

TRANSFORMING LIVES

Birth Doula & Recovery Program

Providing free
pregnant/postpartum services
to individuals struggling
with substance use

- ✓ Individualized strength-based peer recovery services
- ✓ Case management
- ✓ Childbirth education, birth, and postpartum Doula support
- ✓ Support groups
- ✓ Parenting essentials at no cost including
diapers, wipes, car seats, toys and more!

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Four Things You Can Do To Improve Your Health and Lower Your Risk for Complications

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Get Prenatal Care

Start early. Go to all your visits. Empower yourself with information so you can make smart decisions. Build relationships with providers who understand Substance Use Disorders (SUDs) and know how to help. Partner with them to reach your goals. But remember, you do not need to be abstinent from substance use to get care. Go now.



Reduce Your Use

There are simple things you can do to limit the harm substances might do.

- ✓ Use fewer substances
- ✓ Use smaller amounts
- ✓ Use less often
- ✓ Learn how to use safer

Reducing or quitting smoking is a good place to start. Set your goals, then ask for help. One of the best things you can do is to stop using alcohol. We know that even small amounts are risky. And when combined with benzos and opioids, alcohol can kill.



Use Medications for Opioid Use Disorder (MOUD)

If you are opioid dependent

Methadone and Buprenorphine (Subutex® or Suboxone®) are the "Standard of Care" during pregnancy because they:

- ✓ Eliminate the risks of illicit use
- ✓ Reduce your risk for relapse
- ✓ Can be a positive step towards recovery



Take Good Care of Yourself

You deserve a healthy pregnancy and childbirth.

- ✓ Eat healthy and take your prenatal vitamins
- ✓ Find the right balance of rest and exercise
- ✓ Surround yourself with people who care