

Bree Perinatal Behavioral Health Workgroup
Adopted January 24th, 2024



Working together to improve health care quality, outcomes, and affordability in Washington State.

**Perinatal Behavioral Health
Appendix E Patient and Support System Educational
Resources**

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Perinatal Support Washington: Perinatal Support Washington has resource guides and toolkits for parents, including resources in multiple languages and resources specific to families of color. Providers and health delivery systems can order warm line educational flyers on the website.

Link here for [resources](#) for parents and children

Lactation Guidance for Healthcare Professionals: The Department of Health generated guidance on lactation and substance use in June 2023. This resource outlines concerns and guidance related to lactation and parental substance use, detailing specific safety concerns, adverse effects, considerations, and monitoring suggestions for specific substances such as opioids, benzodiazepines, stimulants, alcohol, cannabis, and tobacco/nicotine. They also offer screening tools for use during lactation support.

Link [here](#).

Center for Indigenous Midwifery: The Center for Indigenous Midwifery supports indigenous families through the birth and provides one-on-one childbirth education that supports connection to ancestral practices. Childbirth education sessions are available for pregnant people and their support for people residing in King County. These sessions are available in-person or over zoom and are available in Spanish.

Text 564-202-606 or visit the link [here](#) to sign up for a childbirth education session.

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