

BC ECHO on Substance Use Post-session Resources

Session Title: Considerations for Treating Pregnant People with Alcohol Use Disorder

Date: October 23, 2025

Context

This document, now available to all BC ECHO on Substance Use session registrants, compiles resources shared during the live session and contributions from our Hub Team members. It also includes additional services and resources related to substance use care that are not specific to the session.

AUD and Pregnancy-related resources

- [Addiction Care and Treatment Online Course \(ACTOC\)](#) is a free, online course provided by the BCCSU and UBC CPD for healthcare providers who provide care to people who use substances.
 - o See "Alcohol Use Disorder" in Module 3
- [Breastfeeding and Alcohol Use resource](#)
- [Gender-affirming Perinatal Care: Safe, Respectful, and Celebratory eLearning course through UBC CPD](#)
- [helpwithdrinking.ca](#), offers information and resources for the public and for health care providers:
 - o See [Alcohol use in pregnancy](#) detailed information on screening and treatment [pathways](#), fetal and infant [monitoring](#), patient [handouts](#), breast/chest feeding [calculator](#) and more
 - o Point of care tools for clinicians can be [found here](#)
 - o Advice and helpful information to support specific populations to help them through their substance use challenges is [found here](#)
- Parent-infant programs:
 - o [Families in Recovery](#) (Vancouver)
 - o [The Sanctuary Women's Pre-Recovery & Recovery](#) (Vancouver)
 - o [Ellendale Cradle](#) (Surrey)
 - o [Transition to New Beginnings](#) (Burnaby)
 - o [Housing for Moms](#): Thresholds Program (Lower mainland)
 - o [Turning Point Recovery Society](#) (Vancouver, Richmond, North Shore, & Squamish)
 - o [Talitha Koum](#) (Tricities)
 - o [KARIS Support Society](#) (Kelowna)
 - o [Arrow Home Women's Recovery](#) (Vancouver Island)
 - o [Harmony House: Ts'oodun Be 'Unt'oh Yoh](#) (Prince George)
 - o [Tupa's Lodge](#) (Kelowna)
- [Perinatal Substance Use eLearning course through UBC CPD](#)
- **Perinatal Substance Use Service at St. Paul's Hospital** provides comprehensive perinatal and substance use care, including harm reduction, medical and psychosocial treatment, prenatal care and birth planning, full spectrum reproductive services, etc. **Patients can be accepted from anywhere in BC**, however significant consideration should be given to the risk/benefit of taking patients out of their home communities.
 - o They prioritize pregnant and newly post partum patients (and their partners) for withdrawal management or; if the patient does not want detox, but would benefit from a hospital admission (ie. for care coordination, medication titration) a harm reduction based admission to the Urban Health Unit at SPH can also be offered.

- **For patients:** Access detox through **Access Central (1-866-658-1221)** and self identify as pregnant/postpartum, and they will be forwarded to the PSU Physician for assessment and expedited booking.
- **For providers:** Call the PSU Service directly (**236-808-3573 Please do not distribute to patients, this number is forwarded to the physician's cell phone 24/7**) anytime for consultative care in hospital, clinical advice/systems navigation, or facilitation of detox booking/harm reduction admission.
- Perinatal Substance Use resources by BC Association of Pregnancy Outreach Programs (BCAPOP), include best practice resources, resources for professionals, resources for people who use substances and training & research opportunities
 - Find a free of charge BC pregnancy outreach program [here](#)
- "Person-centred perinatal substance use care" podcast episode by the BCCSU's *Addcition Practice Pod*.
- Pregnancy HUB is a free online program for all pregnant, postpartum and newly parenting people with infants (up to 12 months old). See resources on Substance Use & Harm Reduction.
- Pregnancy & Parent Learning Centre was recently launched by Perinatal Services BC (PSBC). Check back [here](#) for the module on "Substance Use" that is coming soon.
- Sheway can be accessed by healthcare providers for information and support, or through a self-referral by individuals who are:
 - Pregnant or newly postpartum
 - Using substance or at risk of returning to substance use
 - In Vancouver or currently unhoused
- Pregnancy Supplement – *Provincial Guideline for the Clinical Management of High-Risk Drinking and Alcohol Use Disorder*.
 - See p.39 for details specific to child protection during the prenatal and neonate period
 - Note: Maternal substance use alone is not grounds for the apprehension of an infant or referral to MCFD.
- Safer Sleep resources:
 - Safer Sleep for My Baby is a resource to help create a safe sleep plan
 - Baby Bed Program is a safe-sleep initiative that provides a safe bed for baby and is free to all families living in the Island Health region.
- Vancouver Coastal Health (VCH) referrals for pregnant people and parents:
 - [For the general public health](#)
 - [For health-care providers](#)

Psychosocial and Peer resources

- Alcoholics Anonymous online for BC Yukon provides links to in-person and online AA meetings. Search your local AA chapter's website to identify what options are available in your area.
- Clinical and community resources on harm reduction, services, and treatment access in Northern BC are available [here](#).
 - For peer network connecting individuals in the North with healthcare services, email: Peer.Network@northernhealth.ca
- The CORE (Community Outpatient Recovery Experience) | Vancouver Coastal Health is community-based substance use recovery program for adults ages 19 and older in Vancouver or Richmond. Based on the former Daytox program, and an equivalent of the DEW Program.

- [Adult Day, Evening, Weekend \(DEW\) Treatment Program | Fraser Health](#) is an outpatient group-based substance use program for adults 19 years old and older. Self referral and referrals from other service providers accepted.
- [HeretoHelp](#) provides mental health and substance use-related information, including personal stories, self-help resources, and connection to services in BC.
- The [Junction](#) offers community based support for anyone (19+) who identifies as seeking or maintaining recovery and wellness from substance use. They offer in person and virtual groups/meetings, social activities, art, music cultural programming, peer support, recovery navigation, etc.
 - o Locations in Vancouver, North Shore, Abbotsford, Hope, Sunshine Coast and Caribou
- [Narcotics Anonymous \(NA\)](#) meeting finder.
- [Pay What You Can Peer Support](#) offers 25+ online support groups on a broad range of topics.
- [Sign up to receive texts with BC-specific toxic drug and health alerts](#). This service is offered by Toward the Heart and BCCDC in collaboration with regional health authority and community partners. Text the word JOIN to 253787 (ALERTS) to sign up.
- [SmartParent Program](#) support parents to make evidence-informed choices for healthy pregnancy, childbirth, and early parenthood. Provides educational text messages to help guide you through the weeks of your pregnancy. [Click here](#) to learn more or visit the [FAQ page](#).
- [SMART \(Self-Management and Recovery Training\) Recovery BC](#) provides information about in-person meetings and links to virtual SMART meetings. The SMART Recovery 4-point program focuses on: building and maintaining motivation; coping with urges; managing thoughts, feelings and behaviours; and living a balanced life.
 - o Mobile App is available on the [iOS App Store](#) and [Google Play Store](#), for instant access to support resources.

Substance use care services and resources

- The **24/7 Addiction Medicine Clinician Support Line** provides telephone consultation and support to physicians, nurse practitioners, nurses, midwives, pharmacists, and other health and allied professionals in BC who are involved in addiction and substance use care and treatment. Thanks to a partnership with FNHA, this service extends beyond clinicians, offering addiction medicine guidance to **addiction support staff calling from Indigenous communities within BC**, including Indigenous urban centres. **To speak to an Addiction Medicine Specialist, call 778-945-7619.** To learn more, visit: <https://www.bccsu.ca/24-7/>.
- The [Alcohol & Drug Information Referral Service \(ADIRS\)](#) connects individuals in BC with information about detox, counselling, treatment programs, recovery homes, support groups, and other education and prevention resources. **Available in the lower mainland at 604-660-9382 (24-hour) and elsewhere in BC at 1-800-663-1441 (24-hour).**
- [Northern Health Virtual Substance Use Clinic](#) offers substance use support to residents of Northern Health Region. **Call 1-844-645-7811.**
- [Provincial Opioid Addiction Treatment Support Program \(POATSP\)](#) is a comprehensive education and training program that equips clinicians to prescribe opioid agonist treatment.
 - o **For physicians and nurse practitioners:** education and training pathway is found [here](#)
 - o **For registered nurses and registered psychiatric nurses:** education and training pathway is found [here](#)
- [Rapid Access to Addiction Care \(RAAC\) Clinic | Fraser Health](#) provides low-barrier, responsive care to patients with substance use concerns with an aim of assessment, initial stabilization and transition to community-based clinics and services. No referral required.
- [Rapid Access to Consultative Expertise \(RACE\) line](#) is available for consult to physicians, nurse practitioners, medical residents, and midwives, Monday-Friday from 0800-1700 PST.

- [Substance Use \(addictions\) Services | Fraser Health](#)
 - o [Fraser Health Access Line](#): Mental Health and Substance Use (Home of Access Central for Substance Use Services) is available to advise and connect individuals with the service that best fits their needs. Open 7 days a week from 8:30 am to 8:30 pm, 365 days a year.
 - o Call 1-833-866-6478 or fill out the [online form](#) to request a call from the team within 48 hours

Resources for people who self-identify as Indigenous

- [Aboriginal Cultural Practices: A Guide for Physicians and Allied Health Professionals Working at Vancouver Coastal Health](#) provides information on Indigenous cultural practices in clinical settings.
- BC regional health authority Indigenous or Aboriginal Health Programs offer tailored services and programs to support Indigenous patients and families in accessing health and wellness services:
 - o [Interior Health](#)
 - o [Fraser Health](#)
 - o [Island Health](#)
 - o [Northern Health](#)
 - o [Vancouver Coastal Health](#)
- [First Nations Health Authority](#) (FNHA) provides resources for learning more about Indigenous wellness and cultural practices. Information and links to support Indigenous Peoples in connecting with an Elder or healer, either within the care setting (if available) or in the community are [found here](#).
- First Nations Treatment Centres in BC [info sheet](#).
- [First Nations Virtual Doctor of the Day](#) provides virtual appointments for all First Nations Peoples and their families living in BC. Call **1-855-344-3800**, 7 days a week, 8:30 am to 4:30 pm to schedule an appointment. Printable poster available [here](#).
- [Friendship Centres](#) offer cultural practices to Indigenous Peoples across BC. To locate the nearest Friendship Centre, click [here](#).
- [Indigenous Harm Reduction](#) is a culturally rooted approach that addresses the impacts of colonialism and reconnects First Nations, Métis, and Inuit peoples to land, spirit, and community in substance use care.
- [Indigenous Outreach \(INO\)](#) is an Indigenous-specific outreach service in Vancouver that leads with cultural safety in an Indigenous Relational and strengths-based approach. Provides Perinatal outreach and connection to Doula care.
- Substance use [Poster series: Humility, Respect, Connection and Love](#), and [supports and services](#) are available to First Nations, Inuit, and Métis.