

# **BROWN BAG SESSION FAQ'S:**

## **Substance Use Disorder**



**If you ever suspect abuse or neglect, always call CYFD's Statewide Central Intake (SCI) child abuse hotline at 1-855-333-SAFE [7233] (or #SAFE from a cell phone), law enforcement, or the appropriate Tribal identity.**

### **1. Is it OK to bring up Substance Use with a family as a home visitor?**

Yes, ask it of everybody. Preface the conversation by saying, "I ask this of all my clients". Get used to asking everybody and in a very neutral tone. Finding ways to ask and giving yourself grace when it may not go well when you ask the question. Be kind if they are using substances and try to be supportive, not punitive. Work to help them find appropriate resources for treatment.

### **2. If someone is pregnant, using, and not in treatment what support is recommended?**

Medication such as Methadone or Buprenorphine is standard practice for pregnant women with opioid use disorder. You do not want to tell a pregnant woman who is using opioids to just stop using because it can be dangerous for themselves and the baby. It can bring on pre-term labor and cause placental abruptions. For post-partum, non-pharmacological measures for babies at risk of neonatal opioid withdrawal syndrome are the most important treatment. These include keeping the room quiet, keeping the room dark, keeping the baby in arms as much as possible, keeping the baby swaddled, and encouraging breastfeeding if it is safe. It is not advised for women who are actively using drugs to breastfeed, but women in recovery, including women on methadone or buprenorphine, may safely breastfeed, and it is strongly recommended. Do a lot of education for the parents and anticipatory guidance at a hospital that is comfortable managing these babies and encourages a non-medication approach. There are medications that are available when needed, but the non-pharmacological measures can make a huge difference for the babies and are also good for the moms. Moms can learn different ways to interact with their babies, beyond breastfeeding, which will help them comfort their babies.

### **3. Can a parent breastfeed if they are taking Methadone or Buprenorphine?**

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