



KNOWLEDGE TO EQUIP PEERS FOR EACH PREGNANCY STAGE

Module 3.1: Family Goals and Reproductive Health

Module Summary

Module Purpose

When talking with peers and participants to develop this training, several shared insights about being “so focused on my substance use” that issues of sexual health were never considered. They wish someone had asked if they wanted to become pregnant and helped them take steps to either protect against pregnancy or plan for a baby. Despite this desire, very few peers and participants have these conversations, despite higher rates of unintended pregnancy, STIs, infertility, and pregnancy-related mortality among those with SUDs. This module advocates for the importance of thoughtful reproductive health planning and compassionate peer support for those who use substances or have a history of substance use.

Key Points

Importance of Reproductive Planning

- Up to 90% of pregnancies among women with opioid use disorder are unintended, highlighting critical need for reproductive planning.
- Peers are well positioned to help participants identify and work towards their own family planning and reproductive health goals.
- All FDA-approved contraceptive methods are safe for people who use substances or are in recovery.

Critical Skills for Peers

- Having non-judgmental conversations about pregnancy intentions and family planning goals.
- Understanding where to find credible information about and access to different contraceptive and sexually transmitted infection prevention options.
- Supporting participants who experience pregnancy loss or reproductive grief.

Essential Supports and Resources

- Connections to family planning clinics and reproductive healthcare providers.
- Credible information about contraceptive methods, effectiveness, and access.



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Practice Applications

- Use open-ended questions to explore participants' reproductive goals and timeline.
- Provide information about all contraceptive options without imposing your values.
- Help participants access chosen contraceptive methods including long-acting reversible contraception.
- Support participants in having conversations with partners about family planning.
- Connect participants to preconception healthcare when they are planning pregnancy.

Recommended Resources

Sexually Transmitted Infection (STI) Resources for Peers

Coming Together for Sexual Health Podcast

<https://californiaptc.com/comingtogether/>

STD Quiz and Risk Assessment

<https://stdwizard.com/>

Sexually Transmitted Infections – CDC Fact Sheets

https://www.cdc.gov/sti/communication-resources/?CDC_AAref_Val=https://www.cdc.gov/std/healthcomm/fact_sheets.htm

Birth Control Resources

Reproductive Health Access Project

[Your Birth Control Choices Comparison Chart](#)

Planned Parenthood

[Birth Control Methods & Options | Types of Birth Control](#)

Decision-Making Supports for Participants and Peers

All-Options

[Find Support](#) Services: weighing pregnancy and parenting choices

[Faith Aloud](#) Spiritual Care: concerns or questions about pregnancy decision-making.

[All-Options Toolkit](#)

Cedar River Clinics

[Pregnancy Options Workbook: A Guide for Those Facing a Pregnancy Decision](#)



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Lawyering for Reproductive Justice

[If/When/How: Lawyers for Reproductive Justice](#)

Supports for Participants Related to Adoption

All-Options

[Adoption Resources](#): Talk line and list of current adoption referrals.

Postpartum Support International (PSI)

[Birth Moms Support Group](#)

Supports for Participants Related to Infertility, Miscarriage and/or Stillbirth

Postpartum Support International (PSI):

- [Black Moms in Loss Support Group](#)
- [Early Pregnancy Loss Support Group](#)
- [Stillbirth and Infant Loss Support for Parents](#)
- [Parenting After Loss](#)
- [Pregnancy and Infant Loss Support for Moms](#)
- [Pregnancy and Infant Loss Support for Parents](#)

Supports for Participants Related to Loss of Parental Rights/Custody

Bellis

[Find Support](#): Talk line, text line, and support groups for grieving mothers.

National Council for Adoption

[Birth Parents](#)

Resources for Participants Engaging in Sex Work

Sex Workers Outreach Project (SWOP-USA)

<https://swopusa.org>: Peer-led advocacy and support network with local chapters.

HIPS (Helping Individual Prostitutes Survive)

<https://www.hips.org>: Harm reduction and health support, including safer sex supplies.

National Harm Reduction Coalition

<https://harmreduction.org>: resources including where to access harm reduction centers locally

Planned Parenthood

<https://www.plannedparenthood.org>

Reproductive Health Access Project



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<https://www.reproductiveaccess.org>: contraception, miscarriage care, and other pregnancy topics.

All-Options Talkline

<https://www.all-options.org> or call the All-Options Talkline at 1-888-493-0092

Global Network of Sex Work Projects (NSWP)

<https://www.nswp.org>: International advocacy and rights-based resources.



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