



PREGNANCY & SUBSTANCE USE: A PEER'S ROLE

Module 1.2: Tools, Ethics, and Boundaries

Module Summary

Module Purpose

We hope this module has strengthened your confidence in applying peer tools, strategies, ethical standards, and boundaries to your work with pregnant and postpartum participants.

Key Points

Tools, Ethics, and Boundaries

- The supports discussed in Module 1.1 (i.e., training, supervision, peer community, self-care) can help you identify and work through ethical dilemmas you may encounter when working with pregnant and postpartum participants.
- Setting boundaries early and often can protect you and your participants while allowing you to build trust and maintain professional relationships.
- You can use the same tools with pregnant and postpartum participants that you use with other participants (e.g., MI, cultural humility); however, it is helpful to consider how they uniquely apply to pregnant and postpartum participants.

Critical Skills for Peers

- Using motivational interviewing techniques, including open-ended questions, affirmations, reflective listening, and summarizing
- Practicing cultural humility by recognizing your own biases, power dynamics, and limitations
- Applying trauma-informed principles: safety, trustworthiness, peer support, collaboration, empowerment, and cultural humility

Essential Supports and Resources

- Code of ethics for peer support
- Supervision to discuss boundary challenges and ethical dilemmas
- Cultural competency training to serve diverse populations effectively
- Trauma-informed organizational practices and policies

Practice Applications



**PREGNANCY, POSTPARTUM,
& EARLY PARENTING**

Peer Support for Families Impacted by Substance Use



PREGNANCY & SUBSTANCE USE: A PEER'S ROLE

Module 1.2: Tools, Ethics, and Boundaries

- Set clear boundaries around time, personal information, reporting requirements, contact, and scope of practice. Revisit boundaries with participants regularly.
- Use the case studies and Handout 1.2.1 from this course to talk about peer ethics and boundaries with your supervisor and coworkers. Thinking about situations that may come up with pregnant and postpartum participants ahead of time can equip you to respond well in the moment.
- Choose non-stigmatizing language, keep a list of organizations and service providers in your community who offer care in a dignifying manner, and help participants document their successes and practice responding to stigmatizing encounters in a self-affirming way.

Recommended Resources

Resources for Motivational Interviewing/Motivational Conversations
Behavioral Health Workforce Development (BHWD) Motivational Interviewing for Peers
University of Washington, Drug & Alcohol Institute The Retention Toolkit: Motivational Interviewing
NAADAC, the Association for Addiction Professionals <ul style="list-style-type: none">• Finding Ambivalence and 10 Other Things about MI• Ensuring Fidelity to MI Among Frontline Service Providers• Motivational Interviewing with Criminal Justice Populations
National Institute on Drug Abuse (NIDA) <ul style="list-style-type: none">• Blending Initiative Motivational Interviewing CME/CE and Patient Simulation• Talking to Patients About Health Risk Behaviors (non-credit) Module
Substance Abuse and Mental Health Services Administration (SAMHSA) Using Motivational Interviewing in SUD Treatment
Centers for Disease Control and Prevention (CDC) Training: Motivational Interviewing

Resources for Cultural Humility and Responsiveness
Northwest Addiction Transfer Technology Center (Northwest ATTC) Cultural Humility Primer: Peer Support Specialist and Recovery Coach Guide to Serving and Supporting Diverse Individuals and Their Recovery Journeys



**PREGNANCY, POSTPARTUM,
& EARLY PARENTING**

Peer Support for Families Impacted by Substance Use



PREGNANCY & SUBSTANCE USE: A PEER'S ROLE

Module 1.2: Tools, Ethics, and Boundaries

Postpartum Support International (PSI)

[Perinatal Mental Health: Culturally Informed Approaches to Screening, Assessment and Treatment](#)

Understanding American Indian Postpartum Care and Cultural Considerations

[Global Insights: Cultural Expectations and Postpartum Mental Health](#)

CareOregon

- [Cultural Considerations in the Native American/Alaskan Native Community During the Perinatal Period](#)
- [Cultural Considerations in the Latinx Community During the Perinatal Period](#)

Resources for Trauma-Informed Practice

Behavioral Health Workforce Development

[Trauma-Informed Peer Support](#)

National Center for Trauma-Informed Care

[Engaging Women in Trauma-Informed Peer Support: A Guidebook](#)

NAADAC, the Association for Addiction Professionals

[Trauma-Informed Relapse Prevention](#)

[Gender Responsive Trauma-Informed Care: The First 72 Hours](#)

Dedicated Training Resources on Stigma

Substance Abuse and Mental Health Services Administration (SAMHSA)

[The Stigma is Real: Pregnant and Parenting Women with Substance Use Disorders](#)

National Center on Substance Abuse and Child Welfare

[Disrupting Stigma: How Understanding, Empathy, and Connection Can Improve Outcomes for Families Affected by Substance Use and Mental Disorders](#)

NIH National Institute on Drug Abuse

[Your Words Matter – Language Showing Compassion and Care for Women, Infants, Families, and Communities Impacted by Substance Use Disorder](#)

March of Dimes

[Beyond Labels: Do Your Part to Reduce Stigma](#)



**PREGNANCY, POSTPARTUM,
& EARLY PARENTING**

Peer Support for Families Impacted by Substance Use