



MARCH 30 WEBINAR RESOURCES – PERINATAL MENTAL HEALTH AND SUBSTANCE USE: CLINICAL INSIGHTS FROM PREGNANCY THROUGH THE NEWBORN PERIOD

Online Modules

- [Not Just The Blues: Perinatal Depression and Anxiety](#) (UBC CPD)
- [Perinatal Substance Use](#) (UBC CPD)

Pathways

- [Treatment Algorithm for The Newborn Exposed to Substance\(s\) in Pregnancy](#) (Perinatal Services BC)
- [Care of the Newborn Exposed to Substances during Pregnancy](#) (Perinatal Services BC)
- [Caring for Your Baby at Risk of Substance Withdrawal](#) (BC Women's Hospital)

Anxiety and Depression

- [Edinburgh Perinatal/Postnatal Depression Scale](#) (Provincial Health Services Authority)
- [Patient Health Questionnaire – 9](#) (Government of Canada)
- [General Anxiety Disorder – 7](#) (Anxiety and Depression Association of America)

Substance Use

- [PRN Morphine Education](#) (Victoria General Hospital)
- [Eating, Sleeping, Consoling \(ESC\) Care Tool](#) (UBC CPD)
- [Mothering and Opioids Toolkit](#) (Centre of Excellence for Women's Health)

- [Rooming-in Guideline for Perinatal Women Using Substances](#) (BC Women's Hospital)
- [Baby Steps: Caring for Babies with Prenatal Substance Exposure](#) (Safe Babies Program)
- [Provincial Blueprint for a Perinatal Substance Use Continuum of Care](#) (BC Women's Hospital)
- [Outreach Program Handbook Supplement: Perinatal Substance Use](#) (BCAPOP)
- [Perinatal Services BC](#) (Provincial Health Services Authority)
- Patricelli CJ, Ricci TA, Doerksen J, et al. Neonatal Opioid Withdrawal Syndrome (NOWS) Monitoring Not Requiring NICU Admissions: Examining Rooming-in as Standard Care. *The Canadian journal of addiction*. 2024;15:20-28. (View with [UBC](#))