

Organized by Choice Health Network Harm
Reduction.

A big thanks to friends in the Knoxville
and Asheville harm reduction and
reproductive justice communities for
info and support!

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**HARM
REDUCTION +
PREGNANCY**



Choice Health Network
**Harm
Reduction**
Health. Equity. Hope.
a Positively Living program

Options

You have options when you're pregnant. We want to support you no matter what you decide.

Unbiased pregnancy hotline to discuss parenting, abortion, or surrender -

All-Options: 1.888.493.0092



Emergency Contraception (aka "the morning after pill"):

Emergency contraception is **not** the abortion pill. It helps prevent pregnancy. It's most effective if taken within 3 days of having unprotected sex or if a condom breaks.

First Aid Collective Knoxville (aka wound care volunteers) may have some, please ask!

Available at Planned Parenthood: 865.711.1717
Cherry St. and Washington Ave.

and

Knoxville Center for Reproductive Health:
865.637.3861
Clinch Ave. and 16th St.

Some pharmacies sell it without a prescription, so ask if you feel like you can!

Remember -

You have options.

We are here to support you and connect you to resources the best we can.

You are not a bad person just because you use drugs.

You are not a bad parent just because you use drugs.



- ⊗ **WARNING:** Knox County Health Department will call DCS if a pregnant person tests positive for drugs. DCS usually does not get involved in the pregnancy and the Health Department has resources to help with DCS cases.
- ⊗ Cherokee has a bupe and intensive outpatient program that has walk-in hours every Friday starting at 12:30. The program is on the 3rd floor at 2018 Western Ave. Melody Tenhagen is the contact at 865.934.6748. They prioritize pregnant people and will help you sign up for TennCare.
- ⊗ Helen Ross McNabb has a wraparound services program for before and after you give birth called the MOMS Program. They're at 865.329.9105.
- ⊗ Project CARA in Asheville offers combined prenatal and medication-assisted substance use treatment - call 828.771.5500 or visit their website (it's super long, so just search for it!)

The options below are if you cannot or do not want to continue this pregnancy. *If that's what you decide, fine. If not, that's okay too.* The last half of this zine gives info if you want to remain pregnant.

Abortion

There are different kinds of abortions. Knoxville Center for Reproductive Health and Planned Parenthood offer the abortion pill. The abortion pill can be taken up to 10 weeks after the start of your last period. Knoxville Center for Reproductive Health has more options after 10 weeks, so if you're past 10 weeks, you still have choices!

FYI: The abortion pill or medication abortion can be less safe than a traditional abortion. Medication abortion may require you to have easy access to a toilet, heating pads, and other supplies that might be hard to get if you're unsheltered. If you have access to a traditional abortion, that's the safest way to go.

The next page features resources if an abortion is what you want →

Mountain Access Brigade: non-judgmental support at 855.888.MAB8

Knoxville Center for Reproductive Health: abortion provider at 865.637.3861 or kcrh.com. Located at Clinch Ave. and 16th St.

Planned Parenthood Knoxville: provides the abortion pill/medication abortion at 865.711.1717. Located at Cherry St. and Washington Ave.

Here are links to funds or organizations that can help get an abortion paid for -

Access Reproductive Care-Southeast:

www.arc-southeast.org

National Abortion Federation: 1.800.772.9100

Mountain Access Brigade: 855.888.MAB8

! BEWARE !

of fake clinics or crisis pregnancy centers - they're not there to support your decisions!

If you're not in the Knoxville area, here are some good websites to help you find a real clinic:

Abortion Clinics Online: abortionclinics.com

National Abortion Federation: www.prochoice.org

Abortion Care Network: abortioncarenetwork.org

Planned Parenthood: www.plannedparenthood.org

- ⊗ See us or your local health department to get hepatitis C and HIV testing
- ⊗ No matter where you're at in your drug use, think about making a plan to deal with pain during and after delivery
- ⊗ Being a new parent is hard! If you want extra support or counseling, we can help connect you to resources

Programs to help

- ⊗ Knox County Health Department can help with prenatal care and getting you signed up for other resources, like WIC and TennCare. The Women's Health number is 865.215.5320.
- ⊗ Before you get WIC or TennCare through the Health Department, you have to call 1.800.DIAL.WIC for WIC and 1.800.318.2596 for TennCare.
- ⊗ To get services from the state or health department, you have to prove you're a resident with a state driver's license. If you don't have one, Volunteer Ministries can help get you an ID. Walk in and ask.

- ⊗ Fetuses exposed to opioids before birth may develop withdrawal signs called neonatal abstinence syndrome (NAS) - NAS is completely treatable
- ⊗ The long-term effects of NAS on infant and child health are uncertain - we just don't know!
- ⊗ If you're on bupe, try not to change your dose without talking to your doc - changing your dose will likely not affect the chances of NAS
- ⊗ If you're just taking bupe or methadone, it is okay to breastfeed your newborn and breastfeeding can actually help relieve any NAS symptoms
- ⊗ Taking a daily prenatal vitamin with 1 milligram of folic acid will help you and your fetus - you can get these for free from your local health department
- ⊗ If you can, begin prenatal care with a healthcare provider ASAP - screenings at prenatal visits can protect you and your fetus

Remaining pregnant

Let's get this out of the way -

Just because you use drugs
and are pregnant DOES NOT
make you a bad parent or
bad person!



If you're ready to try to lessen your use or stop using, we can help connect you to those resources. *If you're not ready, it is what it is, and there are still some ways you can help protect your health.*

Basic Harm Reduction

- ⊗ Harm reduction is about reducing the possible negative effects of drug use
- ⊗ Smoking and snorting are generally safer than injecting - it's easier to overdose and to get hepatitis C and HIV when you inject
- ⊗ You CAN get hepatitis C from smoking and snorting - try not to share pipes or straws!

- ⊗ If you're still injecting, come get new supplies from us
- ⊗ Buprenorphine (aka "bupe", "Suboxone", "Subutex") is generally safer than other opioids
- ⊗ Fentanyl is in a lot of drugs now (even meth) - try to always have naloxone and use with others
- ⊗ If you can, test all your drugs with fentanyl test strips (ask us if we have some!) and/or use test shots or bumps



Harm Reduction in Pregnancy

- ⊗ Through this, please take care of yourself first!
- ⊗ Pregnancy increases your blood volume - this can make overdoses happen faster
- ⊗ If you want to detox from opioids, benzos, or alcohol, please don't do it alone! There are places to help make detoxing safer for you and your fetus

- ⊗ Buprenorphine (called bupe) and methadone are okay to take while pregnant! Pregnant people may be prescribed bupe with or without naloxone (both are safe) - all the major medical associations support pregnant people using bupe
- ⊗ Evidence shows that using bupe is safer than detoxing from opioids without medication
- ⊗ Bupe is a little safer than methadone for pregnant people and their fetuses
- ⊗ Even if you're mostly using stimulants, bupe may still help! Bupe may help decrease cravings. You may just have to be using enough opioids to qualify for bupe programs
- ⊗ Stimulants, like coke, meth, and crack, are more likely to cause placental abruption than other drugs - which can really hurt you and your fetus
- ⊗ Any reductions in alcohol, tobacco, or benzo use will help a lot - these substances can be the most harmful for fetuses