



TIP SHEET:

Postpartum Substance Use Disorder



Having conversations with your family and friends about your substance use disorder can be difficult, but being honest with them and yourself can keep you and your baby safe. Recognizing the symptoms signaling the need for support before it becomes a crisis and discussing these with your support system and home visitor are important for maintaining a proactive approach to your well-being.

Ensure to prioritize self-care by maintaining your attendance at NA, AA, counseling, or peer support groups. See your primary care provider, OBGYN, or midwife for your postpartum checkups. Also, see your primary care provider, addiction specialist, counselor, or peer support worker for support with your substance use disorder. If you are using Methadone or Buprenorphine, remember to store them securely and out of reach of children.

Create Safety Plans to support you when you have postpartum cravings. These cravings can be intense after birth, making it crucial to create a plan and strategies to prevent relapse.

- Identify who you can talk to and give them a call or meet up with them
- Listen to music, go for a walk, or talk to a friend or peer support worker
- Attend a Narcotics Anonymous (NA) or Alcoholics Anonymous (AA) meeting
- Log into an online support group

- Keep drugs out of the house
- Develop a Safety Plan to ensure your baby is safe if you relapse.
- Identify who can take care of your baby
- Have someone with you when you use - Call Never Use Alone- Overdose Prevention Lifeline 877-696-1996
- Have Narcan at home and have family members and friends trained on how to support you with its use

Develop a Safety Plan if you are experiencing depression or Intimate Partner Violence.

- Identify who can support you and have a plan to keep yourself and your baby safe

Breastfeeding while using Methadone or Buprenorphine is safe. The American Academy of Pediatrics, the American College of OB/GYN, the American Society of Addiction Medicine, the Academy of Breastfeeding Medicine, and the Substance Abuse and Mental Health Services Administration (SAMHSA) all say it is safe to breastfeed while using Methadone or Buprenorphine.



Resources

1. Never Use Alone - Overdose Prevention Lifeline

877-696-1996
neverusealone.com

Toll-free national overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone. Never Use Alone's peer operators are available 24-hours a day, 7 days a week, 365 days a year. No stigma. No judgment. Just love!

2. New Mexico Crisis and Access Hotline

1-855-NMCRISIS (1-855-662-7474)
bit.ly/4atTxp3

Statewide mental health crisis line for anyone who lives in NM.

3. New Mexico Substance Abuse Resource Directory

bit.ly/3PVu93e.

Do you or a loved one suffer from a substance abuse problem? Are you looking for a treatment facility? This resource directory can help you find the right treatment facility for you or your loved one.

4. Substance Abuse and Mental Health Services Administration (SAMHSA)

1-800-662-HELP (4357), also known as the Treatment Referral Routing Service
Text message: 435748 (HELP4U)
TTY: 1-800-487-4889
samhsa.gov

Confidential, free, 24 hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

5. Tierra Nueva Counseling Center

(505) 471-8575, 3952 San Felipe Rd., Santa Fe, NM 87507
tierranuevacounseling.org/adult-intensive-outpatient-program

Tierra Nueva Counseling Center offers a unique approach to substance use (alcohol and drug) treatment. Through our Intensive Outpatient Program, clients work through their recovery from a holistic lens. In combination of evidence base programs and client centered approaches, TNCC IOP well-rounded curriculum accompanies clients on their individual journey of recovery.

- IOP meets three times a week for three-hour sessions, for a minimum of 16 weeks
- TNCC uses the Matrix Model© curriculum, an evidence-based program known to support recovery and client goals
- Along with this curriculum, TNCC adds our unique philosophy of transformation, using expressive arts, Art Therapy and Eco Therapy to help clients heal

“Compassionate curiosity directed toward the self leads to the truth of things.”

- Gabor Maté