Pregnancy presents unique opportunities for patients to make positive changes in their substance use. When you become an informed provider, you empower patients to make those changes.

**Educate Yourself**
Learn more about the pharmacology of substance use. Promote evidence-based care by communicating with patients in a way that separates fact from fiction. Understand the cycles of sobriety and relapse so that you can help patients plan for their recovery. Advise on the risks associated with polysubstance use.

**Use the Right Words**
Know the difference between substance use, substance misuse, and Substance Use Disorder (SUD). Recognize that substance use carries a stigma, which is a barrier to seeking care. Reject language that shames.

**Verbally Screen Every Patient**
Talking about substance use should be a routine part of everyone’s medical care. Get comfortable discussing it. Ask questions and listen to what your patients have to say. You may be the first person to ever ask.

**Get Trained to Offer MAT**
Medication-Assisted Treatment is the Standard of Care during pregnancy, but there are not enough providers. Contact the New York State Health Department at buprenorphine@health.ny.gov to become an MAT provider. Make naloxone available to all your patients who use opioids.

**End the Stigma**