

Designing, Implementing and Evaluating a Perinatal Substance Use Portfolio: Insights and Recommendations 10 Years Later

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Introduction

Gap identified in regional priorities & professional development related to perinatal substance use (SU) & newborn care.

Established portfolio that encompasses education, consultation, & collaboration to address this important health concern.

Timeline



Strategies & Outcomes

Interprofessional SU Workshops

24 Facilitated; 260 Participants



SU Expert Panel

18 Members; 3 Resources



Mental Health Community of Practice

25 Members; Bimonthly meetings



Goal

To promote and support the integration of evidence-based, person-centred, trauma-informed, & culturally safe care for pregnant and parenting people who use substances and their newborns.



Insights

SU workshop is now embedded in nursing orientation.

Pandemic was catalyst to shift to blended online which expanded reach. Evaluations were highly rated.

Mental health challenges & substance use frequently co-exist & need to be concurrently addressed. It is essential to collaborate with people with lived experience & professionals with diverse expertise.



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For More Information

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Recommendations

Integrate trauma & violence-informed care and measures to reduce bias. Utilize gender-inclusive language.

Enable culturally safe care for Black, Indigenous & People of Colour.

Invest in infrastructure to gather & share resources & services.

Create care bundles including well-defined referral pathways.

