



**National Behavioral
Health Network**

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Addressing Tobacco Use & Mental Health Challenges in Pregnant Individuals

Part 1

July 20th, 2023, 2:00 – 3:00pm ET

Welcome from the NBHN team!



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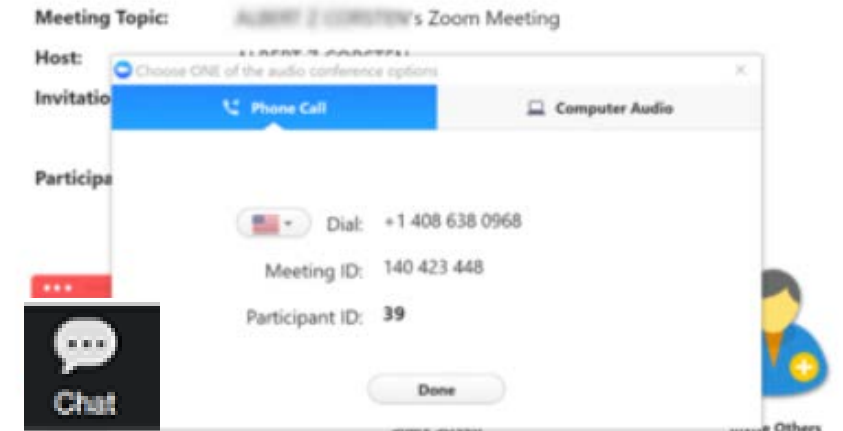
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National Behavioral Health Network for Tobacco & Cancer Control

- Jointly funded by CDC's *Office on Smoking & Health & Division of Cancer Prevention & Control*
- Provides resources and tools to help organizations reduce tobacco use and cancer among individuals experiencing mental health and substance use challenges
- 1 of 8 CDC National Networks to eliminate cancer and tobacco disparities in priority populations

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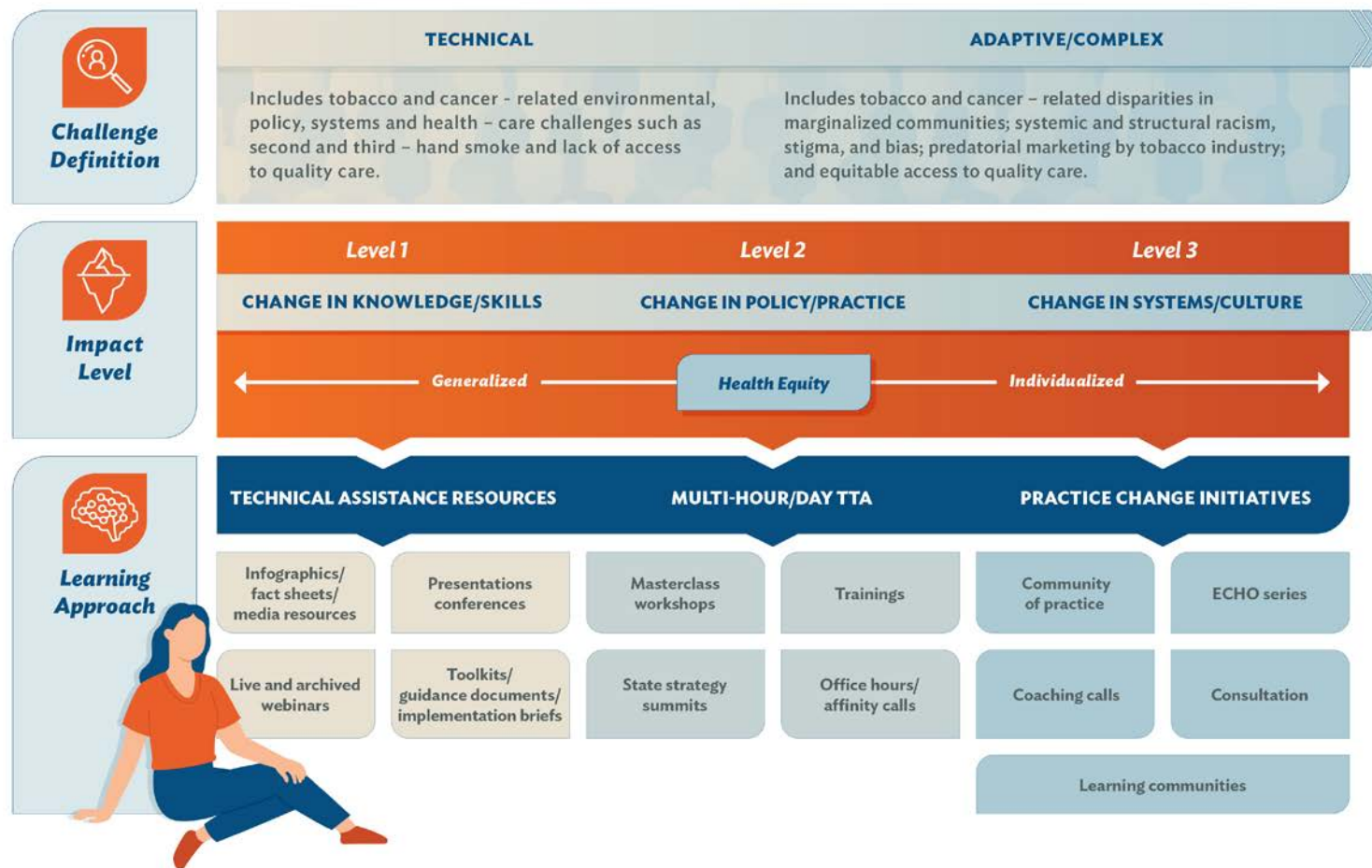
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Learning Agenda





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NBHN's learning agenda is designed to advance health equity by...



Reducing tobacco and cancer-related disparities among individuals with mental health and substance use challenges.



Improving the availability, accessibility and effectiveness for cessation and counseling services.



Addressing social and political that influence tobacco and cancer-related disparities.



Implementing trauma-informed resilience oriented prevention and cessation messaging.



Strengthening, supporting and mobilizing communities and partnerships in tobacco control, cancer control and behavioral health.



Building a diverse and skilled tobacco control, cancer control and behavioral health workforce.



Building, championing, and implementing tobacco-free policies, plans and laws.



Promoting the improvement, access, and utilization of tobacco, cancer and behavioral health data.



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A Note on Language & Terminology

- **Mental wellbeing:** thriving regardless of a mental health or substance use challenge.
- **Commercial tobacco use/tobacco use:** The use of commercial tobacco and nicotine products (including electronic nicotine devices, otherwise known as ENDS).*
- ***All references to smoking and tobacco use are referring to commercial tobacco and not the sacred and traditional use of tobacco by some American Indian and Alaskan Native communities.**

Today's Featured Speaker:



Dr. Rebecca Richey, PsyD
Clinical Director
Colorado Women's Collaborative
Healthcare

Addressing Tobacco Use and Mental Health Challenges in Pregnant People

Part 1: Pregnancy

Rebecca Richey, Psy.D., LCSW, CAC III

Clinical Director, Colorado Women's Collaborative Healthcare





Acknowledgements

- Land acknowledgement:
 - Lands of the Ute, Arapahoe, and Cheyenne
- No conflict of interest

Learning Objectives

- Understand the risk and safety factors among pregnant individuals with co-occurring MH challenges and tobacco use disorder.
- Learn about systems and clinical based support services and policies that can benefit pregnant individuals with MH challenges who use tobacco with co-occurring MH challenges and tobacco use disorder.
- Identify strategies that can assist individuals in overcoming key barriers.

Tobacco Use and Mental Health Challenges during Pregnancy



Pregnancy is a tough transition!

“Everything grows rounder and wider and weirder, and I sit here in the middle of it all and wonder who in the world you will turn out to be.”

– Carrie Fisher



Pregnancy is a health equity issue

- Black pregnant people die 2.5 times more often than White pregnant people, and 3 times more often than Hispanic pregnant people
- Pregnant people who suffer from mental illness and/or substance use disorders face stigma and shame



Healthy Pregnancies lead to Healthy Babies

- Anemia
- Anxiety
- Depression
- Diabetes
- Heart Conditions
- Hypertension
- Infections
- Substance Use including Tobacco
- Weight

Mental Health in Pregnancy

Anxiety

Poor outcomes include preterm birth, maternal substance use, and low birth weight as well as longer-term developmental impacts on the baby.

Depression

Poor outcomes include low birth weight, slowed fetal development, preterm birth, miscarriage, maternal anemia, diabetes, substance use, and hypertension.



Intersection of mental illness and substance use disorder in pregnancy

- Pregnant people who suffer from behavioral health disorders are more likely to use substances
- Tobacco use is by far the most common substance use disorder in pregnant people
 - Prevalence rates of those who use both tobacco and another substance are 75-91%
- People with behavioral health disorders and substance use disorder are more likely to use larger amounts of tobacco while pregnant

Tobacco Use in Pregnancy

- Tobacco use in pregnancy is the largest remediable risk factor for pregnant people and babies
- 6.9% of pregnant people reported smoking while pregnant
 - Prevalence higher among
 - 20-24-year-olds (9.9%)
 - American Indian/Alaskan Natives (15%)
 - Those with a high school degree/GED (12.2%)
 - Prevalence lowest among
 - Those younger than 15 (1.7%)
 - Asian/Pacific Islanders (1%)
 - Those with a master's degree or higher (.3%)



Tobacco Use in Pregnancy

- 40% of pregnant people quit
 - 90% relapse within a year after birth
- Effect on developing fetus
 - Preterm birth
 - Low birth weight
 - Cleft lip/palate
 - Lung and brain damage
 - SIDS
- Neonatal abstinence syndrome
 - Risk for babies born addicted to nicotine
- Vaping vs Smoking



Tobacco use in Pregnancy

Upstream factors

- Trauma
- Targeting by corporations
- Education by healthcare providers
- Maternal health care

Quitting tobacco use in Pregnancy

- Protective factors
 - Higher education
 - Higher socio-economic status
 - Adequate prenatal care
 - Lower levels of behavioral health disorders
- Benefits to quitting while pregnant
 - Fetus gets more oxygen
 - Risk of complications decreases
 - Risk of SIDS goes down



A pair of black-rimmed glasses is resting on an open notebook. The notebook has a red ribbon bookmark. The background is blurred, showing a desk and a pen.

Case Study

- Carly
 - 26-year-old Black woman who is newly pregnant
 - Presents to primary care
 - Wants to quit smoking
 - Suffers from comorbid anxiety
 - Partner and parents smoke in the home
- What would be helpful for her to know?
 - What information would you use to normalize quitting smoking during pregnancy?
 - What information might empower her decision to quit?

Systemic and Interpersonal Solutions



Systemic Solutions

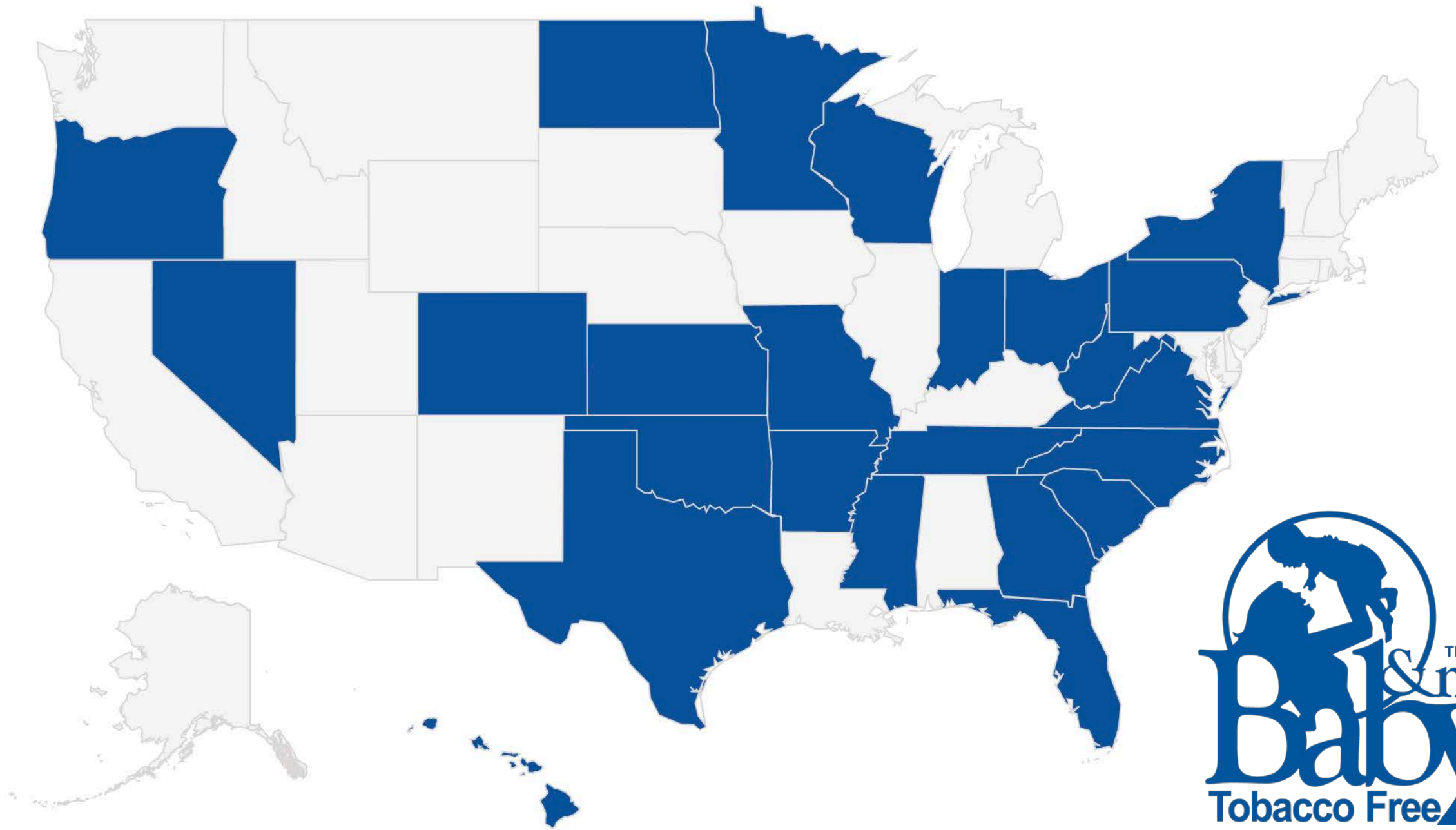
- State and National Policies
 - Age bans
 - Flavor bans
 - Workplace & Residential protections
- More Robust Family Policies
 - Child tax credit
 - Family leave
 - Childcare
 - Early education
- Maternal mental healthcare
- Provider Education



Photo by Rahul Sapra

Resources

- **Quitlines**
 - 1-800-QUIT NOW (1-800-784-8669)
 - National number
- **Become a Smokefree Woman**
 - <https://women.smokefree.gov/>
- **Baby and Me Tobacco Free**
 - <https://babyandmetobaccofree.org/>





BH Key Strategies for Change

- Access to care
- Cognitive Behavioral Therapy
- Motivational Interviewing
- 5 A's
- Address MH comorbidities

BH Medications in Pregnancy

- Decision is between pregnant person and their medication prescriber
- Some factors that may be weighed:
 - Current health of the pregnant person
 - Health history of the pregnant person
 - Proposed taper schedule
 - Possible side effects of discontinuing medication
- NRTs in pregnancy



Peer Solutions

- Social supports
- Goal setting
- Education
- Improve access
- Community services





Case Study

- Carly
 - Decides to move forward with quitting smoking
 - Lives in a disadvantaged area
 - Limited access to transportation
- What strategies would you recommend to help Carly quit?
- What resources would you connect Carly to?

Q and A



Resources/Supports

- For information about utilizing mental health medications during pregnancy:
 - <https://womensmentalhealth.org/specialty-clinics-2/psychiatric-disorders-during-pregnancy/>
- **Try SmokefreeMOM.** This text message program gives 24/7 support to pregnant women. Enter your child's due date to receive customized messages that match where you are in your pregnancy. Then, choose your goal of the program: to quit smoking or receive messages on smoking and health. You have the option to receive support even if you're not yet ready to quit permanently. Sign up online or text **MOM** to **222888** to join now. **Mobile Number**
- **Join the [Smokefree Women Facebook page](#).** Women who have quit, or are trying to quit, offer one another advice and inspiration.
- **Make your phone your quit buddy.** Download [quitSTART](#) or [QuitGuide](#), Smokefree's free smartphone apps. Track your cravings by time and location to help you see patterns so you can stay in control. They also have ways to see your progress and fun distractions to keep you from having a slip.
- **[Call 1-800-QUIT-NOW](#) to speak with a quit smoking counselor.** Get information and encouragement or referrals to local programs.
- **Log on to [LiveHelp](#),** an online chat service, available Monday through Friday 9:00am-9:00pm Eastern Time. A trained specialist will give you support and quit smoking information.

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