

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!



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