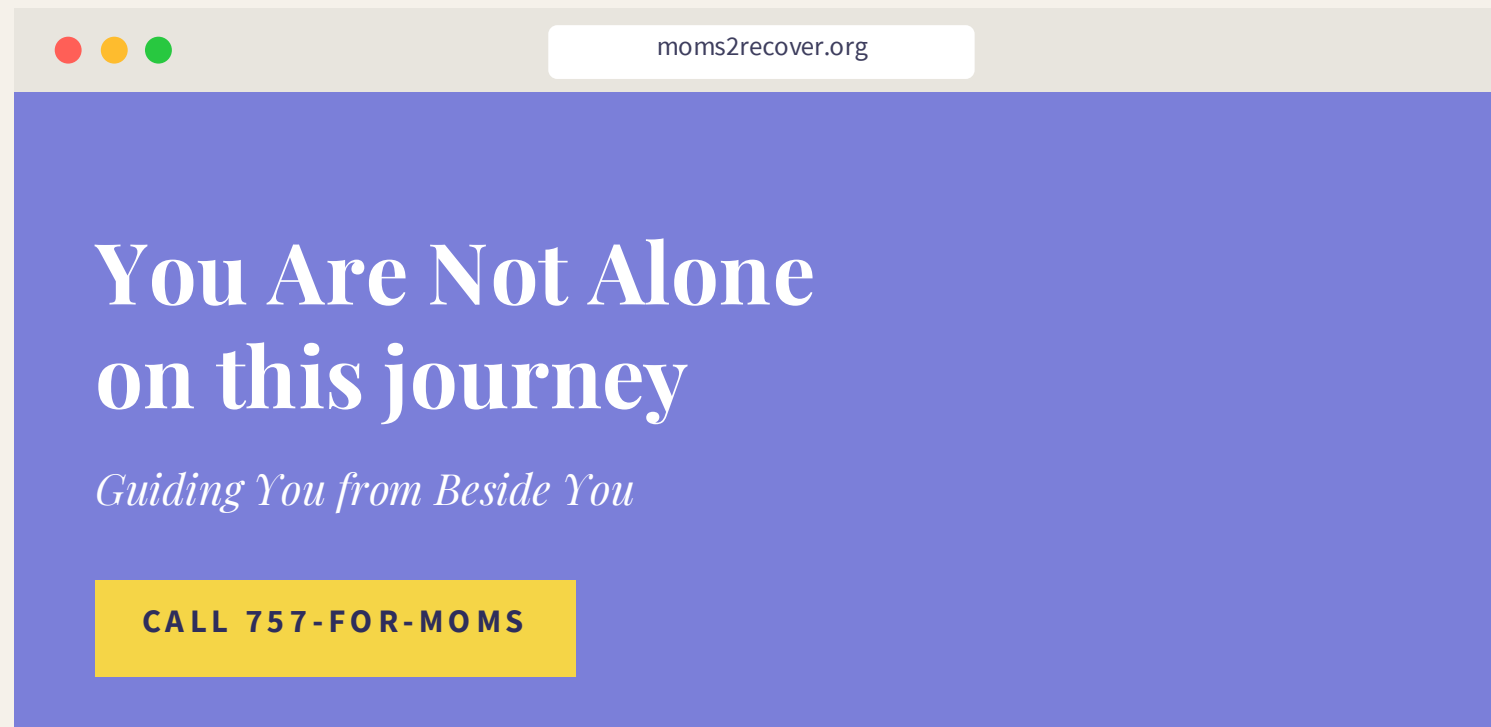
Celebrate

Honor every milestone of healing and growth.

Together we work to disrupt the heartbreaking legacy of addiction in families and communities on the journey from addiction to recovery and beyond.

Introducing our new digital home

Sneak peek at moms2recover.org



THE RESOURCE WE'VE BEEN BUILDING

A digital home for pregnant and parenting families navigating substance use disorders.

A directory, a resource library, a phone line, and a welcome mat — all in one place.

What you'll find on the site

ABOUT

Our story

Who MOMs is, where we began, and why this work matters.

SERVICES

How we help

Phone line, community groups, parenting programs, peer support.

RESOURCE LIBRARY

Tools for the journey

Curated resources for moms, families, and partner providers.

FAQ

Common questions

Answers about confidentiality, CPS, parenting in recovery, and more.

CONTACT

Reach out

Connect with our team — or call 757-FOR-MOMS for immediate help.

PATHWAYS PROJECT

What's next

Collaborative — members of the partner network working with families across southeast Virginia.

Launching MOMs Circles across Virginia

Plant • Grow • Sustain — a five-phase roadmap for new communities.

01

Ground

Weeks 1-4

Identify a local champion. Map partners. Secure a safe space.

02

Train

Weeks 4-8

ITC foundations. PPW training. MOMs peer-support orientation. Shadow a Circle.

03

Plant

Weeks 8-12

Soft launch with 4-6 participants. Weekly closed Circle. Open 757-FOR-MOMS.

04

Grow

Months 3-6

Add parenting curriculum. Cross-pollinate with other VA Circles.

05

Sustain

Month 6+

Facilitator support calls. Track outcomes. Celebrate publicly.

The five non-negotiables

Whatever the phase, whatever the place — these hold.

01

Confidentiality is sacred.

02

Once a MOM, always a MOM — no one is graduated out.

03

Living experience leads; clinical expertise supports.

04

Children are welcomed, not a barrier to participate.

05

Guide from beside — never from in front.

WHY THIS MATTERS

Building compassionate, *non-judgmental communities.*

When a mother in recovery can walk into a room and be seen — not as a case, not as a risk, but as a mother — the cycle starts to break.

That room can be a jail. A church basement. A WIC office. A Zoom screen. What makes it sacred isn't the address — it's the posture of everyone who steps in.

We are equipped. We are educated. We are not alone. And we are not going anywhere.

YOUR INVITATION

Champion this work.

Three ways you can guide from beside, starting today.

01

Refer a Mother

Share 757-FOR-MOMS with one person who needs to know it exists. That call could change a family's trajectory.

02

Train a Peer

Send a Certified Peer Recovery Specialist to ITC + MOMs orientation. Add lived expertise to your team.

03

Plant a Circle

Start the conversation in your community. We'll walk the five phases of the roadmap with you.

THANK YOU

Let's guide from beside — *together.*

Grateful to Research to Recovery for holding space for this work.

CALL

757-FOR-MOMS

VISIT

moms2recover.org

EMAIL

formoms@spiritworksfoundation.org

Spiritworks Foundation · 5800 Mooretown Rd, Williamsburg, VA 23188



GET INVOLVED

Let's keep walking — together.

If anything you heard today moved you to act — whether you want to refer a family, start a MOMs Circle, partner with us, or just learn more — please reach out.

Thank you. We're so glad you're here.

EMAIL

formoms@spiritworksfoundation.org

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