

Self-Advocacy Checklist

For Pregnant and Parenting People Living with the Disease of Addiction

Safety & Medical Care

- Do you have experience treating pregnant/postpartum individuals with SUD?
- How do you handle medications for opioid use disorder (MOUD)/medication-assisted treatment (MAT) during pregnancy?
- Do you coordinate with OB/GYNs and pediatric providers?

Parenting & Child Considerations

- Can my child stay with me during treatment?
- Do you offer parenting support or childcare?
- How do you support bonding and attachment?
- Can you provide referrals for my partner and/or my child(ren)'s other parent(s)?

Legal & CPS Support

- Do you provide legal support services?
- Do you help clients involved with child protective services?
- Will you assist with documentation or advocacy?
- What are your mandated reporting policies?

Trauma-Informed Care

- How do you ensure care is nonjudgmental and trauma-informed?
- What happens if I relapse?
- How do you support patients who are experiencing intimate partner violence or unsafe relationships?

Mental Health Support

- Do you treat postpartum depression, anxiety, or PTSD?
- Are therapy options available?

Practical Needs

- Do you assist with housing, transportation, or basic needs?
- Do you accept my insurance or offer financial support?
- Do you offer supportive plans of safe care, family care plans, or other comprehensive plans with wrap-around services?

Aftercare

- What support is available after treatment ends?
- Where can I stay with my child after completing treatment?
- Do you offer ongoing recovery or alumni programs?



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:

