

Consider the Impact of Your Words and Actions



Pregnant people with substance use disorders may feel:

- Judged
- Disempowered
- Scrutinized
- Criticized
- Looked down upon
- Like they are receiving suboptimal care



These feelings can lead to:

- Frustration
- Anger
- Shame
- Doubt
- Sadness
- Lower self-worth
- Questioning ability to parent



Practitioners can look for these things:

- Shutting down
- Missing appointments
- Change in eye contact
- Insecure attachment

Create a safe space for pregnant people to share!

Pregnancy is a

Window of Opportunity

to engage people in
treatment and recovery

- Conduct Universal Substance Use Screening
- Educate about Substance Use and Pregnancy
- Refer to Treatment
- Support Recovery



Mountain Plains ATTC (HHS Region 8)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

We've Talked A Lot...

Now,

*Do **YOU**
Have Questions?*

NO TOPIC IS OFF LIMITS

- I would like to know how alcohol and drugs may affect a baby during pregnancy.
- I would like to know which alcohol and drugs should be avoided during breastfeeding.
- Can pregnant people be safely treated for substance use disorders or opioid use disorder during pregnancy or when breastfeeding?
- I have other questions I would like to discuss.

Please take a sheet, mark any items you would like more information on, and give to your provider. We are happy to answer your questions!



Mountain Plains ATTC (HHS Region 8)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration