



# Newsletter

A publication of the Healthy Start Coalition of Brevard County | VOL 9 | 2022

The Healthy Start Coalition of Brevard County is a local, non-profit, 501(c)(3) organization that works to make sure that all moms and babies have the services they need to begin healthy lives together. Healthy Start provides moms, newborns and families with the resources, help and support they need to have a healthy pregnancy and a healthy baby through a home visiting program. Free services are based on risk factors, not on income or insurance.

## COVID-19 UPDATE

Healthy Start is still taking every precaution we can for the safety of our staff and our moms and babies of Brevard, while working within the best practices set forth by the CDC, the Florida Department of Health, and the State of Florida. Our “home-visiting” services are currently being provided via in-person visits and video/phone conferencing for the comfort of our families. If you have any questions or concerns, please call us at 321.634.6101.



## WHAT IS COMMUNITY CONNECT?



We connect pregnant women and families to community resources and local home visiting programs (Healthy Families, Healthy Start, and Nurse Family Partnership) that help ensure a healthy start in life.

**Community Connect**  
**321-634-6101**

Community Connect is a Healthy Start program that provides a one-stop entry point for needed services. Community Connect contacts, assesses, provides information, and makes referrals to home visiting programs and other community services. Eligibility for Community Connect begins when a pregnant woman or infant is screened and referred by their health care provider or hospital through the prenatal and infant risk screens.

### Services and Resources may include:

- Childbirth education
- Newborn care instruction
- Breastfeeding education and support
- Child development education and support
- Parenting education and support
- Help to quit smoking
- Nutritional education
- School readiness
- Family planning education
- Car seat safety
- Infant safety
- Counseling services
- Home visiting programs:
  - Healthy Families,
  - Healthy Start, &
  - Nurse Family Partnership

# Prescription Opioid Pain Reliever Use During Pregnancy

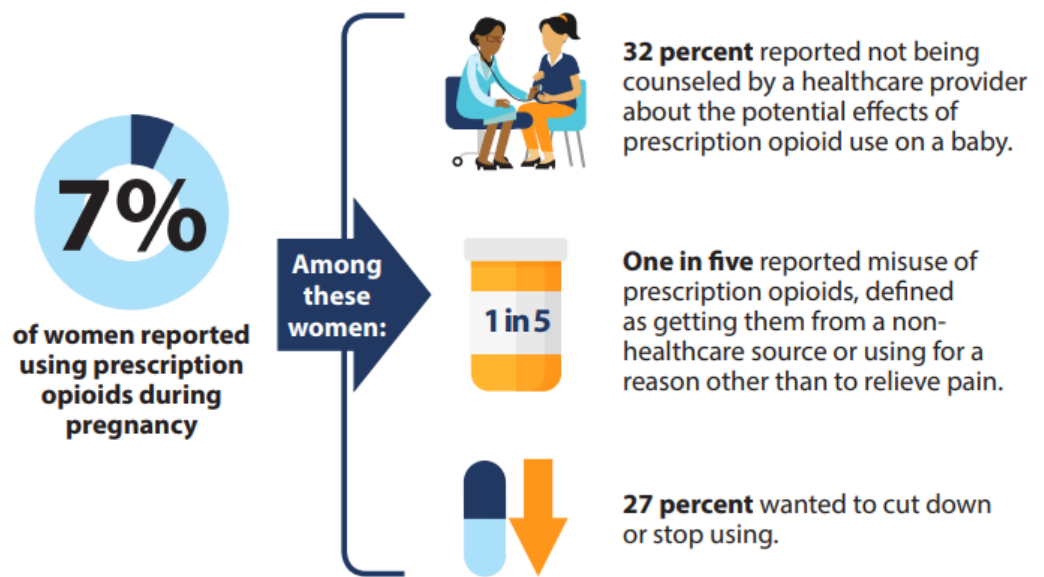
Article and Information taken from: Centers for Disease Control and Prevention

[www.cdc.gov/reproductivehealth/maternalinfanthealth/substance-abuse/prescription-opioid-use-during-pregnancy](http://www.cdc.gov/reproductivehealth/maternalinfanthealth/substance-abuse/prescription-opioid-use-during-pregnancy)

## OVERVIEW

Prescription opioid pain relievers can be used to treat moderate-to-severe pain. Long-term use of prescription opioids is associated with increased risk for misuse. Use during pregnancy can lead to negative health effects for the infant such as neonatal opioid withdrawal syndrome, preterm birth, poor fetal growth, and stillbirth.

It is important for clinicians and patients to carefully weigh the risks and benefits when deciding to begin or continue using prescription opioids during pregnancy.



## THE DATA

Data from CDC's Pregnancy Risk Assessment Monitoring System (PRAMS), [www.cdc.gov/prams](http://www.cdc.gov/prams), and two additional maternal and infant health surveys examined self-reported prescription opioid use during pregnancy.

## THE WAY FORWARD

Ensuring appropriate use of prescription opioids among pregnant women is key. Universal screening for opioid use and misuse may improve the health of both mothers and babies.

### Healthcare providers can:

- Prescribe opioids to pregnant women consistent with clinical practice guidelines.
- Discuss with patients the risks and benefits of opioid use during pregnancy.
- Explore nonopioid pain management options for pregnant women.
- Verbally screen all pregnant women for substance use, misuse, and substance use disorder as part of comprehensive obstetric care.
- Provide treatment or referral to treatment for opioid use disorder, when appropriate.

### States and communities can:

- Support implementation of clinical guidance for substance use screening and treatment through programs, policies and provider training.
- Improve the use of state Prescription Drug Monitoring Programs.
- Implement quality improvement initiatives to address opioid use disorder.
- Raise awareness about the effects of prescription opioid use and strategies to prevent misuse.

### Pregnant women can:

- Talk to their doctor about ways to manage pain that do not involve prescription opioids.
- Ask questions about the risks and benefits of using a prescription opioid during pregnancy for themselves and their baby.
- Follow up regularly with their doctor about their pain management plan.
- Use prescription opioids only as prescribed and do not share with friends or family.

**For more information on CDC's activities to better understand opioid use during pregnancy, please visit**

[www.cdc.gov/reproductivehealth/maternalinfanthealth/substance-abuse/substance-abuse-during-pregnancy.htm](http://www.cdc.gov/reproductivehealth/maternalinfanthealth/substance-abuse/substance-abuse-during-pregnancy.htm)