



KEEPING YOU INFORMED

In honor of National Recovery Month, patient stakeholders from our partner the EMPOWER Project, led by Ohio Perinatal Quality Collaborative (OPQC) Faculty Member, Dr. Nichole Nidey, shared what recovery means to them.



We honor their accomplishments and offer gratitude to the healthcare providers and community organizations in Ohio that have provided support to pregnant and postpartum patients in their recovery journeys.

Learn more by visiting: [EMPOWER Recovery](#).



National Recovery Month (commonly known as Recovery Month) is an observance held every September to remind us that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live healthy and rewarding lives. More information about Recovery Month can be [found here](#).

“Breastfeeding should be encouraged for all people who receive Medication for Opioid Use Disorder (MOUD) if they abstain from using illicit substances and have no medical contraindications,” according to a 2017 American College of Obstetricians and Gynecologists (ACOG) recommendation. Breastfeeding is safe for many patients on MOUD and is

recommended by both ACOG and the American Academy of Pediatrics (AAP).

Pregnancy is a very motivating time for a woman with an opioid use disorder to seek assistance for recovery. Several resources for both providers and patients exist on [OPQC’s website](#) and on the national [Centers for Disease Control’s website](#).

