What is Substance Use Disorder (SUD)?

- Substance use disorder (SUD) occurs when a person's use of drugs or alcohol results in health issues or problems in their work, school, or home life.
- SUD is a treatable condition much like seizure disorder or diabetes. It requires treatment to both manage the condition and have a healthy pregnancy and baby.

Substance Use Disorder Impacts

- Depression and anxiety are common in women with SUD, but also in pregnancy and after giving birth.
- Please talk to your pregnancy provider about any feelings of anxiety and/or depression you have so they can connect you to support and possible treatment.
- Alcohol, tobacco, marijuana, street drugs and misuse of prescription drugs can cause miscarriage, stillbirth, and a range of lifelong birth defects and developmental disabilities including behavioral and language impairments and neonatal abstinence syndrome (NAS).
- Babies with symptoms of NAS may need treatment to help them sleep and eat.

Treatment

- Ask your pregnancy provider to help you get treatment for your substance use disorder.
- Treatment can include medications, counseling, and recovery support services.
- For pregnant women, Opioid Use Disorder (OUD) is best treated with medications along with counseling and support services.
- Do not quit opioids on your own as this can lead to withdrawal for you and your baby, and may put you at risk of relapse and overdose.
- Medically Assisted Treatment (MAT) prevents withdrawal and reduces opioid cravings which can allow you to focus on recovery and caring for yourself and your baby.
- Some MAT medications can be taken at home to treat opioid & alcohol use disorder.
- Ask your provider if they have an x-waiver so they can prescribe this medication to you.

What YOU Can Do

- **BEGIN** with good prenatal care early.
- **TALK** with your healthcare provider about a treatment plan for you.
- **ASK** your pregnancy provider for help in getting SUD treatment.
- **STOP** using tobacco, alcohol, and marijuana.
- **GET TESTED** for Syphilis, HIV, Hepatitis C & B, Gonorrhea and Chlamydia.
- **ASK** your healthcare providers to talk with each other.

What NOT To Do

- **DON'T HIDE** your substance use or pregnancy from your healthcare provider.
- **DON'T ATTEMPT** to stop using opioids or other substances on your own.
- **DON'T LET FEAR** keep you from getting the care and help you need for a healthier future for you and your baby.

Local Fresno County **Resources** and **Treatment Centers**

- CA Bridge Program at CRMC
  (559) 250-4822
- Behavioral Health Access Line (24/7)
  1 800 654-3937
- Urgent Care Wellness Center
  (559) 600-4099
- Perinatal SUD Programs
  - Westcare CA (559) 265-4800
  - Mental Health Systems - Fresno First
    (559) 264-7521
- Rural Perinatal SUD Care
  - United Health Centers Parlier
    (559) 646-3561
  - United Health Centers Mendota
    (559) 655-5000
- Narcotic Treatment Programs
  - Aegis Treatment Center
    (559) 229-9040
  - Medmark Treatment Center
    (559) 264-2700
  - BAART
    ◦ Cartwright (559) 498-7100
    ◦ E Street (559) 268-6261
    ◦ Van Ness (559) 266-9581

Narcan: Access to free Narcan is available at any pharmacy, doctor's office, the Fresno County Dept. of Public Health, or the Community Regional Medical Center Emergency Department.

Substance Use Disorder Resources:

Fresno County Department of Behavioral Health
www.hopefresnocounty.com

Fresno County Department of Behavioral Health
ACCESS Line (24/7)
(800) 654-3937

Perinatal Wellness Center
(559) 600-1033

Fresno County SUD Provider Directory
www.recoverfresno.com

Fresno County Overdose Awareness
www.opioidsafefresno.org

Central Valley Opioid Safety Coalition
www.centralvalleyopioidsafety.org

Fresno County Department of Public Health
www.fcdph.org
(559) 600-3200

Public Health Nursing Division
www.fcdph.org/PHN
(559) 600-3330

THE COUNTY OF FRESNO 1856

DEPARTMENT OF
BEHAVIORAL HEALTH
&
DEPARTMENT OF
PUBLIC HEALTH

HEALTHY FRESNO COUNTY
Better Together

HELP WITH
SUBSTANCE
USE
DISORDER

Pregnancy is a time to feel engaged and supported by healthcare professionals. By working with your pregnancy provider you can have a healthier future for you and your baby.