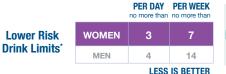
Side 1: As a health professional, you are uniquely positioned to influence positive behavior change.



A history of sexual or physical abuse increases risk for alcohol or drug use disorders.



\*NIAAA (www.RethinkingDrinking.NIAAA.NIH.gov)

Women experience alcohol-related problems at lower levels of drinking than men.

- · Less body water to dilute alcohol
- Why? More fatty tissue to retain alcohol

Breast, liver, throat cancers

Key points for alcohol brief interventions:

Falls

Liver disease

Alcohol-induced

brain damage

Lower levels of enzymes that metabolize alcohol

Alcohol remains at higher concentrations for longer periods of time in a woman's body.

A Standard Drink

5 fl oz

table wine

ations for 6 body.

1.5 fl oz liquor

(vodka, teguila, etc.)

Se

Substance

σ

Vomen

### SERVICES FOR WOMEN

- Database of Colorado treatment, prevention and recovery support programs: LinkingCare.org
- Care for mothers experiencing addiction: MothersConnection.com
- Colorado Crisis and Support Line: 1-844-493-TALK (8255)
- MARIJUANA RESOURCES
- GoodToKnowColorado.com
   Colorado.gov/marijuana
   www.SBIRTColorado.org

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· Unintended or unwanted sexual activity,

See the Adult SBIRT pocket card for other alcohol-related consequences.

STIs and unintended pregnancy

Experiencing violence

Low bone density

12 fl oz heer

## Side 2: Preventing Substance-Exposed Pregnancy

#### FASD Fetal Alcohol Spectrum Disorders:

There is no known safe amount of alcohol use during pregnancy or when trying to get pregnant. There is also no safe time to drink during pregnancy (CDC).

- Key Points: FASD is irreversible and 100% preventable
  - All forms of alcohol pose a similar risk
  - · Heavier use increases risk

#### Alcohol consumption during pregnancy may lead to:

- · Miscarriage or stillbirth
- Prematurity
- · Low birth weight
- A range of neurocognitive and behavioral problems. Some may not appear until early childhood/school-age
- Developmental disability
- Serious physical malformations including major organ damage

Ask all women of child-bearing age: "Are you hoping to become pregnant in the next year?"

Listen for:

Motivation to change - Fears regarding change

Alcohol Brief Screening: "How many times in the past year have you had 4 or more drinks in one day?"

	Step 2	Step 3	Step 4
<ul> <li>Step 1</li> <li>Ask, are you</li> <li>Able to become pregnant?</li> <li>Sexually active with a male or plan pregnancy using another method?</li> <li>Using effective form(s) of contracel consistently?</li> </ul>	ning Discuss • Approaches to prevent pregnancy • Interest in using	Use validated screening questions AUDIT-C/AUDIT TWEAK T-ACE www.SBIRTColorado.org	<ul> <li>Explore and negotiate</li> <li>Options to avoid pregnancy and/or reduce alcohol or drug use</li> <li>Consider that partner substance use may influence motivation</li> </ul>
EFFECTIV	ENESS OF FAMILY PLANNIN	G ~50% of all U.S. pregnancies a	re unplanned
Most Effective Implant	Implant      Intrauterine Device      Male Sterilization      Female Sterilization		
Injectal	Injectables • Pill • Patch • Ring • Diaphram		
Male C	Male Condom · Female Condom · Withdrawal · Sponge		
Least Effective Fertility	Fertility-Awareness Methods • Spermicide		



The American College of Obstetricians and Gynecologists recommends abstinence from medical and recreational marijuana during pregnancy and breastfeeding.

• THC crosses the placenta and is present in breast milk

 Use during pregnancy can affect the child later in life and has been associated with lower scores on tests of attention, coordination and behavior.