



# RESOURCES

## **Baby Your Baby**

Call 1-800-826-9662 or visit [www.babyourbaby.org](http://www.babyourbaby.org)  
Provides referral and financial resources and answers questions on prenatal and well-child care.

## **Pregnancy Risk Line**

Call 1-800-822-2229 or visit [www.pregnancyriskline.org](http://www.pregnancyriskline.org)  
Answers questions about medicines, substances of abuse, and other exposures that may harm a fetus or a breastfed baby.

## **Tobacco Prevention and Control Program**

Call 1-888-567-8788, for Spanish call 1-877-629-1585  
[www.utah.quitnet.com](http://www.utah.quitnet.com). Works to prevent youth from starting to use tobacco and helps tobacco users quit.

## **Utah Newborn Safe Haven**

Call 1-866-458-0058 or visit [www.utahsafehaven.org](http://www.utahsafehaven.org)  
An anonymous 24-hour crisis line for the safe drop-off of newborns. Safe relinquishment of a newborn child.  
[www.le.utah.gov/~code/TITLE62A/htm/62A04a080200.htm](http://www.le.utah.gov/~code/TITLE62A/htm/62A04a080200.htm).  
2008 General Session/§62A-4a-802.

## **Utah Addiction Center**

Call 801-581-8216 or visit [www.healthcare.utah.edu/uac/index.htm](http://www.healthcare.utah.edu/uac/index.htm)  
Dedicated to the prevention of chemical addiction and the improvement of patient care through research, education and clinical training.

## **Utah Division of Substance Abuse and Mental Health**

Call 801-538-3939 or visit [www.dsamh.utah.gov](http://www.dsamh.utah.gov)  
Offers prevention and treatment services for substance abuse and mental health statewide.

## **2-1-1 Information and Referral**

Dial 2-1-1 or visit [www.211ut.org](http://www.211ut.org)  
2-1-1 connects people with important health and human services programs throughout the communities of Utah. Calls are free and confidential. Multilingual/TTY/TTD; calls are accessible in 140 languages.

## **Meth Initiative**

Call 801-538-6191 or visit [www.health.utah.gov/meth](http://www.health.utah.gov/meth)  
Coordinates research, legislation, and health education on methamphetamine production and usage.

## **End Meth Now**

Public awareness campaign and website to increase awareness of methamphetamine use in Utah. Treatment centers in Utah are available on the site. To find help, visit [www.endmethnow.org](http://www.endmethnow.org) and click on Get Help.



# TREATMENT

**Getting Treatment Early is Important:** Treatment helps people stop using alcohol, tobacco, and other drugs. Stopping early during pregnancy increases the likelihood of having a healthy baby.

**Treatment Works:** Substance abuse treatment reduces drug use, homelessness, criminal activity and unemployment. Treatment is the best hope for keeping families together. If people are actively seeking treatment, are in treatment, or following court orders, it is less likely the custody of their children will be impacted.

**Treatment is Affordable:** All treatment programs receiving public dollars are required to have a plan to reduce fees so they are affordable. Fees are based on the ability to pay and should not be a barrier to treatment.

**Don't Give Up:** It may take several attempts to stop using alcohol, tobacco, or other drugs. Help is available.

**Pregnant Women are a Priority for Treatment:** State and federal laws require that all treatment programs receiving public dollars give priority admission to pregnant women. All programs are required to begin treatment or to refer pregnant women to support services within 48 hours. However, because of demand for services, there may be a short wait for certain types of care. Substance Abuse Treatment for Pregnant Women and Pregnant Minors [www.le.utah.gov/~2008/htmldoc/hbillhtm/HB0316.htm](http://www.le.utah.gov/~2008/htmldoc/hbillhtm/HB0316.htm) H.B. 316–2008 General Session/§17-43-201.

## **Information About Alcohol, Tobacco and Drug Treatment is Confidential:**

Utah and Federal laws protect the information given to a doctor or counselor about treatment and cannot be released without consent. Rule of Evidence 506 states "...a patient has the privilege, during the patient's life, to refuse to disclose and to prevent any other person from disclosing (1) diagnoses made, treatment provided, or advice given, by a physician or mental health therapist, (2) information obtained by examination of the patient, and (3) information transmitted among a patient, a physician or mental health therapist....." (Utah Rules of Evidence [www.utcourts.gov/resources/rules/ure/0506.htm](http://www.utcourts.gov/resources/rules/ure/0506.htm) and Federal Confidentiality law (42 CFR) [www.access.gpo.gov/nara/cfr/waisidx\\_02/42cfr2\\_02.html](http://www.access.gpo.gov/nara/cfr/waisidx_02/42cfr2_02.html))

**Talk to a Doctor:** Doctors need to be told honest and complete information about all medications (including prescription and OTC medications) and drugs (illegal included) used. A doctor can help diagnose a substance abuse or mental health problem and when necessary, help people receive essential services from appropriate treatment programs.



MOTHERS WHO STOP USING ALCOHOL, TOBACCO AND DRUGS OF ABUSE AT ANY TIME DURING PREGNANCY INCREASE THE CHANCE THAT THEIR BABY WILL BE BORN HEALTHY





## EFFECTS OF ALCOHOL, TOBACCO, AND OTHER DRUGS OF ABUSE

### EFFECTS OF ALCOHOL, TOBACCO, AND OTHER DRUGS OF ABUSE ON FAMILIES

Lack of Financial Resources (poverty)  
Unstable Housing  
Domestic Violence and Abuse  
Addiction/Dependence  
Mental Health Disorders  
Dysfunctional Parenting  
Disruption of Relationships  
Loss of Custody of Children

### ALCOHOL (beer, wine and liquor)

Drinking any Kind of Alcohol During Pregnancy Can Hurt a Baby

#### Effects on Mother

Depression  
Poor Nutrition  
Low Self-esteem  
Sexually Transmitted Diseases including HIV/AIDS  
Infections  
Poor Decision-making

#### Effects on the Fetus and Baby

Heart Defects  
Facial Changes  
Low Birth Weight (can be life-threatening)  
Kidney and Liver Problems  
Stunted Growth  
Learning and Behavior Problems  
Fetal Alcohol Syndrome (FAS)  
Abuse (physical, sexual, and emotional)  
Neglect (if child lives in a drug or alcohol abusing environment)

**Alcohol Causes More Damage to the Developing Brain of a Baby Than Any Other Illegal Substance**

### COCAINE

#### Effects on Mother

High Blood Pressure  
Cardiovascular Incidents (heart attacks and strokes)  
Placental Abruption (placenta separates from the uterine wall before delivery, may deprive fetus of oxygen and other nutrients, and may cause heavy bleeding for the mother)  
Premature Delivery  
Irregular Heartbeat  
Poor Decision-making

#### Effects on the Fetus and Baby

Early Delivery (prematurity)  
Heart Attacks and Strokes  
Potential for Long-term Effects on Learning  
Abuse (physical, sexual, and emotional)  
Neglect (if child lives in a drug or alcohol abusing environment)

### MARIJUANA

#### Effects on Mother and Father

Asthma and Other Lung Conditions  
Cancers (lung and throat)  
Fertility Issues (decreased sperm number and motility)  
Amotivational Syndrome (apathy, poor short-term memory, difficulty concentrating, disinterest in goals)

#### Effects on the Child

Aggravates Asthma and Other Lung Conditions (from second hand smoke)



### METHAMPHETAMINE

#### Effects on Mother

Addiction/Dependence  
Depression  
Poor Nutrition  
Low Self-esteem  
Increased Blood Pressure  
Rapid Heartbeat  
Dental Problems  
Poor Decision-making  
Sleep Problems  
Decreased Performance and Production (at home and at work)

#### Effects on the Fetus and Baby

Low Birth Weight  
Abuse (physical, sexual, and emotional)  
Neglect (if child lives in a drug or alcohol abusing environment)

### NARCOTICS

Heroin, Lortab (hydrocodone), Percocet (oxycodone), Ultram (tramadol), and other Opioids.

#### Effects on Mother

Addiction/Dependence  
Depression  
Poor Nutrition  
Low Self-esteem  
Sexually Transmitted Diseases  
Infections/HIV/AIDS/Hepatitis  
Poor Decision-making  
Death

#### Effects on the Fetus and Baby

Low Birth Weight  
Withdrawal (Newborn)  
Abuse (physical, sexual, and emotional)  
Neglect (if child lives in a drug or alcohol abusing environment)



### TOBACCO

#### Effects on Mother

Addiction/Dependence  
Nicotine Withdrawal (headaches, nervousness, fatigue, hunger, irritability, poor concentration, sleep disturbances and nicotine cravings)  
Miscarriage (smoking more than 20 cigarettes a day in 1st trimester)  
Asthma and other Lung Conditions  
Blood Clots  
Cancers (lung and throat)

#### Effects on the Fetus and Baby

Low Birth Weight (if smoking more than 10 cigarettes a day after 5 months gestation)  
Sudden Infant Death Syndrome (SIDS)  
Aggravates Asthma and other Lung Conditions (from second hand smoke)

### SOLVENTS (paint, gasoline, chemicals)

#### Effects on Mother

Miscarriage  
Damage to heart, kidney, liver, and bone marrow  
Death or Sudden Sniffing Death (SSD)

#### Effects on the Fetus and Baby

Prematurity  
Microcephaly (small head)  
Developmental Delays  
Learning Problems

### EFFECTS OF ALCOHOL, TOBACCO AND OTHER DRUGS OF ABUSE ON BREAST FEEDING

Reduced Milk Supply  
Children exposed to alcohol, tobacco and other drugs of abuse may experience:

Jitteriness  
Irritability  
Reduced Weight Gain  
Poor Sleep Patterns (sleeping too much or not enough)  
Vomiting  
Diarrhea  
Poor Growth  
Weak Reflexes



Utah law requires anyone who suspects child abuse or neglect to report it to the Utah Division of Child and Family Services at 1-800-678-9399 or call local law enforcement (U.C.A. § 62A-4a-401 to U.C.A. § 62A-4a-405).