



Substance Use Disorder and Lactation

Fridays, October 23rd, October 30th, & November 6th, 2026

12:00 – 3:20pm CST

Agenda

Day 1 – October 23rd, 2026

12:00-1:00pm 1.0 CME	Epidemiology of Perinatal Substance Use & Lactational Pharmacology Sharon Ostfeld-Johns, MD, IBCLC Katherine Standish, MD, MS, NABBLM-C	1. Review epidemiology of substance use in pregnancy and lactation 2. Describe lactation pharmacokinetics of substances of misuse 3. Describe lactation pharmacokinetics of medications used for substance use treatment
1:00-1:10pm	Break	
1:10-2:10pm 1.0 CME	Panel on Prenatal and Intrapartum Substance Screening Jenni Somers, MD, NABBLM-C, IBCLC Sreevalli Atluru, MD, FASAM Sharon Ostfeld-Johns, MD, IBCLC Laura Kair, MD, MAS Moderated by: Katherine Standish, MD, MS, NABBLM-C	1. Outline how institutions address prenatal screening and toxicology testing for substance use 2. Outline how institutions address screening and toxicology testing for substance use during the birth hospitalization 2. Identify ways screening methods can improve equity by addressing systemic harms.
2:10-2:20pm	Break	
2:20-3:20pm 1.0 CME	Prenatal Lactation Preparedness Jenni Somers, MD, NABBLM-C, IBCLC	1. List lactation considerations for medication treatment for substance use during pregnancy 2. Describe breastfeeding anticipatory guidance for pregnant individuals with a history of substance use.

Day 2 – October 30th, 2026

12:00-1:00pm 1.0 CME	Case-Based Learning Regarding the Immediate Postpartum Management of Lactation in the Setting of Substance Use Sharon Ostfeld-Johns, MD, IBCLC	1. Describe the immediate postpartum management for a mother prescribed opioids during pregnancy 2. List considerations of management for a mother and her infant with a history of prenatal cocaine use 3. Outline considerations of management for a mother and her infant with a prenatal history of legal cannabis use
1:00-1:10pm	Break	
1:10-2:10pm 1.0 CME	Management of Infant Feeding After Fetal Substance Exposure Sharon Ostfeld-Johns, MD, IBCLC Laura Kair, MD, MAS Sreevalli Atluru, MD, FASAM Moderated by: Katherine Standish, MD, MS, NABBLM-C	1. Describe the Eat, Sleep, Console method of management of dyads with a prenatal history of opioid exposure 2. Discuss factors associated with poor feeding and/or insufficient weight gain in infants exposed to opioids prenatally. 3. Discuss co-exposures that put a baby at increased risk of feeding difficulties.
2:10-2:20pm	Break	
2:20-3:20pm 1.0 CME	Early Postpartum Lactation Support for Dyads with Parental Substance Use Disorder Sharon Ostfeld-Johns, MD, IBCLC Jenni Somers, MD, NABBLM-C, IBCLC	1. Describe challenges and opportunities to support lactation early postpartum among parents with a history of SUD 2. Outline salient aspects of an inpatient lactation policy for dyads with a parent with SUD

Day 3 – November 6th, 2026

12:00-1:00pm 1.0 CME	Outpatient Postpartum Lactation Support Sreevalli Atluru, MD, FASAM	1. Describe strategies to support lactation among individuals with a history of substance misuse. 2. Describe components of contingency planning for lactating individuals with substance misuse.
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1:00-1:30pm 0.5 CME	Lactation Support During Incarceration Ashley Minihan, CD(DONA), CLC, CPST, ICCE	1. Describe structural challenges and opportunities to support lactating days with substance use disorder during incarceration.
1:30-1:40pm	Break	
1:40-2:40pm 1.0 CME	Casual Substance Use Camila Chile, MD	1. Describe risk reduction strategies on the casual use of substances, including alcohol, tobacco, and cannabis.

Total CME: 8.5