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McMillen Health Announces Expansion of *Healthy Tomorrow* Features

FORT WAYNE, IND. – Pregnant women with opioid use disorder (OUD) and their infants with neonatal abstinence syndrome (NAS) will soon have more resources to help them thrive—all at the touch of a button. That’s according to McMillen Health, which, along with funders the St. Joseph Community Health Foundation and the Delta Dental Foundation (DDF), last week announced plans to expand their free app *Healthy Tomorrow*.

[“With Indiana’s NAS rates 30% higher than the national average and 15.7% of Indiana babies testing positive for opioids,](#) there’s never been a more important time to ensure pregnant women with OUD have the resources they need to live their healthiest lives,” says Nicole Fairchild, executive director of McMillen Health. *“Healthy Tomorrow* delivers those resources in an easily digestible, user-friendly format.”

Healthy Tomorrow offers short, educational video content to support pregnant and parenting women and their children. Topics include prenatal care, mental health, dental care, recovery planning, including medication-assisted treatment, preparing for hospital outcomes and more.

“Pregnant women do not get enough information about how the health of the mouth affects the health of the baby,” explained Dr. Holli Seabury, executive director of the DDF. “We are thrilled to be involved with this project to bring in the oral health aspect that is so often missing.”

The app was created using [guidance](#) from two advisory groups composed of local pregnant or recently pregnant women with OUD and the professionals who serve them. The women noted that in other online pregnancy and motherhood chat forums, they were shamed for their diagnosis and found it difficult, and at times impossible, to participate or find peer support. To challenge that paradigm, *Healthy Tomorrow’s* discussion forum will allow app users to virtually connect with others in a similar situation for mutual support. A professional portal will allow app users to give permission to a home visitor, doctor, mental health professional, social worker or any other professional to access their progress within the app and help guide them in their recovery journey.

“We are excited to lean in to help women in Fort Wayne and around the country,” said Meg Distler, executive director of the St. Joseph Community Health Foundation, which provided the additional funding to support the app’s new networking functions. “This is only the beginning of the story. We are proud to be a part of this project.”

Additional funding from the Parrot Foundation and the PHP Foundation will allow McMillen Health to expand the free resource by providing 20 educational videos on safe sleep and prenatal care over the next year. Parkview Health’s support through the My Healthy Baby Initiative will add 10 videos on breastfeeding, birth spacing and tobacco use. This partnership will also support translation of all content into Arabic, Burmese, Dari, English, French, Marshallese, and Spanish by 2023.

To learn more, visit mcmillenhealth.org/healthy-tomorrow.

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