



**National Behavioral
Health Network**

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Addressing Tobacco Use & Mental Health Challenges in Postpartum Individuals

Part 2

August 17th 2023, 2:00 – 3:00pm ET

Welcome from the NBHN team!



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Housekeeping



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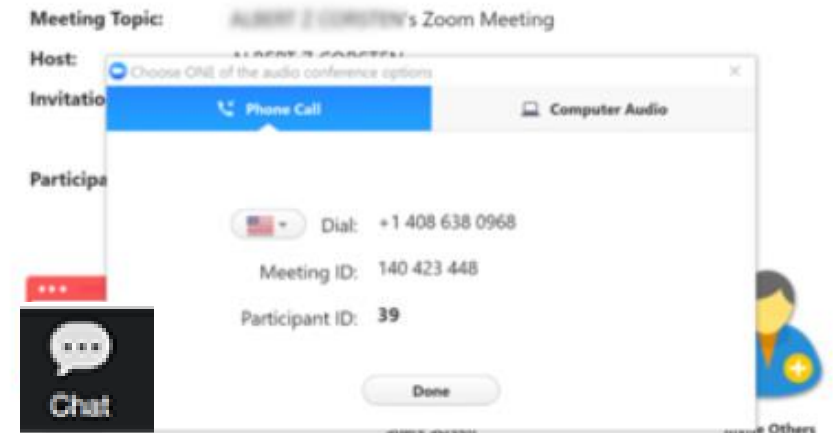
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National Behavioral Health Network for Tobacco & Cancer Control

- 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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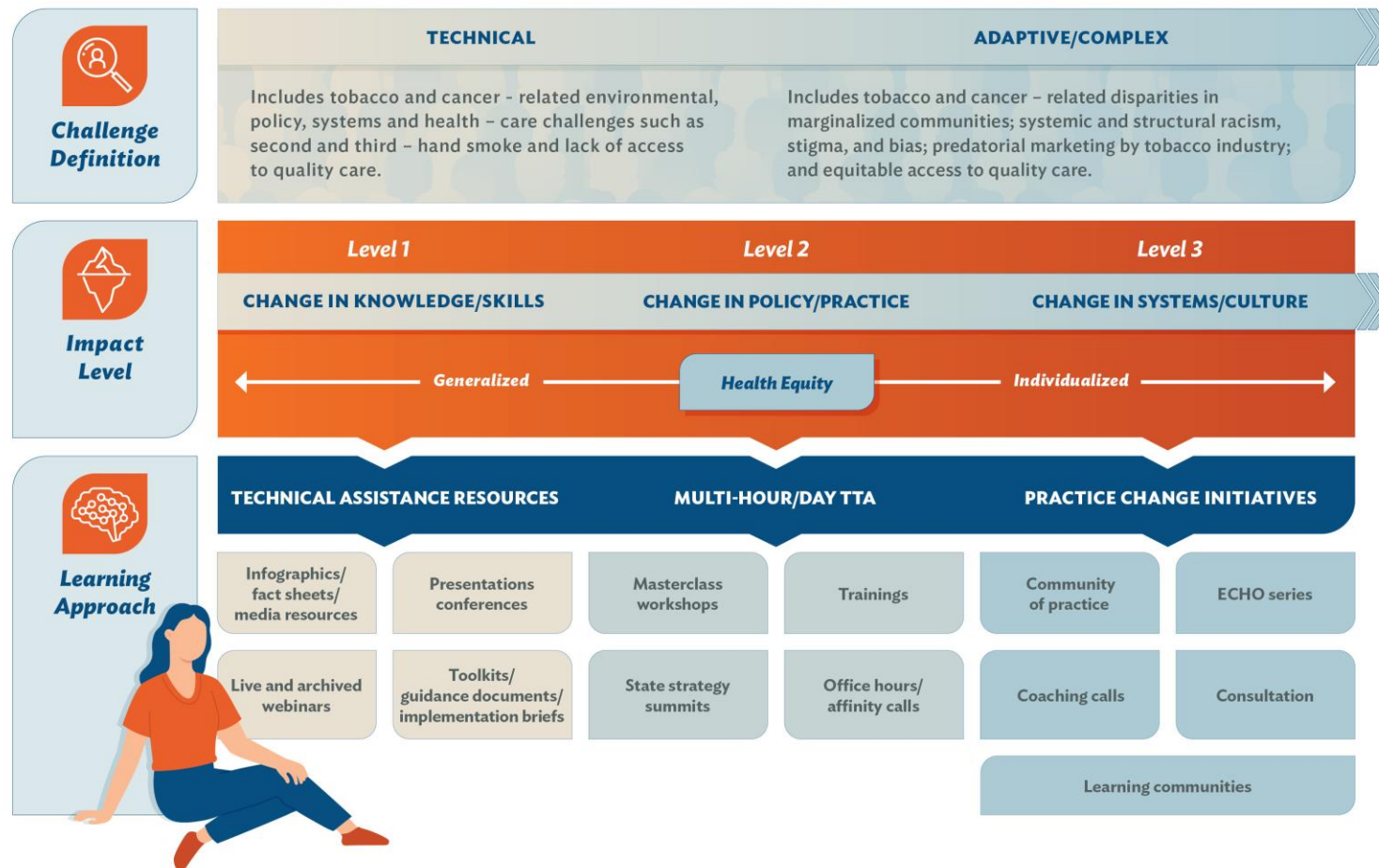
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Learning Agenda





National Behavioral Health Network

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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 Postpartum Individuals

Part 2

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

Clinical Director, Colorado Women's Collaborative Healthcare



COLORADO WOMEN'S
COLLABORATIVE HEALTHCARE



Acknowledgements

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

Learning Objectives

- Understand risk factors, protective factors and outcomes around tobacco use and cessation during the postpartum period for individuals with mental health and/or substance use challenges.
- Be able to identify evidence-based systemic, medical and interpersonal techniques to support cessation during their postpartum period.
- Learn about state and national resources to support individuals with mental health and/or substance use challenges who use tobacco during the postpartum period.

Tobacco Use and Mental Health Challenges during Postpartum Period



Postpartum is a tough transition!

- Postpartum period
 - Three phases
 - Acute phase: 6-12 hours after birth
 - Subacute phase: 12 weeks
 - Delayed phase: Up to 6 months
- Hormonal changes
 - Estrogen/progesterone plummet
 - Increase in oxytocin and prolactin
 - Hormone regulation takes up to one year





Meet Carmen

Postpartum Mortality

- USA has the highest number of maternal deaths of all first-world countries
- Globally, the number of maternal deaths fell significantly between 2000-2017
 - In the USA, the number rose 26.6% between 2000-2014
 - This is in part due to the way we classify postpartum death
 - This signifies a crisis
 - This number is significantly higher for people of color, those who live in low SES, those with less education, and those who are older



Mental Health in Postpartum

Anxiety

Depression



Postpartum depression

- Depressed mood or severe mood swings
- Crying too much
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual
- Inability to sleep, called insomnia, or sleeping too much
- Overwhelming tiredness or loss of energy
- Less interest and pleasure in activities you used to enjoy
- Intense irritability and anger
- Fear that you're not a good parent
- Hopelessness
- Feelings of worthlessness, shame, guilt or inadequacy
- Reduced ability to think clearly, concentrate or make decisions
- Restlessness
- Severe anxiety and panic attacks
- Thoughts of harming yourself or your baby
- Recurring thoughts of death or suicide



Postpartum Anxiety

Physical symptoms

- Disrupted sleep.
- Increased heart rate, nausea, or stomach aches.
- Being unable to breathe.
- Loss of appetite.
- Trouble sitting still.
- Muscle tension.

Emotional symptoms

- Inability to relax or keep calm.
- Racing thoughts, especially about worse-case scenarios.
- Obsessing over things that are unlikely to happen.
- Difficulty focusing or forgetfulness.
- Irritability.
- Feeling on edge or fearful.

Behavioral symptoms

- Avoiding certain activities, people or places.
- Being overly cautious about situations that aren't dangerous.
- Checking things over and over again.



Tobacco Use in Postpartum

- Many who quit while pregnant return to tobacco use postpartum
 - Stress
 - Living in an environment where others smoke
 - Return to pre-pregnancy self
- Risks
 - SIDS
 - Thirdhand smoke
 - Breastfeeding
- Effects on baby





Tobacco use in Postpartum

- **Trauma**
 - Especially birth trauma
 - 45% of birthing parents
 - Higher levels of ACES
- **Maternal health care**
 - Worse for parents who are members of marginalized populations

Quitting tobacco use while Postpartum

- Protective factors
- Benefits to quitting during postpartum period





Knowing what we know, what information would empower Carmen to make this change?

Systemic and Interpersonal Solutions



Systemic Solutions

- Equitable contraception availability
- Postpartum screening for all
- More Robust Family Policies
 - Family leave
 - Childcare
 - Early education
- Maternal mental healthcare
- Provider Education



MH Key Strategies for Change

- Access to care
- Appropriate assessment
- Address mental health comorbidities
- Group therapy
- Cognitive Behavioral Therapy
- Motivational Interviewing



Cognitive Behavioral Strategies



Challenging negative thinking

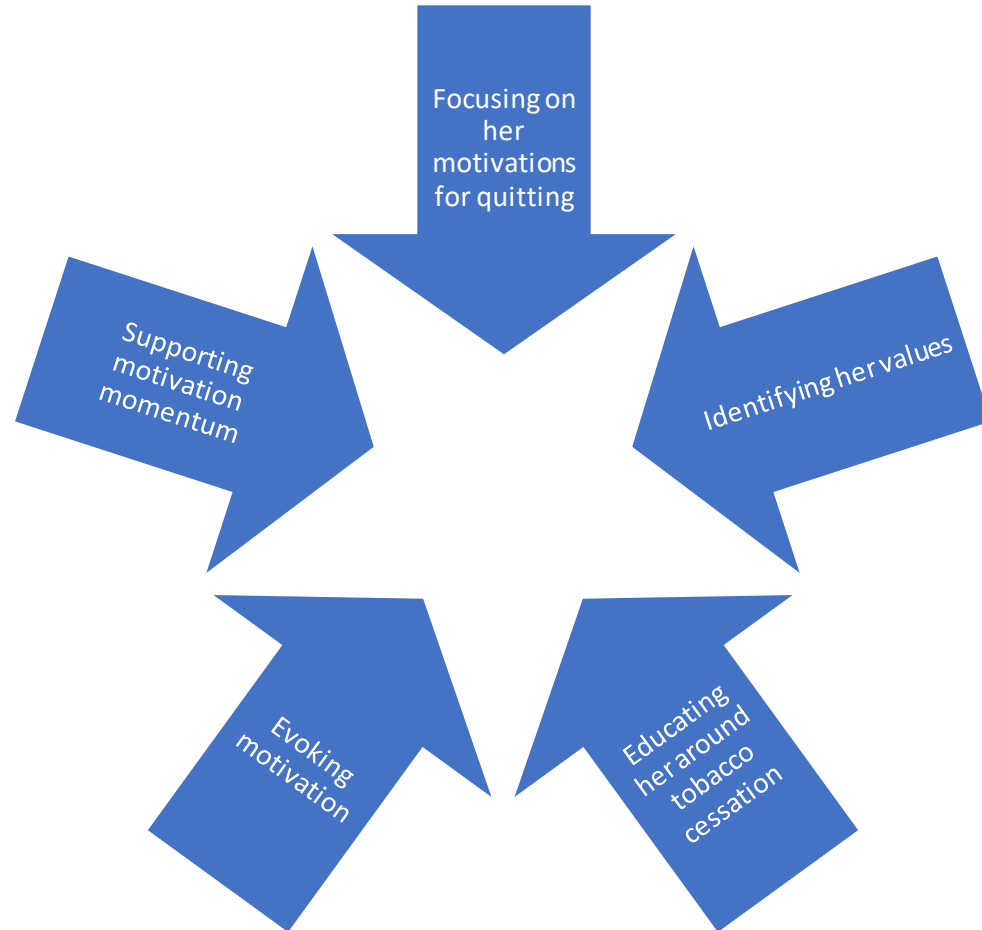


Acknowledging –isms



Understanding the impact of
thoughts on feelings and behaviors

Motivational Interviewing Strategies





BH Medications in Postpartum

- Decision is between postpartum person and their medication prescriber
- BUT...first postpartum medication for postpartum FDA approved in August 2023!
- Some factors that may be weighed:
 - Health of the postpartum person
 - Breastfeeding/chestfeeding status
- NRTs in postpartum
- Vaping vs smoking

A close-up photograph of two hands, one from a darker-skinned person and one from a lighter-skinned person, gently holding each other to form a heart shape. The background is a soft, out-of-focus bokeh of warm colors like pink, orange, and green, suggesting a natural setting with flowers or foliage. The lighting is bright and natural, highlighting the texture of the skin and the delicate grip of the hands.

Peer Solutions

- Associated with improved care for postpartum people
- Evidence-based practice
- Reimbursable in some states
- Combat stigma for birthing parents who are struggling
- Specific training in maternal mental health peer support specialist available



Review of Carmen's treatment

- Provided Carmen with education about Quitline and programs offered
- In-clinic support opportunities
- Group therapy for postpartum depression and anxiety
- Referral for medication management
- Cognitive behavioral therapy
- Motivational interviewing
- Peer Supports



What treatment strategies do you think would be most effective for your patient population?

Q and A



Resources/Supports

- **Edinburgh Postnatal Depression Scale**
https://med.stanford.edu/content/dam/sm/ppc/documents/DBP/EDPS_text_added.pdf
- **Peer Navigator Postpartum Training:** <https://www.2020mom.org/peer-addon-training>
- **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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