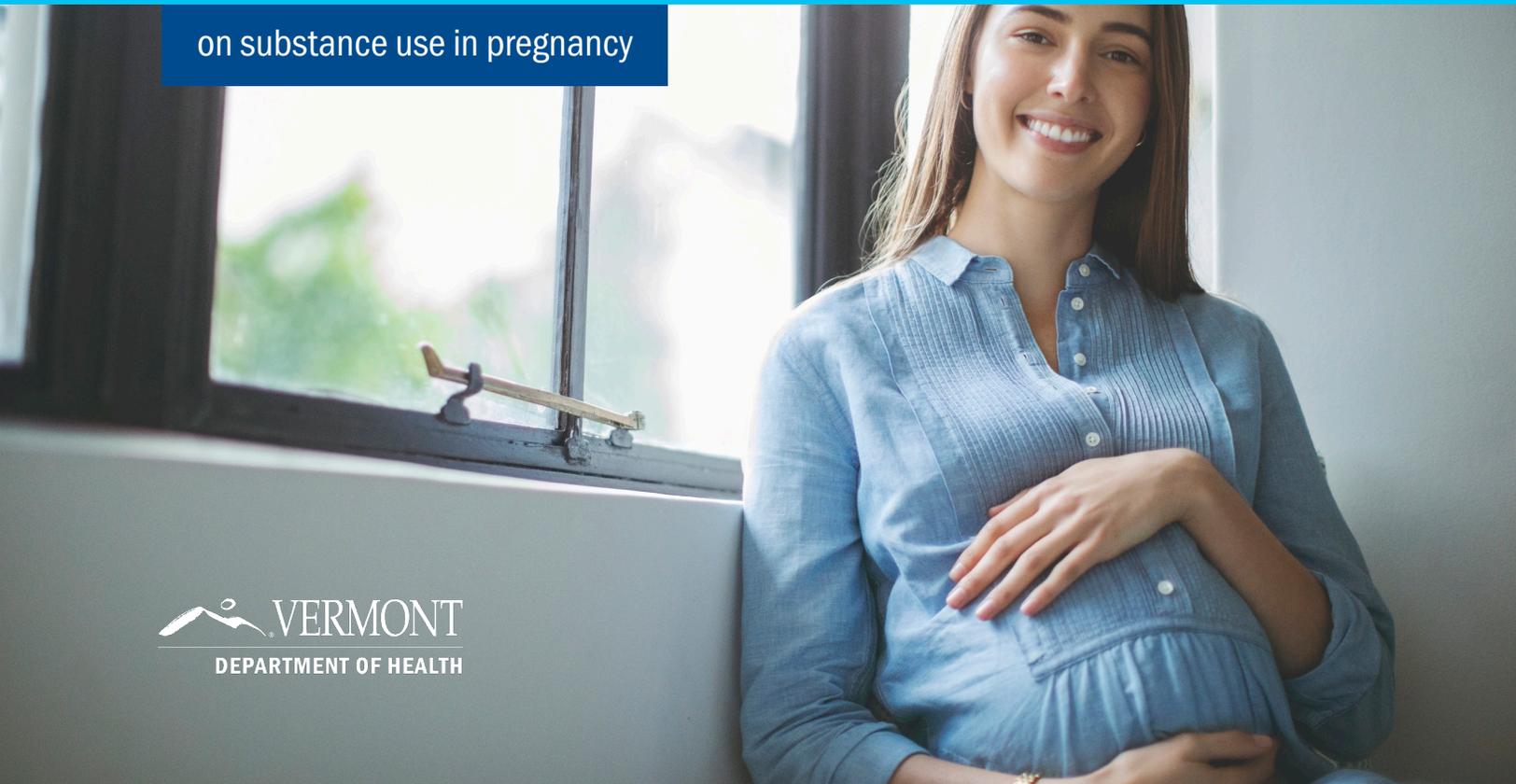




Tips and tools for

# THE 9+ MONTH CONVERSATION

on substance use in pregnancy



# WHAT'S THIS ALL ABOUT?

Recent research shows the prevalence of substance use in pregnancy is higher in Vermont than other, similar states. To help the healthcare professionals working to reduce those numbers, the Vermont Department of Health has created the One More Conversation Can Make the Difference campaign to encourage open, ongoing dialogue between professionals and their patients.

## TIPS

Suggestions on how and when to talk substance use in pregnancy.

- Make the conversation part of every visit** or, at least, of every mental-health check in.
- Remind patients** about safe and effective treatments that improve pregnancy outcomes.
- Take the stigma out** of the conversation with open-ended, nonjudgmental language. "We ask this of everyone." "Just checking in on this again." "Do you have any questions about substance use?" "Is there anything we can do to work on it?" "How do you feel about substance use?" "Is it okay to discuss the risks?"
- Meet patients where they are** in their relationship to substances to help build trust.
- Look for the reason behind the use** before jumping to negative outcomes.
- Help them understand addiction is a treatable disease**, not a character flaw.
- When information is limited (e.g. marijuana)** use questions or admission as an opportunity to discuss other substances.
- Encourage the idea that there is "No Known Safe Amount"** of substance use for a healthy pregnancy.
- Empower patients** to learn more with One More Conversation Can Make the Difference patient materials and webpage.
- Try to tap into the patient's support system** (especially when language barriers exist)
- Share this information** with other providers to help create one voice across Vermont.

## TOOLS

Help encourage your patients to continue the conversation.

### KEEP THE CONVERSATION GOING OUTSIDE THE OFFICE

with digitally shareable information.

[Download Substance-Specific Fact Sheets](#)



### START THE CONVERSATION EARLY

with printable or email-able intake and discharge packet inserts.

[Download Inserts/Rack Cards](#)



### TEXT OR TELL

patients about this easy to remember patient-centric page.

[1MORECONVERSATION.COM](http://1MORECONVERSATION.COM)



### ENCOURAGE PATIENTS TO THINK ABOUT DISCUSSING SUBSTANCE USE BEFORE THEIR APPOINTMENT

with in-office digital screens.

[Download Digital Screen Ads](#)



# OTHER RESOURCES

Curated list of the latest information on substance use in pregnancy for easy access.

## General Links & Research

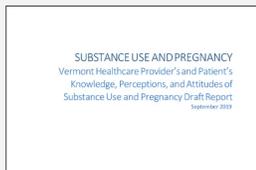


### Evidenced-based Screening Tool

A valuable resource that includes several evidence-based screening tools and other pertinent information.



Vermont Pregnancy Risk and Management System (PRAMS) Report provides data about pregnancy and the first few months after birth to help identify groups of women and infants at high risk for health problems.



### JSI Research Report

2019 Report on Vermont Healthcare Provider's and Patient's Knowledge, Perceptions, and Attitudes of Substance Use and Pregnancy.

## Alcohol

### NOFAS

Prevention organization focused on raising awareness as well as supporting families with FAS.

### SAMHSA.gov Addressing FASD

Interventions for pregnant women and methods of Identification for people living with FASD.

### CDC Choices Curriculum

A program for women about choosing healthy behaviors.

## Tobacco

### Vermont 802Quits

Incentives for counseling calls, custom quit plans, free text support, and nicotine replacement therapies with Rx.

### CDC Perinatal Tobacco Risk

Understanding the Health Effects of Smoking and Secondhand Smoke on Pregnancies.

### ACOG Tobacco Use and Women's Health

Epidemiology, Forms of Tobacco, Health Effects, Role of the Obstetrician, and Medications.

## Cannabis

### Maternal cannabis use in pregnancy and child neurodevelopmental outcomes

A 2020 study on the connection between maternal cannabis use and autism.

### CDC Marijuana in Pregnancy

The potential health effects during pregnancy and breastfeeding – using marijuana in pregnancy.

### NIH Marijuana Safety in Pregnancy or Breastfeeding

Statistics, the endocannabinoid system, health effects, the role of poly-drug use, perception of safety and recommendations.

## Opioids

### Alliance for Innovation in Maternal Health

Multidisciplinary groups of experts compile best practices around maternal health conditions and strategies.

### SAMHSA.gov

Collaborative approach to the treatment of pregnant women with Opioid Abuse disorders.

### SAMHSA Fact Sheet

Dos and don'ts, things to know and expect, and treatment.