

# At-A-Glance: PERINATAL PROVIDER TOOLKIT

Finding the right resources at the right time for patients  
with perinatal substance use







## INTRODUCTION

The [Perinatal Substance Exposure Task Force](#) of the NH Governor's Commission on Alcohol & Other Drugs created this At-A-Glance tool to better navigate the online [Perinatal Provider Toolkit](#); bringing busy providers and professionals like yourselves reliable and easy-to-access patient resources.





This At-A-Glance brings you practical tips on the best audience, best use and other highly recommended, impactful NH specific resources on perinatal substance use for patient treatment and education based on the online toolkit by the Mid-America Addiction Transfer Center.

For a direct link to the online [Perinatal Provider Toolkit](#), visit [atccppwtools.org/Toolkit/PerinatalProviderToolkit.aspx](http://atccppwtools.org/Toolkit/PerinatalProviderToolkit.aspx)








*\*NOTE: several links in the original toolkit have been updated. See below for live links.*












ICON	DESCRIPTION OF ICON
	Recommended resource for clinical providers such as physician, nurse practitioner, OB/GYN nurse
	Recommended resource for other professionals such as behavioral health, family support services
	Good downloadable or printable resource for patient education
	Best used as a digital resource
	Good trauma informed resource
	NH specific tool














**In the grid below you will find a link to the best resources for your patients.**












NH-SPECIFIC RESOURCES		
ICON	RESOURCE & LINK	COMMENT
	<a href="#">NH Center for Excellence</a>	Resources and TA for communities, practitioners, policymakers, and other stakeholders working to reduce substance misuse and related consequences in NH
	<a href="#">QuitNow-NH</a>	Free coaching and nicotine replace for NH residents Easy to read patient material and factsheets On demand provider training
	<a href="#">Plan of Safe and Supportive Care</a>	Provider resources and instruction on NHs Plan of Safe Care Patient brochure
	<a href="#">Coordinating Services And Supports For Pregnant Women And Mothers With Substance Use Disorder (SUD) And Their Babies</a>	10 page review of the needs of pregnant women and mothers with SUD, and highlights of several effective and innovative NH-based programs and SUD resources
















	<a href="#">The Doorway NH</a>	<p>Portal for statewide substance use and mental health supports and treatment in NH</p>
	<a href="#">Today is for Me</a>	<p>NH public awareness digital campaign with web-based resources to help women avoid alcohol and marijuana use before, during and after pregnancy</p>
	<a href="#">Northern New England Quality Improvement Network</a>	<p>Online clinical tools such as ECHOs, toolkits, guidelines, QI projects to improve perinatal outcomes</p>
	<a href="#">Center for Addiction Recovery in Pregnancy</a>	<p>Providing technical assistance to clinical professionals caring for pregnant and postpartum patients with SUD</p>

OTHER RESOURCES		
	<a href="#">SAMSHA's Behavioral Health Treatment Services Locator</a>	Live link to online database of treatment services and facilities
	<a href="#">Public Health Response to Opioid Use in Pregnancy</a>	APA Position Statement <i>Produced 2017</i>
	<a href="#">Alcohol Abuse &amp; Other SUDs: Ethical Issues in Obstetrics &amp; Gynecologic Practice</a>	*American College of Obstetricians and Gynecologists (ACOG) Committee Opinion <i>Produced 2015</i>
	<a href="#">Applying CDCs Guidelines for Prescribing Opioids</a>	Free one hour module with CMEs/CEUs  At the conclusion of the session, the participant will be able to: <ol style="list-style-type: none"> <li>1. Recognize that opioid use by women presents unique considerations</li> <li>2. Identify risks of opioid use during pregnancy</li> <li>3. Explain how preconception care can help improve maternal and neonatal outcomes</li> <li>4. Describe best practices concerning opioid use during prenatal care</li> <li>5. Describe best practices concerning opioid use during postpartum care of mother and child</li> </ol> <i>Produced 2016</i>
	<a href="#">Clinical Care for Opioid-Using Pregnant and Postpartum Women: The Role of Obstetric Providers</a>	Article in American Journal of Obstetrics and Gynecology  <i>Produced 2014</i>
	<a href="#">Clinical Guidelines for Treating Pregnant &amp; Parenting Women with Opioid Use Disorder &amp; Their Infants</a>	*165 page document  Includes 16 fact sheets grouped into three categories: <ul style="list-style-type: none"> <li>• Prenatal Care</li> <li>• Infant Care - includes info on Non-Pharm Interventions but not ESC</li> <li>• Maternal Postnatal Care.</li> </ul> <i>Produced 2018</i>
	<a href="#">Guidelines for Breastfeeding &amp; Substance Use Disorder</a>	Academy of Breastfeeding Medicine (ABM) Clinical Protocol #21  <i>Produced 2015</i>













	<a href="#">Information for Health Care Providers &amp; Public Health Professionals</a>	4 page teaching tool <i>Produced 2011</i>
 	<a href="#">Marijuana Use During Pregnancy &amp; Lactation</a>	*ACOG Committee Opinion Produced 2017
	<a href="#">National Practice Guideline for Use of Medications in Treatment of Addiction Involving Opioid Use</a>	13 page document American Society of Addiction Medicine (ASAM) Practice Guideline resource page with links to a variety of documents and resources <i>Produced 2015</i>
 	<a href="#">Obstetric Care for Women with Opioid Use Disorder Patient Safety Bundle</a>	Produced by AIM, Council on Patient Safety in Women's Health Care, ACOG 4 page downloadable pdf of the Patient Safety Bundle 7 page downloadable pdf comprehensive resource listing Patient Safety Bundle audio/slide presentation for utilization by organizations/quality initiatives <i>Produced 2017</i>
	<a href="#">Opioid Use and Opioid Use Disorder in Pregnancy</a>	*ACOG and ASAM Committee Opinion Good for providers to refresh or learn if they are new to specialty <i>Produced 2017</i>
	<a href="#">Postpartum Pain Management</a>	*ACOG Committee Opinion <i>Produced 2018</i>
	<a href="#">Smoking Cessation During Pregnancy</a>	*ACOG Committee Opinion - withdrawn <i>Produced 2018</i> Updated Opinion - <a href="#">Tobacco and Nicotine Cessation During Pregnancy</a> <i>Produced 2020</i>
 	<a href="#">Substance Use: Opioid Use Disorder, Alcohol Use Disorder, Tobacco Use</a>	*ACOG Postpartum Toolkit pages 30 - 33 Non-pharmacologic, behavioral therapy and pharmacologic treatment recommendations
















 	<a href="#">Substance Use in Women</a>	<p>Report from the National Institute on Drug Abuse</p> <p>Highlights sex and gender influences on impact and treatment of SUD in women</p> <p><i>Produced 2018</i></p>
 	<a href="#">TIP 51: Substance Abuse Treatment: Addressing the Specific Needs of Women</a>	<p>Substance Abuse and Mental Health Services Administration (SAMHSA) publication</p> <p>379 page document</p> <p>Gender-specific research and best practices</p> <p><i>Produced 2016</i></p>
 	<a href="#">U.S. Surgeon General's Advisory: Marijuana Use and the Developing Brain</a>	<p>Addressing marijuana use in pregnancy and with adolescence</p> <p>Information for parents, parents-to-be, youth, states/communities, Professionals</p> <p><i>Produced 2019</i></p>
  	<p>Alcohol</p> <p><a href="#">English</a></p> <p><a href="#">Spanish</a></p> <p><a href="#">Vietnamese</a></p>	<p>Patient education fact sheets developed by Mid-American Addiction Technology Transfer Center (ATTC) and University of Missouri Kansas City SBIRT project</p> <p>Available in English, Spanish, and Vietnamese</p> <p>Patient and family friendly</p> <p><i>Produced 2016 and 2017</i></p>
  	<a href="#">Alcohol &amp; Breast Milk</a>	<p>American Academy of Pediatrics Healthy Children webpage for the public</p> <p>Provides an overview of the effects of drinking alcohol on the baby while breastfeeding, recommendations to reduce risks, and additional resources</p> <p>Webpage can be printed out as a PDF</p> <p>Available in English and Spanish</p>
	<a href="#">Alcohol During Pregnancy</a>	<p>March of Dimes webpage</p> <p>Information/Education for parents-to-be and links to resources</p> <p>Very text-heavy</p>















	<a href="#">Alcohol Use in Pregnancy</a>	<p>2 page patient education fact sheet with resources</p> <p>CDC, National Center on Birth Defects and Developmental Disabilities</p> <p>Readable, good visuals, patient friendly</p>
	<a href="#">An Alcohol-Free Pregnancy is the Best Choice</a>	<p>2 page patient education fact sheet with resources</p> <p>CDC, National Center on Birth Defects and Developmental Disabilities</p> <p>Very detailed information</p>
	<a href="#">Fetal Alcohol Spectrum Disorders: FAQs and Families</a>	<p>American Academy of Pediatrics (AAP) healthy-children.org webpage on Fetal Alcohol Spectrum Disorders (FASD)</p> <p>Available in English and Spanish</p> <p>Lots of good information, a bit text heavy</p>
  	<a href="#">MotherToBaby Fact Sheets - Alcohol</a>	<p>Non-profit website with numerous fact sheets</p> <p>2 page downloadable pdf available</p> <p>Fact sheets are filled with info, no visuals</p> <p>Call/chat, email, text options for questions for “ask an expert”</p> <p>Also available in <a href="#">Spanish</a></p> <p><i>Produced 2018</i></p>
 	<a href="#">Tobacco, Alcohol, Drugs &amp; Pregnancy: FAQs</a>	<p>ACOG FAQ sheets</p> <p>Webpage view and 11 page downloadable pdf</p> <p>Easy to read, no graphics</p> <p><i>Produced 2019</i></p>
  	<a href="#">Women and Alcohol</a>	<p>National Institute on Alcohol Abuse and Alcoholism</p> <p>Webpage and pdf with education and risks</p> <p>3 page downloadable document</p> <p><i>Produced 2017</i></p>



















  	<p>Marijuana</p> <p><a href="#">English</a></p> <p><a href="#">Spanish</a></p> <p><a href="#">Vietnamese</a></p>	<p>Patient education fact sheets developed by Mid-American ATTC and University of Missouri Kansas City SBIRT project</p> <p>2 page pdf</p> <p>Tips for cutting back and relaxation alternatives</p> <p>Available in English, Spanish, and Vietnamese</p> <p>Patient and family friendly</p> <p>Good visuals</p>
  	<p><a href="#">Marijuana and Pregnancy</a></p>	<p>ACOG infographic</p> <p>Clear and easy to read</p> <p><i>Produced 2018</i></p>
  	<p><a href="#">Marijuana and Pregnancy: FAQs</a></p>	<p>ACOG FAQ Sheet</p> <p>Webpage view and pdf available</p> <p>No visuals</p> <p><i>Produced 2018</i></p>
  	<p><a href="#">MotherToBaby Fact Sheets - Marijuana</a></p>	<p>Non-profit website with numerous fact sheets</p> <p>3 page downloadable pdf available</p> <p>Call/chat, email, text options for questions for “ask an expert”</p> <p>Also available in <a href="#">Spanish</a></p> <p><i>Produced 2019</i></p>
  	<p><a href="#">Tobacco, Alcohol, Drugs and Pregnancy: FAQs</a></p>	<p>ACOG FAQ sheets</p> <p>Webpage view and 11 page downloadable pdf</p> <p>Easy to read, no graphics</p> <p><i>Produced 2019</i></p>


















  	<a href="#">What You Need to Know about Marijuana Use and Pregnancy</a>	<p>CDC and National Center for Chronic Disease Prevention and Health Promotion Fact sheet</p> <p>1 page pdf including resources on back</p> <p>Readable, visuals</p> <p><i>Produced 2018</i></p>
  	<a href="#">Childbirth, Breastfeeding and Infant Care: Methadone and Buprenorphine</a>	<p>1 page easy to digest ASAM fact sheet</p> <p>What to expect:</p> <ul style="list-style-type: none"> <li>• Labor and delivery</li> <li>• Pain relief</li> <li>• Newborn withdrawal</li> <li>• Breastfeeding</li> <li>• Child protective services</li> <li>• Recovery with newborns</li> </ul>
  	<a href="#">Healthy Pregnancy Healthy Baby Fact Sheets</a>	<p>SAMHSA link to webpage with pdfs</p> <p>First page of fact sheets are useful but the second pages are not as useful</p> <p>Fact sheets, readable with visuals</p> <ul style="list-style-type: none"> <li>• Opioid Use Disorder (OUD) in Pregnancy</li> <li>• Treating OUD in Pregnancy</li> <li>• Good Care for You and Your Baby While Receiving Opioid Use Disorder Treatment</li> <li>• Treating babies who were exposed to opioids before birth <ul style="list-style-type: none"> <li>• Mentions some NPIs</li> <li>• Addresses importance of treatment</li> <li>• No relationship between dose and infant symptoms</li> <li>• Provides information about time of observation and potential need for medication</li> <li>• Encourages breastfeeding</li> </ul> </li> </ul>
  	<a href="#">Methadone Treatment for Pregnant Women</a>	<p>Brochure discussing breastfeeding, birth control, and NAS</p>













  	<a href="#">MotherToBaby Fact Sheets - Opioids/ Narcotics</a>	<p>Non-profit website with numerous fact sheets</p> <p>Links to fact sheets on various opioids and narcotics</p> <p>2 and 3 page downloadable pdfs available</p> <p>Call/chat, email, text options for questions for “ask an expert”</p> <p>Also available in Spanish</p> <p><i>Produced 2017 - 2020</i></p>
  	<a href="#">Opioid Use Disorder and Pregnancy</a>	<p>*ACOG Infographic</p> <ul style="list-style-type: none"> <li>• Risks of OUD</li> <li>• How treatment works</li> <li>• Why treatment matters</li> <li>• Impact on newborns</li> </ul>
  	<a href="#">Pregnancy and Opioid Pain Medications</a>	<p>Easy to read CDC 2 page pdf fact sheet</p> <ul style="list-style-type: none"> <li>• What are opioid pain medications</li> <li>• Are opioid pain medication safe for women who are pregnant/planning to become pregnant</li> <li>• What to do if on opioid pain medications and pregnant</li> <li>• Breastfeeding and opioid pain medications</li> </ul>
  	<a href="#">Pregnancy: Methadone and Bupreorphine</a>	<p>Easy to read 1 page pdf</p> <ul style="list-style-type: none"> <li>• Safety of methadone or buprenorphine in pregnancy</li> <li>• Starting on buprenorphine or methadone</li> <li>• Which is better?</li> <li>• Dosage</li> </ul>
  	<p>Prescription Opioids and Heroin</p> <p><a href="#">English</a></p> <p><a href="#">Spanish</a></p> <p><a href="#">Vietnamese</a></p>	<p>Link to printable fact sheets on opioids, stimulants, alcohol, methamphetamines, prescription stimulants and depressants.</p> <p>Developed by Mid-American ATTC and University of Missouri Kansas City SBIRT project</p> <p>Available in English, Spanish, and Vietnamese</p> <p><i>Produced 2016</i></p>

  	<p><a href="#">Prescription Opioids During Pregnancy</a></p>	<p>March of Dimes webpage</p> <p>Mentions birth defects possible, including extremely rare defects such as gastroschisis and glaucoma</p> <p>The infographic on Neonatal Abstinence Syndrome (NAS) is not very informative</p>
  	<p><a href="#">Tobacco, Alcohol, Drugs and Pregnancy: FAQs</a></p>	<p>ACOG FAQ sheets</p> <p>Webpage view and 11 page downloadable pdf</p> <p>Easy to read, no graphics</p> <p><i>Produced 2019</i></p>
 	<p><a href="#">Treating Opioid Use Disorder During Pregnancy</a></p>	<p>National Institute on Drug Abuse (NIDA)</p> <p>Link to webpage and pdf factsheet</p> <ul style="list-style-type: none"> <li>• Focuses on science/evidence based treatment</li> <li>• Risks of opioid misuse in pregnancy</li> <li>• NAS</li> <li>• Treatment of OUD</li> <li>• Resources</li> <li>• Improving engagement</li> </ul>
  	<p>Methamphetamine</p> <p><a href="#">English</a></p> <p><a href="#">Spanish</a></p> <p><a href="#">Vietnamese</a></p>	<p>Link to printable fact sheets methamphetamines</p> <p>Developed by Mid-American ATTC and University of Missouri Kansas City SBIRT project</p> <p>Available in English, Spanish, and Vietnamese</p>
  	<p>MotherToBaby Fact Sheets - <a href="#">Benzodiazepines</a>  <a href="#">Cocaine</a>  <a href="#">Methamphetamine</a>  <a href="#">Methylphenidate (stimulant)</a>  <a href="#">MDMA (Molly, Ecstasy)</a></p>	<p>Non-profit website with numerous fact sheets</p> <p>2 page downloadable pdfs available</p> <p>Call/chat, email, text options for questions for “ask an expert”</p> <p>Also available in Spanish</p> <p><i>Produced 2018 - 2020</i></p>

  	<p>Prescription Depressants (Benzodiazepines &amp; sleep medications)</p> <p><a href="#">English</a></p> <p><a href="#">Spanish</a></p> <p><a href="#">Vietnamese</a></p>	<p>Link to printable fact sheets prescription depressants</p> <p>Developed by Mid-American ATTC and University of Missouri Kansas City SBIRT project</p> <p>Available in English, Spanish, and Vietnamese</p>
  	<p><a href="#">Prescription Medicine During Pregnancy</a></p>	<p>March of Dimes webpage</p> <p>Information about taking prescription medications during pregnancy</p>
  	<p>Prescription Stimulants</p> <p><a href="#">English</a></p> <p><a href="#">Spanish</a></p> <p><a href="#">Vietnamese</a></p>	<p>Link to printable fact sheets prescription stimulants</p> <p>Developed by Mid-American ATTC and University of Missouri Kansas City SBIRT project</p> <p>Available in English, Spanish, and Vietnamese</p>
  	<p><a href="#">Street Drugs &amp; Pregnancy</a></p>	<p>March of Dimes webpage</p> <p>Treatment options</p> <p>Links for specific substances for more in-depth information</p> <p><i>Produced 2016</i></p>
  	<p><a href="#">Tobacco, Alcohol, Drugs &amp; Pregnancy: FAQs</a></p>	<p>ACOG FAQ sheets</p> <p>Webpage view and 11 page downloadable pdf</p> <p>Easy to read, no graphics</p> <p><i>Produced 2019</i></p>
  	<p><a href="#">E-cigarettes &amp; Pregnancy</a></p>	<p>CDC weblink</p> <p>Resources on how to quit</p> <p><i>Produced 2019</i></p>

  	<p>MotherToBaby Fact Sheets - <a href="#">Cigarette Smoke</a> and <a href="#">E-cigarettes (Vaping)</a></p>	<p>Non-profit website with numerous fact sheets</p> <p>2 page downloadable pdfs available</p> <p>Call/chat, email, text options for questions for “ask an expert”</p> <p>Also available in Spanish</p> <p><i>Produced 2019 - 2020</i></p>
  	<p><a href="#">Pregnancy &amp; Motherhood - Smokefree.gov</a></p>	<p>National Institute of Health interactive website</p> <p>Top choice for smoking cessation</p> <p>Informative and easy to read</p> <p>Resources and tools for quitting</p> <p>SmokefreeMOM texts</p> <p>Information for perinatal to parenting</p>
  	<p><a href="#">Pregnant or Planning to Have a Baby</a></p>	<p>CDC webpage</p> <p>Available in English and Spanish</p> <p>Information about smoking</p> <p>Links for quitting support</p>
  	<p><a href="#">Pregnant? Don't Smoke</a></p>	<p>CDC webpage link</p> <p>Effects of smoking on baby's health</p> <p>Support for quitting</p> <p>Information and resources</p> <p>Straightforward information</p> <p>Links to Real Stories</p>
  	<p><a href="#">Smoking &amp; Pregnancy</a></p>	<p>CDC 1 page pdf infographic</p> <p>Straightforward, easy to read information</p> <p><i>Produced 2014</i></p>

  	<p><a href="#">Smoking, Pregnancy and Babies</a></p>	<p>CDC webpage link</p> <p>Available in English and Spanish</p> <p>Good resource specific to smoking cessation</p> <ul style="list-style-type: none"> <li>• Outlook for mom and baby</li> <li>• How does smoking affect fertility</li> <li>• Smoking harm</li> <li>• Premature birth</li> <li>• Quitting and quitting support</li> </ul> <p>Includes links to <a href="https://women.smokefree.gov/pregnancy-motherhood">https://women.smokefree.gov/pregnancy-motherhood</a></p> <p>Includes people's real stories</p> <p><i>Produced 2020</i></p>
 	<p><a href="#">Tobacco and Pregnancy</a></p>	<p>*ACOG Infographic</p> <p>Nice visual for practices that can pay and/or subscribe</p> <p>Cost \$9.00 to print</p>
 	<p><a href="#">Where We Stand</a></p>	<p>AAP weblink</p> <p>Easy to read information</p> <p><i>Some of the pages have not been updated recently</i></p> <p><i>Some pages produced 2019</i></p> <p><i>Other pages produced 2017 or earlier</i></p>

ADDITIONAL RESOURCES		
 	<a href="#">Supporting Mothers &amp; Infants: Key Facts about Perinatal Substance Exposure</a>	
	<a href="#">Helpful References around Medicaid Managed Care Supports for Pregnant/Parenting Patients</a>	
  	<a href="#">Secondhand Smoke and Children</a>	Easy to understand single page AAP infographic showing the effects of secondhand smoke from before birth to adulthood  <i>Produced 2020</i>
  	<a href="#">AAP Fact Sheets</a>	AAP weblink to various fact sheets
   	<a href="#">Association of Women's Health, Obstetric and Neonatal Nurses</a>	Position statements, webinars, videos, patient education resources

JSI would like to recognize the contributions of the NH Governor's Commission on Perinatal Substance Exposure Task Force for their support and review of these documents.



Resources are drawn from reputable sources including the American College of Obstetrics and Gynecology (ACOG); American Academy of Pediatrics (AAP); American Society of Addiction Medicine (ASAM); Centers for Disease Control and Prevention (CDC); March of Dimes; National Institutes of Health; National Institute on Drug Abuse (NIDA); Organization of Teratology Information Specialists; Providers Clinical Support System (PCSS; American Academy of Addiction Psychiatry); and the Substance Abuse & Mental Health Administration (SAMHSA).