



# PREGNANCY, PARENTING, & SUBSTANCE USE: NAVIGATING SYSTEMS

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## Module 2.2: Healthcare

## Module Summary

### Module Purpose

This module equips peers with the knowledge to understand healthcare systems and support participants in accessing comprehensive, non-judgmental prenatal and postpartum care, substance use treatment, and related services.

### Key Points

#### Improving Prenatal Outcomes Through Integrated and Supportive Care

- Regular prenatal care improves outcomes for both parent and baby, regardless of substance use
- Integrated care models that address substance use, mental health, and prenatal care together are most effective
- Participants may avoid care due to fear of judgment, child welfare involvement, or past negative experiences
- Medications for opioid use disorder (MOUD) are safe and recommended during pregnancy

#### Critical Skills for Peers

- Helping participants prepare for appointments, including planning for if or how they will disclose their history of substance use to their healthcare providers
- Understanding how healthcare providers in your local area typically interpret requirements to report or notify child welfare when a newborn is affected by prenatal substance exposure

#### Essential Supports and Resources

- Information on how to access Medicaid or other insurance coverage options during pregnancy
- List of healthcare providers who offer respectful, quality care to pregnant participants who use substances

#### Practice Applications

- Connect participants to doulas, midwives, patient navigators, and other birth support professionals as appropriate



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- Increase participants' skills in having shared, informed decision-making conversations with their providers regarding any substance use detection testing their providers may recommend or order

## Recommended Resources

### Medicaid Health Insurance Coverage During Pregnancy

[Medicaid](#) programs:

- [health coverage if you're pregnant or have recently given birth](#)
- [essential health benefits](#)
- [Doula Medicaid Reimbursement by State – Center For Children and Families](#)
- [Where Can People Get Help With Medicaid & CHIP?](#)

### Privacy Protections and Sharing SUD Treatment Records

[Template: Consent Form for Uses and Disclosures of SUD Treatment Records](#)  
[Consent to Disclose Alcohol and Drug Treatment Information](#)

### Integrated Care and Care Coordination Resources

Boston Children's Hospital  
[Post-Encounter Action Grid](#)

Kids Care of Michigan  
[Example Integrated Services Care Plan](#)

### Resources on Pregnancy and Birth Advocacy in Healthcare Settings

Academy of Perinatal Harm Reduction and National Harm Reduction Coalition  
[Pregnancy and Substance Use: A Harm Reduction Toolkit](#)

National Advocates for Pregnant Women and Birth Rights Bar Association  
[Birth Rights: A Resource for Everyday People to Defend Human Rights During Labor and Birth](#)

National Partnership for Women & Families  
[Making Informed Decisions](#)



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**Prenatal Drug Exposure Reporting Requirements for Medical Professionals by State**

[Understanding Prenatal Drug Exposure Reporting Requirements for Medical Professionals](#)

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