

Get to Know Me

Video Training Discussion Questions

We've prepared these discussion questions to support compassionate-care training among those in a position to support the recovery of pregnant and parenting people living with the disease of addiction. Feel free to tailor this guide to best fit your group's needs and opportunities. Watch videos: bit.ly/PhillyPSUD

BEFORE VIEWING

- What kinds of stigma do you believe pregnant and parenting people living with the disease of addiction face in ways that negatively impact their recovery and care for themselves and their child?
- In your past work with pregnant and parenting people living with the disease of addiction, what have you said or done that you believe made a positive difference in their recovery and care for themselves and their child?

AFTER VIEWING

- In reflecting on what you just heard, what struck you the most? What was shared that resonated the most with you? Why do you think so?
- What new insights, if any, did you gain about pregnant and parenting people living with the disease of addiction, including possible stigmas they face?
- How have the videos and this discussion changed, if at all, the way you will provide care to pregnant and parenting people living with the disease of addiction? Please be as specific as possible.
- In what ways do you believe you can help advance compassionate care to support the recovery of pregnant and parenting people living with the disease of addiction without stigma? Please be as specific as possible.

MORE RESOURCES

- **Key Pillars for Improving Care:** for Pregnant and Parenting People Living with the Disease of Addiction
- **Glossary of Preferred Language:** for Pregnant and Parenting People Living with the Disease of Addiction and Their Providers
- **KNOW WHAT TO ASK:** Self-Advocacy Checklist for Pregnant and Parenting People Living with the Disease of Addiction
- **A Toolkit for Healthcare and Social Service Providers:** Caring and Advocating for Pregnant and Postpartum People with Substance Use Disorder
- **Directory:** Southeastern PA Resource Directory - Perinatal Behavioral Health Access
- bit.ly/PhillyPSUD

We welcome your feedback to further refine compassionate-care resources. Email us at: Yuan.He@phila.gov. Share your group's experience using the hashtag **#KnowMe**.



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

bit.ly/PhillyPSUD #KnowMe

New resources
for providers
and parents:

