

FALL 2024 – SUMMER 2025 TRAINING SCHEDULE

Register for all events at

www.sachealthybeginnings.com/training-schedule



SAC COUNTY
**Healthy
Beginnings**

PSYCHOSOCIAL RISK FOR PREGNANT AND PARENTING WOMEN WITH A HISTORY OF SUBSTANCE MISUSE: BUILDING A FOUNDATION FOR GENDER-SPECIFIC TREATMENT AND CARE

Online event // Wednesday, September 18, 2024 // 1:00 p.m. – 2:00 p.m.

A history of personal or intergenerational trauma, beyond its impact on health and mental health, can impact an individual's view of the world and readiness to parent. This session will present a framework for understanding the impact of a pregnant or parenting woman's personal history on her ability to accept health information and advice and how clinicians can use the information as a basis for developing and providing gender-specific treatment and care.

MARIJUANA AND PREGNANCY: A PUBLIC HEALTH PERSPECTIVE

Online event // Wednesday, January 15, 2025 // 1:00 p.m. – 2:00 p.m.

With the legalization of recreational use of marijuana, rates of use during pregnancy have steadily increased. At the same time, public health messages have failed to communicate the possible negative effects of marijuana on pregnancy and child outcome. This session will describe the action of marijuana on the developing fetal brain, its impact on maternal and infant mortality and morbidity, and implications of prenatal marijuana exposure on the child's neurodevelopment. This information can be used to create strategies for prevention. [Learn more and register.](#)

COMMUNICATING THE DANGER: PRENATAL FENTANYL EXPOSURE AND THE VULNERABLE CHILD

Online event // Wednesday, March 19, 2025 // 1:00 p.m. – 2:00 p.m.

Fentanyl use during pregnancy places the prenatally exposed child not only at high risk for Neonatal Abstinence Syndrome (NAS) in infancy but increasing neurodevelopmental challenges as the child grows and develops. However, given the highly addictive nature of fentanyl and its impact on the physiologic functioning of the brain of the adult with fentanyl use disorder, communicating this risk is frequently very difficult. This session will present the effects of fentanyl use on the adult brain, discuss the impact of prenatal fentanyl exposure on the exposed child, and provide a conceptual framework for communicating with an adult with a substance use disorder. [Learn more and register.](#)



TRAINING SCHEDULE CON'T

STIGMA AND BIAS IN THE HEALTHCARE SYSTEM: WHAT CAN WE DO ABOUT IT?

Online event // Wednesday, June 18, 2025 // 1:00 p.m. – 2:00 p.m.

Stigma and bias are rooted in societal norms and attitudes that are frequently communicated on a personal level. Recognizing that effective healthcare often relies on our personal relationship with our patients and clients, acknowledging and correcting stigma is an essential step in supporting the growth and health of not only those patients and clients but also ourselves. This session will examine the history of attitudes toward substance use, misuse, and abuse in the U.S., will examine societal norms that allow bias and stigma to become embedded in the healthcare system, and will discuss how caring clinicians can examine and correct their own behaviors and communication styles in ways that will promote positive outcomes for our patients and clients. [Learn more and register here.](#)

VISION

Empowering families and children to thrive physically, socially, and emotionally, free from the effects of substance use and misuse in pregnancy.

MISSION

SACCounty Healthy Beginnings will promote a healthy and safe environment for Sacramento County's families and children through outreach and education for professionals and community members, addressing perinatal substance use prevention and intervention.

VISIT OUR WEBSITE

Be sure to visit us at sachealthybeginnings.com, where you can find valuable research-based educational resources and toolkits, connect with us on social media, and more.

SACCounty Healthy Beginnings offers the 4P's Plus[®] screening tool at no cost to Sacramento County providers. The 4Ps Plus[®] is the only validated behavioral health screening instrument designed specifically for pregnant women. It screens for alcohol, tobacco, marijuana, and illicit drug use.

If you have any questions, please contact Pamela Hawkins at HawkinsP@saccounty.gov.

These trainings are brought to you by Substance Use Prevention and Treatment Services, Sacramento County Department of Health Services Division of Behavioral Health.

