



PREGNANCY & SUBSTANCE USE: A PEER'S ROLE

Module 1.3: Helping Participants Find Support

Module Summary

Module Purpose

This module highlights the role that social determinants of health, communities, families, and social networks can have (both positive and negative) on participants who are pregnant, postpartum, or parenting.

Key Points

Empowering Resilience and Healthier Outcomes

- By understanding social determinants of health and recovery capital, peers can help participants access essential supports and address barriers such as lack of social networks, a partner's substance use, or intimate partner violence.
- Peers can shift the focus from deficits to strengths, fostering resilience and healthier outcomes for both parents and children.

Critical Skills for Peers

- By understanding social determinants of health and recovery capital, peers can help participants access essential supports and address barriers such as lack of social networks, a partner's substance use, or intimate partner violence.
- Peers can shift the focus from deficits to strengths, fostering resilience and healthier outcomes for both parents and children.

Essential Supports and Resources

- By understanding social determinants of health and recovery capital, peers can help participants access essential supports and address barriers such as lack of social networks, a partner's substance use, or intimate partner violence.
- Peers can shift the focus from deficits to strengths, fostering resilience and healthier outcomes for both parents and children.

Practice Applications

- Create a Community Resource List that is up-to-date and covers a variety of needed services



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- Help participants practice sharing pregnancy news and asking for help from loved ones and family members
- Identify phrases to affirm participants who identify a lack of meaningful and healthy social support

Recommended Resources

Virtual Recovery Support for Those who are Pregnant, Postpartum, or Parenting

- [Tougher Together – Tough as a Mother](#)
- [Women for Sobriety \(WFS\)](#)
- [Postpartum Support International \(PSI\) Substance Use Recovery Support for Perinatal Moms and Birthing People](#)
- [Substance Use Recovery Support for Perinatal Moms and Birthing People Group](#)
- [Parenting in Recovery – Parents Helping Parents](#)
- [SpheraNova Living List of Online Support Group Resources for Well-Being, Recovery, and Connection](#)

Pregnancy and Postpartum Planning for Mental Health Toolkit

Pregnancy & Postpartum Support Minnesota

[Pregnancy and Postpartum Planning for Mental Health Toolkit](#)

Support Resources for Loved Ones of Someone Who Uses Substances

Community Reinforcement and Family Training (CRAFT)

[The CRAFT Approach](#)

Al-Anon

[Al-Anon Meetings](#)

Pregnancy and Parenting Guides



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A Partner's Guide to Pregnancy

[Frequently Asked Questions](#)

Safe Babies Program (Ministry of Children & Family Development, Vancouver, Canada)

[Baby Steps: Caring for Babies with Prenatal Substance Exposure](#)

Parenting Supports Specifically for Fathers

[Fathering Together](#)

[Dope Black Dads](#)

[Native Dads Network](#)

[Get at Me Dad](#)

[The Dad Up Podcast](#)

[Girl Dad Nation](#)

[Postpartum Men](#)

[DAD](#)

[24:7 Dad®](#)

[Dear Fathers:](#)



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