

Key Pillars for Improving Care

For Pregnant and Parenting People
Living with the Disease of Addiction

**See us in our entirety—
as people first.**

We are not defined by our substance-use diagnosis, traumatic experiences, visible distress, legal involvement, or perceived risk.

**Find out what
happened to us.**

Take the time to listen to what we have to say. Recognize that substance use disorder and recovery can be lonely. Spend time talking with us.

**Tune into our
sensitivities.**

Emotional safety is as critical as a safe physical space to heal.

**Move us with empowering
knowledge and support.**

Explain each step clearly and connect us to resources so we can make informed decisions. Help us create backups to even backup plans.

**Provide
extraordinary care.**

You can impart hope. Even small acts to encourage us can go a long way. We will remember each held hand, warm hug, and check-in call.



Improving care for and
by pregnant and parenting
people living with the
disease of addiction



Department of
Public Health
DIVISION OF REPRODUCTIVE,
ADOLESCENT, AND CHILD HEALTH

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New resources
for providers
and parents:

