



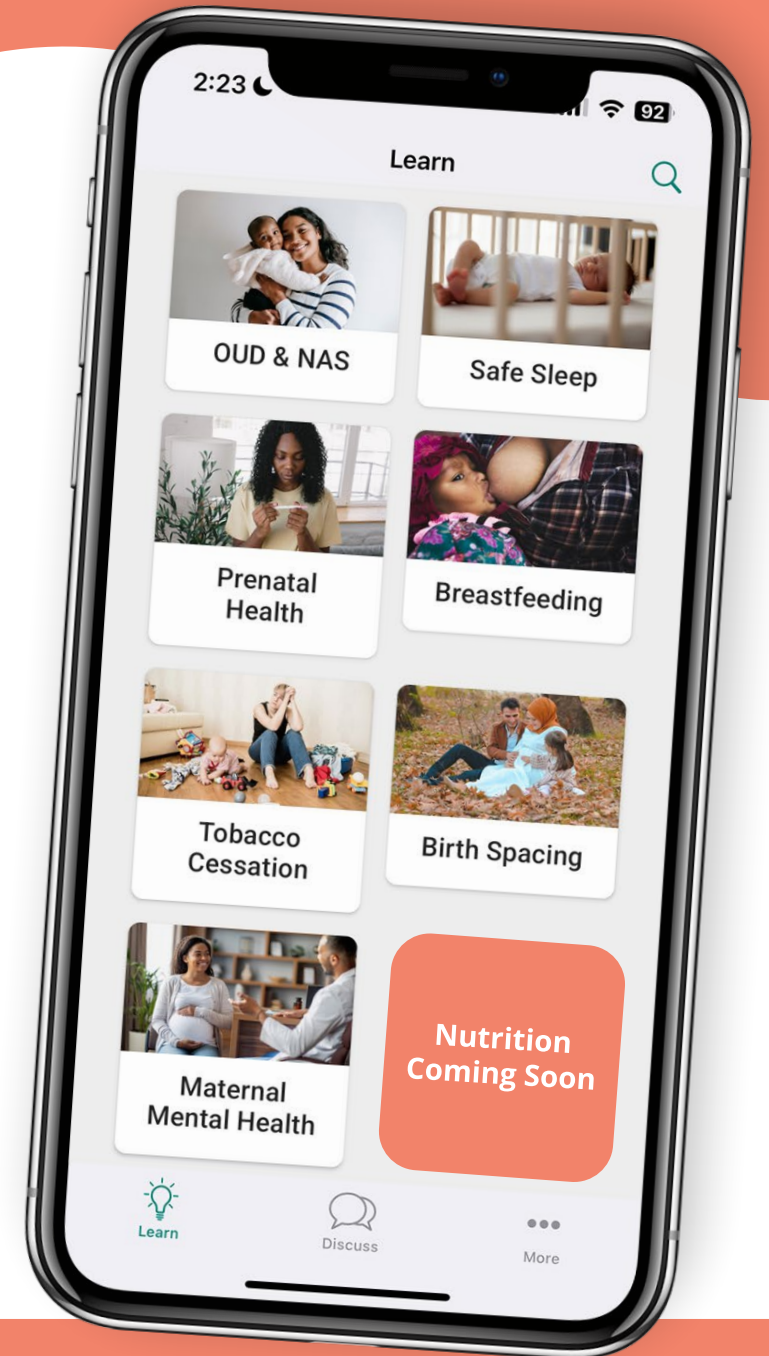
**Prenatal &  
Infant Care**  
Network



# Helpful Tips:

Using Motivational Interviewing  
in Caring for Pregnant and  
Breastfeeding Moms Using Marijuana

Developed by:





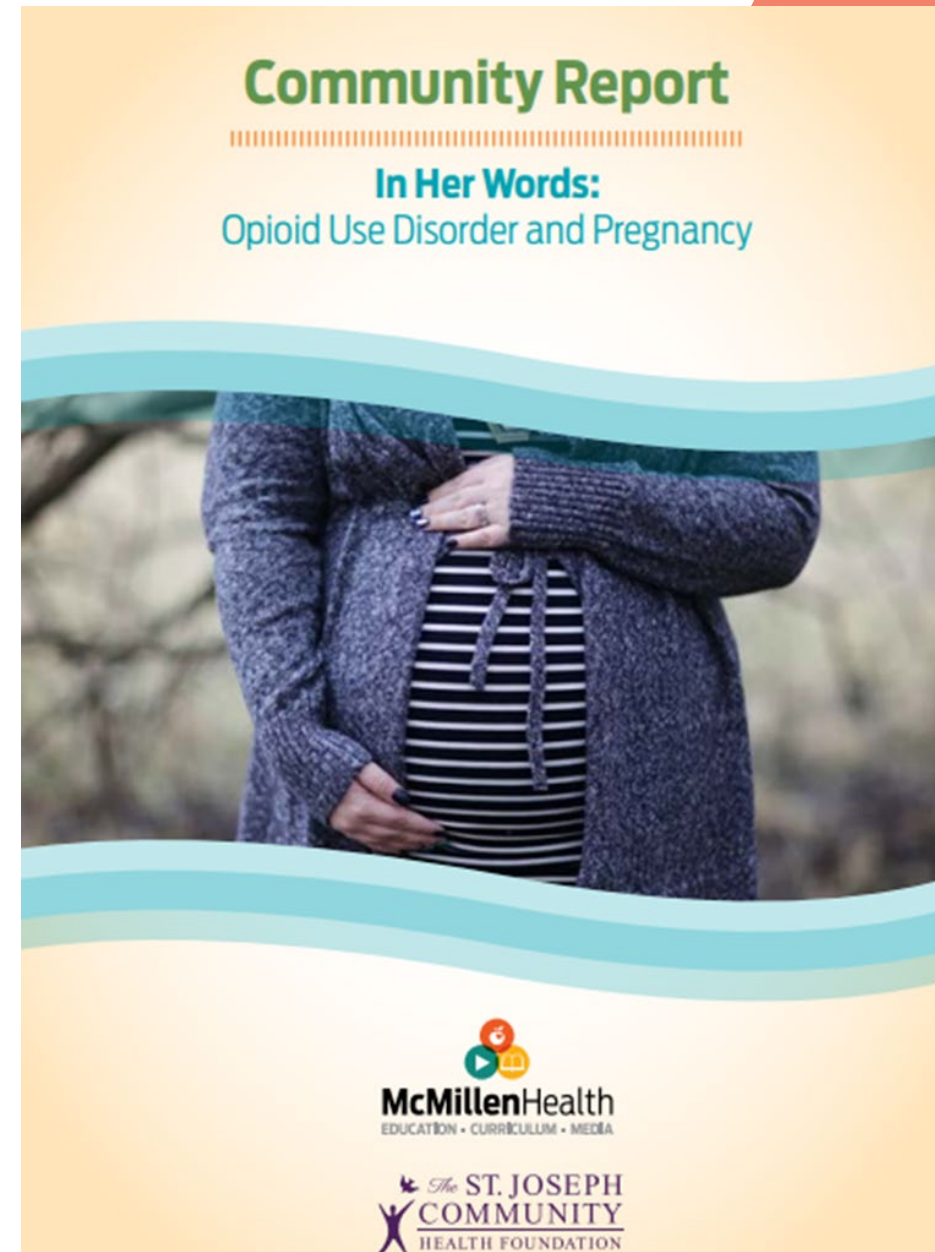
**Nicole Fairchild, MPA, MBA**  
McMillen Health  
Chief Executive Officer





# Healthy Tomorrow History

- In 2018, McMillen Health began a needs assessment to develop educational materials for women with OUD
- Goal to have high quality educational materials for pregnant women and mothers of infants and young children
- Needs were established through community-wide report *In Her Words*
- App launched October 2020
- Now reaching 562 users across 151 zip codes
- 86 low-literacy videos on various topics





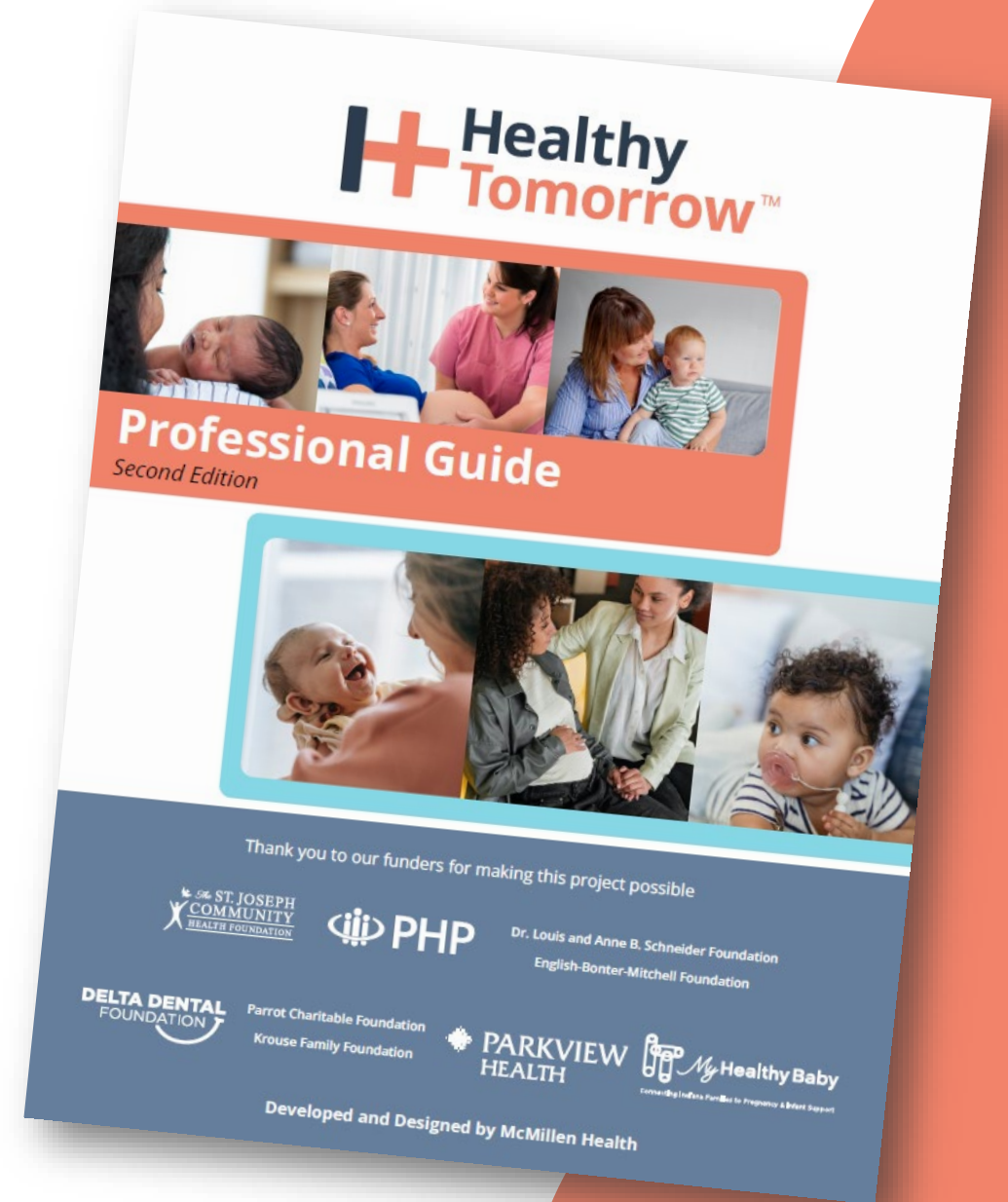
# Thank you to our funders!



Flora Dale Krouse Foundation  
Parrot Charitable Foundation  
Dr. Louis and Anne B. Schneider Foundation  
English-Bonter-Mitchell Foundation



# Motivational Interviewing





# What is Motivational Interviewing (MI)

- Guiding style of communication that requires good listening.
- Requires giving information and advice **after** listening and summarizing what you heard.
- Designed to **empower** people to change by drawing out their own meaning, importance, and capacity to change.
- Based on a **respectful** and **curious** way of being with people that facilitates the natural process of change that honors the client's decision to choose.

**TALKING WITH YOUR CLIENT:**

**Getting Started** 

In the Healthy Tomorrow app, these videos align with this topic and would make great conversation starters or "homework" assignments:

- Marijuana and Pregnancy
- Marijuana Secondhand Smoke and Children
- Healthy Decisions, Healthy Baby



**Deeper Dive** 

Here are some ways to get your conversation going further and help your client think deeper about this topic:

- Use open-ended questions to learn about your client's concerns about their substance use.
  - "I'm interested in finding out what concerns you have for your marijuana use. Can you tell me more?"
- Use summarizing to recap your client's concerns about using marijuana.
  - "On one hand, you're worried about how your marijuana use might affect your baby. On the other hand, you smoke to calm down and are worried about what will happen if you try to quit. And you're open to learning about some programs to help you quit. Did I miss anything?"
- Rate their readiness to change.
  - "On a scale of 0-10, how ready are you to stop using marijuana? Tell me more about choosing that number."

**Next Steps** 

These are additional items that will help your client continue thinking about this topic after your conversation is over:

- [Myths about Marijuana](#)





# MI and Caring for Moms Using Marijuana

- More women are using marijuana during pregnancy
  - Natural
  - “Safe”
  - Mental health
- Use open-ended questions to start the discussion
- Summarize what they shared
- Have them rate their readiness to change
  - Make it THEIR decision to change

**Marijuana and Pregnancy**

**WHAT YOU NEED TO KNOW:**  
No amount of marijuana is safe during pregnancy. When your client uses any substance, the chemicals will pass through the umbilical cord to their developing baby.  
Even medical marijuana is not safe during pregnancy. If your client is using medical marijuana, they should talk with their doctor about pregnancy-safe alternatives.



Marijuana exposure during pregnancy can have negative effects on a baby including:



Increased risk of adverse pregnancy outcomes such as:

- Low birth weight
- Preterm birth
- Stillbirth



Abnormal brain development that can affect school success such as:

- Difficulty solving problems
- Attention & memory problems
- Behavior problems



188 Healthy Tomorrow: Professional Guide  
Developed by McMillen Health





# Healthy Tomorrow Resources: *Professional Guide*

- Aimed at the professional, to help them better support their clients
- Tips for medical and non-medical professionals
- Each topic includes:
  - Related app videos
  - MI tips and prompts
  - A handout or action plan the client can keep

[mcmillenhealth.org/healthy-tomorrow](https://mcmillenhealth.org/healthy-tomorrow)

**Oral Health**

**Supporting Clients with a Baby in the NICU**

**WHAT YOU NEED TO KNOW:**  
A mother's oral health directly affects her overall health and the health of her developing baby. Prevention of dental decay supports positive outcomes. If left untreated, oral abscesses, and gum disease can allow bacteria to travel through the bloodstream and eventually reach the fetus.

**WHAT YOU NEED TO KNOW:**  
A baby who is exposed to opioids during pregnancy may develop neonatal abstinence syndrome (NAS) or neonatal opioid withdrawal syndrome (NOWS) in the days after delivery (See [NAS/NOWS for more information](#)). Babies with NAS/NOWS may experience symptoms such as irritability, tremors, and excessive crying.

**Some potential barriers are:**

- Lack of transportation (or no gas money)
- Lack of childcare for older children
- Busy schedule of medical, MAT, support, and other appointments
- Staying in a recovery home with little flexibility for leaving
- Needing to go back to work

symptoms vary widely, so mothers should be aware of the possibility of their baby staying in the NICU for multiple days or even weeks. Helping your client understand the barriers and how to respond to barriers provides the best chance for positive outcomes for mother and baby.

Developed by McMillen Health

**Healthy Tomorrow™**

**Professional Guide**  
Second Edition

Thank you to our funders for making this project possible

ST. JOSEPH COMMUNITY HEALTH FOUNDATION | PHP | Dr. Louis and Anne B. Schneider Foundation | English-Borner-Mitchell Foundation

DELTA DENTAL FOUNDATION | Parrot Charitable Foundation | Krouse Family Foundation | PARKVIEW HEALTH | My Healthy Baby | Connecting Indiana Families to Pregnancy & Infant Support

Developed and Designed by McMillen Health



# Healthy Tomorrow Professional Guide

- 63 digital handouts included
  - Two marijuana handouts available
    - Myths About Marijuana
    - Alternatives to Marijuana
- Handouts link with videos
- Available in English and Spanish





# Tips for Professionals

## Safe Sleep: Babyproofing

### WHAT YOU NEED TO KNOW:

Babyproofing is another way to reduce the risk of a baby being unexpectedly injured. You should talk to your client about basic babyproofing strategies.





# Related App Videos

## TALKING WITH YOUR CLIENT:

### Getting Started

In the Healthy Tomorrow app, these videos align with this topic and would make great conversation starters or “homework” assignments:

- Babyproofing
- A Clean and Safe Living Space
- Safe Sleep Resources

### Deeper Dive

Here are some ways to get your conversation going further and help your client think deeper about this topic:

- Use affirmations to acknowledge your client’s efforts to babyproof their living space.
  - “That’s great that you started researching how to babyproof. You taught me something new today.”
- Use open-ended questions to help your



# MI Tips and Prompts

## TALKING WITH YOUR CLIENT:

### Getting Started



In the Healthy Tomorrow app, these videos align with this topic and would make great conversation starters or “homework” assignments:

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- A Clean and Safe Living Space
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# Next Steps

## Next Steps

These are additional items that will help your client continue thinking about this topic after your conversation is over:

- [Babyproofing Checklist](#)

**Babyproofing Checklist**

Complete the babyproof checklist. Then answer the prompts to begin an action plan for making your living space safe.

**Babyproof Checklist**

- Install and inspect smoke detectors.
- Install carbon monoxide detectors.
- Install outlet covers.
- Anchor top-heavy furniture (such as bookshelves).
- Purchase a first aid kit or first aid supplies.
- Store toys in an open toy box or basket.
- Replace long window curtains with short curtains or cordless shades.
- Block access to standing water such as pools or ponds.
- By the time your baby is mobile, plan to purchase:
  - Toilet seat bid locks
  - Cabinet and drawer locks
  - Baby gates

**Anchoring Furniture**

Some top-heavy furniture will come with hardware like brackets, screws, and straps to secure it to the wall.

You can buy an anchor kit to use on furniture you get secondhand.

**Tip:** Getting on the floor at your baby's eye level helps you find anything they might grab or bump into.

**Action Plan**

Write down one thing you can prepare this week.

Write down one thing you can prepare this month.

Write down five things to babyproof before your baby is born.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Check out the safe sleep: Robeco Smaaker and SDS video on the Healthy Zentroware app!

Healthy Tomorrow. Real Medical Care. | Developed by Dr. Helen Ross





# Handouts & Action Plans



## Delivery and Postpartum Health

**First, think about the goals you have for during and after birth.**

Some examples are:

*I want my family to visit me in the hospital.*

*I want to breastfeed for at least six weeks after giving birth.*



My Goals:

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# Handouts & Action Plans



## Baby in the NICU Action Plan

**What is your baby's birthdate?**

\_\_\_\_\_

**How often will you be able to visit your baby in the NICU?** The more you can visit, the better. Your baby loves to hear, smell, and touch you!

I can visit \_\_\_\_\_ number of times per week.

**Do you know about how long your baby will be in the NICU?**  Yes  No

**If yes, when do you expect your baby will be released from the NICU?**

\_\_\_\_\_

If no, talk to your baby's doctors about your baby's progress. Ask if they know how much longer your baby will be in NICU.

**Mark the things that will make it hard for you to visit your baby more often:**



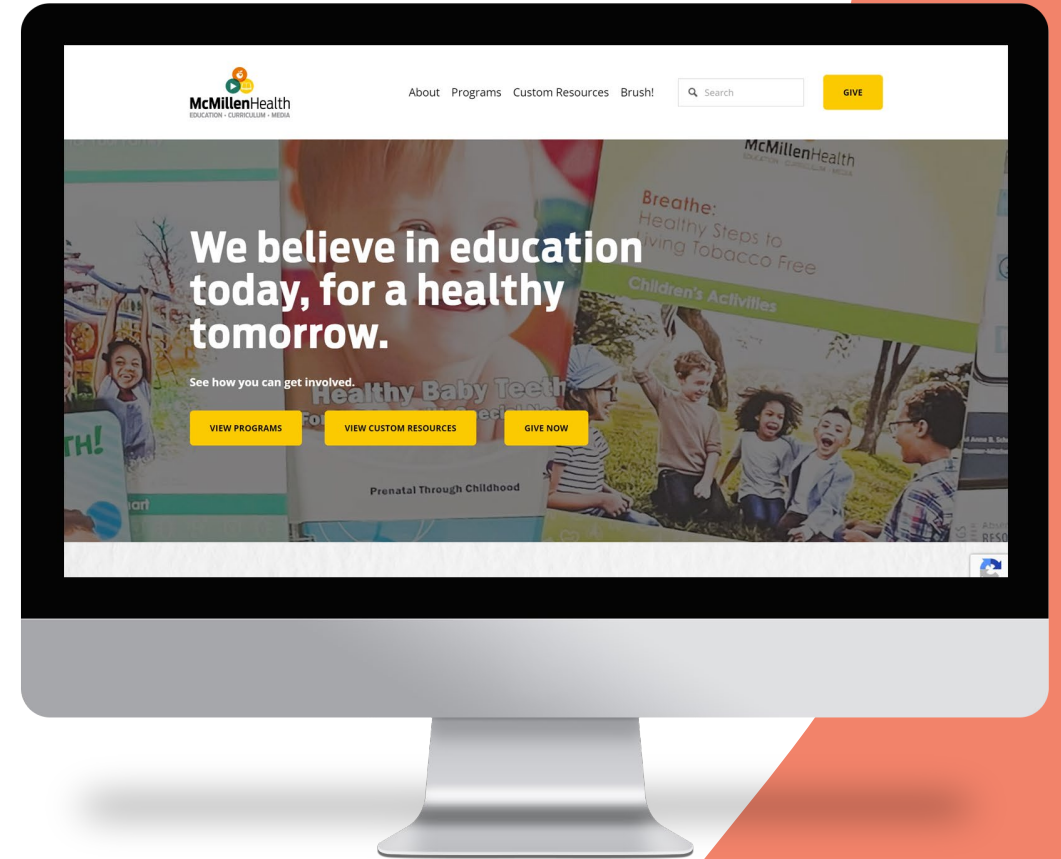
# Professional Guide Available Online





# Accessing Healthy Tomorrow and Scheduling Training

- [mcmillenhealth.org/healthy-tomorrow](https://mcmillenhealth.org/healthy-tomorrow)
- [info@mcmillenhealth.org](mailto:info@mcmillenhealth.org)
- (260) 456-4511

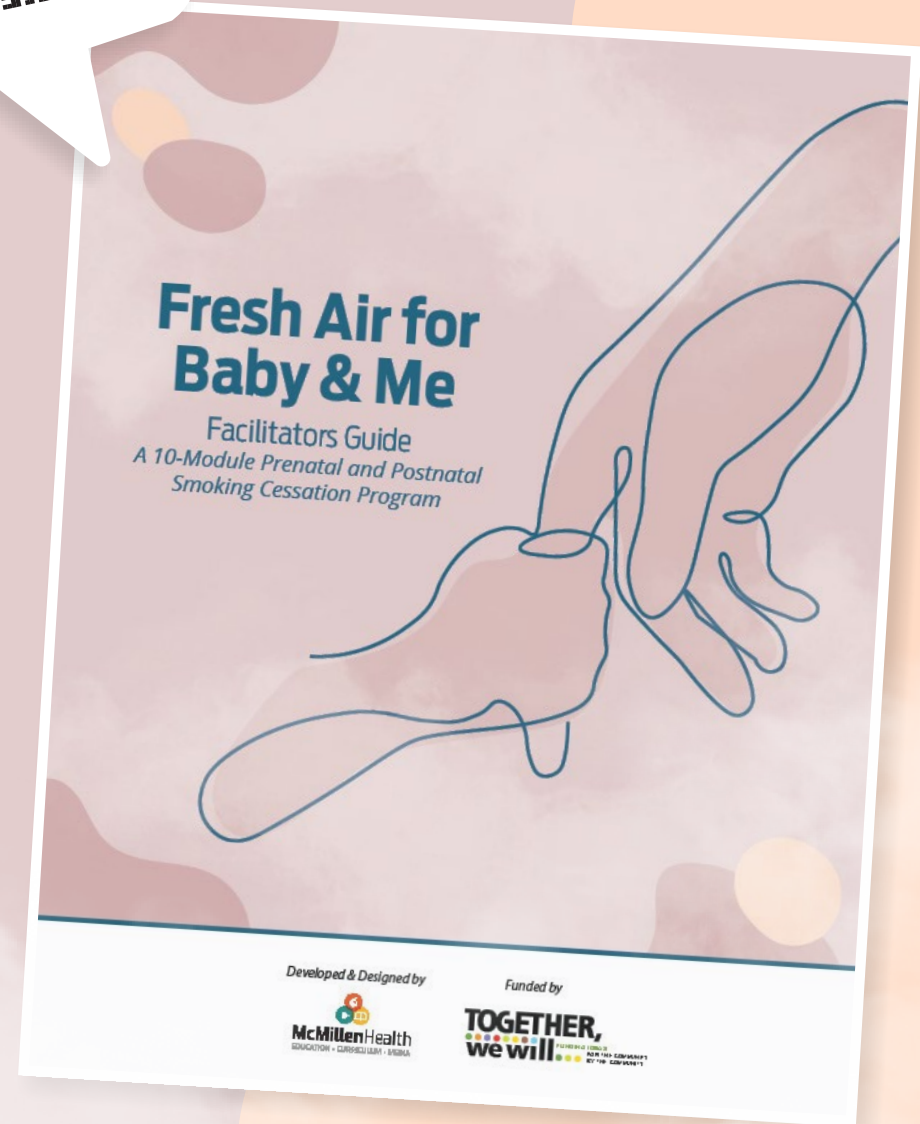


**Enroll  
Now!**



## Fresh Air for Baby and Me

- Digital 10-module smoking cessation curriculum
  - Tobacco
  - Vaping
  - Marijuana
- 9 low-literacy videos
- 9 low-literacy, bilingual handouts with QR codes linking videos
- Digital take home activities
- Participant journal



# Fresh Air for Baby & Me

*A 10-Module Prenatal and Postnatal Smoking Cessation Program*

*Fresh Air for Baby & Me* is intended to inspire expecting parents to quit smoking and vaping. Participants will walk away with information about the ways smoking, vaping, and marijuana use affects the health of them and their baby and the tools they need to quit.

## Dates available:

Monday, March 18th - Wednesday, March 20th from 9:30am - 1pm

Tuesday, April 9th - Thursday, April 11th from 9:30am - 1pm  
Wednesday, April 24th - Friday, April 26th from 12:30pm - 4pm

(600 Jim Kelley Blv., Fort Wayne, IN 46816)

Lunch is included. All participants who finish the 3-day program will receive 2 boxes of diapers and 2 packages of wipes.

**Participate for your  
CHANCE TO WIN a  
\$250 gift card!**

**Enroll  
Now!**





**McMillenHealth**  
EDUCATION • CURRICULUM • MEDIA

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