## Supplement 1. Qualitative In-Depth Interview Study Flow Diagram

Contacted Eligible Facilities

(*N* = 23)

Excluded (*n* = 11):

Unable to participate due to time constraints (*n* = 2)

Weather damage to facility (*n* = 1)

No response (*n* = 8)

**Enrollment**

Number of Informational Calls Completed

(*n* = 12)

Excluded (*n* = 5):

Study not approved by facility leadership (*n* = 2)

Unable to participate due to time constraints/no response (*n* = 3)

Facilities consenting to participate (*n* = 7)

**In-Depth Interviews**

Participants assessed for eligibility (*n* = 41)

**Pregnant and Postpartum People**

**Administrators and Providers**

**Analysis**

Excluded (*n* = 4):

Not pregnant or postpartum within 2 years (*n* = 1)

Incomplete screener (*n* = 3)

Participants assessed for eligibility (*n* = 47)

Excluded (*n* = 13):

Worked < 1 year (*n* = 3)

Training/role is not AP  
(*n* = 6)

Did not consent to recording (*n* = 1)

Incomplete screener (*n* = 3)

Excluded/lost to follow-up

(*n* = 8)

Excluded/lost to follow-up

(*n* = 10)

Eligible participants who completed IDIs   
(*n* = 26)

Eligible participants progressed to IDIs

(*n* = 37)

Eligible participants who completed IDIs  
(*n* = 27)

Eligible participants progressed to IDIs

(*n* = 34)

*Note.* IDI = in-depth interview.

**Supplement 2. Primary Qualitative Themes and Illustrative Quotes**

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| **Theme** | **Summary of Theme** | **Illustrative Quotes** |
| The Importance of Families in Treatment and Recovery | The families and children of pregnant and postpartum people played a pivotal role in FCSUT. For many, their children were the primary motivating factor for treatment for SUD and family-support was considered a facilitator to maintaining recovery. | (1) *“But I wanted it for myself as well as my children. My children needed their mom. I’m a single mother so they just needed me. They needed me back to who I was, and it was really hard just to quit on my own. I don’t think I could’ve made it if I tried to quit on my own”* (Former Recipient of FCSUT, Pregnant and Postpartum)  (2) *“I think probably the biggest thing is because they’re able to keep their child while in treatment with us. And that is, I think, a lot of the reason that so many of our clients come to our facility specifically, because other treatment centers don’t have the resources or are even willing to take pregnant clients or clients who have young children”* (Supervisor of FCSUT Services, Treatment Assistant)  (3) *“Just the fact that my daughter could be here with me. And there’s not a lot of places that offer that in* [name of state]*”* (Current Recipient of FCSUT, Postpartum)  (4) *“It was reunification with your babies. It’s a mother-and-baby program. So, my daughter had been taken away by* [name of state department]*, and this program said that they could reunite me with my daughter. So that’s what the motivating factor was to come here”* (Current Recipient of FCSUT, Postpartum)  (5) *“It was pretty easy [to get information about the facility] because… I knew people who had went through it, so they kind of just gave me all the information”* (Former Recipient of FCSUT, Postpartum).  (6) *“So, what we find is best is if the family participates with them in the treatment, then when they get out, it's a lot smoother”* (Supervisor of FCSUT Services, Administrator). |
| Benefits of Family-Centered Treatment for Parents | FCSUT provides unique benefits for pregnant and postpartum people by acknowledging their dual identify as a parent and a client seeking SUD treatment. These benefits include improved parenting skills and family connection and increase confidence in their role as a parent. Specific services tailored to parents are particularly important to pregnant and postpartum people participating in FCSUT such as childcare, family therapy, and parenting classes. | *(1) “You can go to rehab and get help and stuff like that, but then eventually you have to leave rehab. And then that's where a lot of people struggle because they're like, ‘Well, now what do I do? I have my kids and I have to get a full-time job and I have to pay childcare and I have to pay rent.’ And it's like, I feel like that's a huge reason why a lot of people end up relapsing after rehab, is because they don't have those services”* (Former Recipient of FCSUT, Postpartum)  (2) *“…the coping skills for what to do when the stresses of being a parent do arise. Doing something different. You’re so used to just either walking away, and ‘I don’t want to deal with this,’ or yelling or screaming. They just teach you a healthy way to parent, and I love that about that place.”* (Former Recipient of FCSUT, Pregnant)  (3) *“The [facility] specifically opened the door to all these resources that I had no idea that were available to me. ...Once my daughter was old enough to go into childcare or start looking for childcare when I was getting close to moving out of the house, they helped enroll me in a local company to pay for the childcare services, because childcare is outrageously expensive.”* (Former Recipient of FCSUT, Postpartum)  (4) *“[Treatment] was really helpful to me. I learned how to pinpoint my triggers, and they helped me be a better mother with the classes… I just think it’s an overall amazing program”* (Former Recipient of FCSUT, Postpartum)  (5) *“Learning how to balance. So, they have to do their chores. People are on the kitchen crews, so they’re cooking the meals too, things like that. So, we have girls that have their 1-year-old sitting in the highchair while they’re cooking dinner, and stuff like that is important. So, they’re able to balance their parenting responsibilities, which is real responsibilities in general.”* (Provider of FCSUT Services, Parent Advocate)  (6*) “They were actually very, very helpful for me, especially the parenting classes with me and my son. Because of my choices before I made it to [the program], he had some trauma and he acted out. And after I got to [the program] and I worked with him, and they helped me, his attitude and his behaviors completely changed. And I still implement a lot that I learned there today in my parenting.”* (Former Recipient of FCSUT, Pregnant)  (7) *”All their things are based on younger kids because it was for women who are pregnant and just had their babies or whatnot. Or at least that's what my class, when I was there…so yeah, a bigger age group to learn parenting for teenage and up would be awesome.”*(Current Recipient of FCSUT Services, Postpartum) |
| Benefits of Family-Centered Treatment for Families | Benefits of FCSUT extend beyond the pregnant or postpartum person seeking SUD treatment to encompass their children and families as well. FCSUT focuses on a whole-family approach by including other family members, including the child(ren)’s fathers, in counseling which may improve family connectedness and can help build a family support system for long-term recovery for pregnant and post-partum people. | *(1) “It’s changed my life, just finding myself and letting me experience life again with quality… and get to rekindle relationships with families and friends”* (Former Recipient of FCSUT, Postpartum)  (2) *“The treatment groups and stuff that we do that focus on us also as individuals so we can learn how—like doing affirmations. Like learning about us and really loving ourselves in a healthier way, I feel like that’s been super helpful… We went through a vulnerability theater, and it shows who we have in our background and what kind of people we would let closest to us and what kind of people we don’t want in our lives, because that plays a huge role in how we feel about ourselves… I’ve been able to learn how to communicate better with people, other people, like not just my kids but people in general. I’m learning not to be codependent anymore, holding boundaries. We’ve made a toolbox journal thing with all of our different coping skills and stuff for when we leave and are back in the real world… Radical acceptance, that’s just looking at everything as like it is what it is, being focused on the present moment and not judging any situation, so we can really make responsible choices in those situations… dialectical behavioral therapy… Stages of codependency recovery.”* (Former Recipient of FCSUT, Pregnant and Postpartum)  (3) “*I’ve been able to learn about myself, but also learn about how I can interact with my family again and my kids. And I feel like that’s a huge part*.” (former Recipient of FCSUT, Postpartum)  (4) *“I really feel like engaging the whole family in recovery is an essential part to recovery for a lot of people”* (Supervisor of FCSUT Services, Treatment Assistant)  (5) *“Including the children throughout the whole treatment process, it helps [clients receiving SUD treatment]… step back and consider other people rather than—it’s a very narrow-minded mindset where they come in, and they graduate from a more family-centered treatment style”* (Supervisor of FCSUT Services, Treatment Assistant)  (6) *“We educate the families about the effects of addiction on the brain and how it's not just a choice that they make and how it's actually a mental illness and like it grabs a hold of them so that they have a better understanding about the recovery process”* (Provider of FCSUT Services, Addiction Counselor)  (7) “*I think it's really hard for the whole family to get that family therapy. And so, I think that's something that will be-- because we provide it for the women…but they don't serve the mom and the dad, if you understand.” (Community Health Worker at FCSUT Facility)* |
| Additional Areas for Program Growth | Challenges of SUD treatment for children and families included the medical aspects and strict rules of the FCSUT facility may not be the most suitable for children and specific polices surrounding the age of children permitted or how many children can reside with the parent may act as barriers to FCSUT access for pregnant and postpartum people. | (1) *“We are only equipped for children under the age of 6, and so that’s something that I think prevents a lot of people from coming in. Unfortunately, we don’t have the space or the resources to house and to transport children of that age because usually at that age they’re going to kindergarten on a regular basis and so we just don’t unfortunately have the ability to kind of always provide for children of that age. So that’s definitely a barrier that I’ve noticed”* (Supervisor of FCSUT Services, Treatment Assistant).  (2) *“I think what that would look like is a detox facility that had an adjacent childcare that was staffed 24/7, where the mom could be receiving all the medical services, and the child could have their needs taken care of, but they could see each other. They could be facilitated to have visits until the mom was at least marginally stabilized. And then they could be transitioned into the res[idency] program together without jeopardizing mom’s custody of that child, which is, of course, their number one fear.”* (Supervisor of FCSUT Services, Administrator)  (3) *“Because this is the only one I went to is the only one on the county that provides the services that I got, and there’s six beds there, and it’s a 3- to 6-month program. So those beds get full, and then that’s it for a few months. So, if there was more services like this available, it’d be more public knowledge to people”* (Former Recipient of FCSUT, Postpartum)  (4) “*I've heard that in the past, there was childcare. That might be better for toddlers, because we're in groups, the toddlers have to stay with us. So maybe it would be a little more beneficial for a toddler to be in their own area playing rather than sitting with us while we're learning about these things…Maybe if they could redo childcare, it might be beneficial for the children.”*(Former Recipient of FCSUT Services, Postpartum)  *(5) “I found my own childcare. My daughter goes to a separate childcare than everyone else's because the wait list was so long, and I wasn't willing to wait that long. So that I could engage in my treatment. So, I do feel that they need better contracts with their childcare, and better resources for the outside childcare.”* (Current Recipient of FCSUT Services, Postpartum)  (6)*”All their things are based on younger kids because it was for women who are pregnant and just had their babies or whatnot. Or at least that's what my class, when I was there…so yeah, a bigger age group to learn parenting for teenage and up would be awesome.”*(Current Recipient of FCSUT Services, Postpartum) |