FIRST BREATH
2025 PARTICIPANT ADVISORY GROUP

BACKGROUND

First Breath is a program that **helps people make positive changes** to their tobacco, alcohol, and other substance use during pregnancy and beyond. First Breath Providers complete a brief intervention and refer patients to First Breath. From there, First Breath's team of highly trained, locally based Health Educators provide comprehensive, tailored services to help participants reach their goals.

PARTICIPANT ADVISORY GROUP SURVEY

Participants are a key strength of the First Breath Program. They not only participate in the program, they also share ideas for future projects, review program materials, and identify gaps in perinatal care systems. First Breath conducts a participant survey to better understand the experiences, strengths, and needs of participants. In 2025, an online survey was completed by 30 current and former First Breath participants.
The 2025 survey focused on mental health - services, utilization, access, barriers, gaps, and more.

RESULTS (n=30)

Mental Health Services

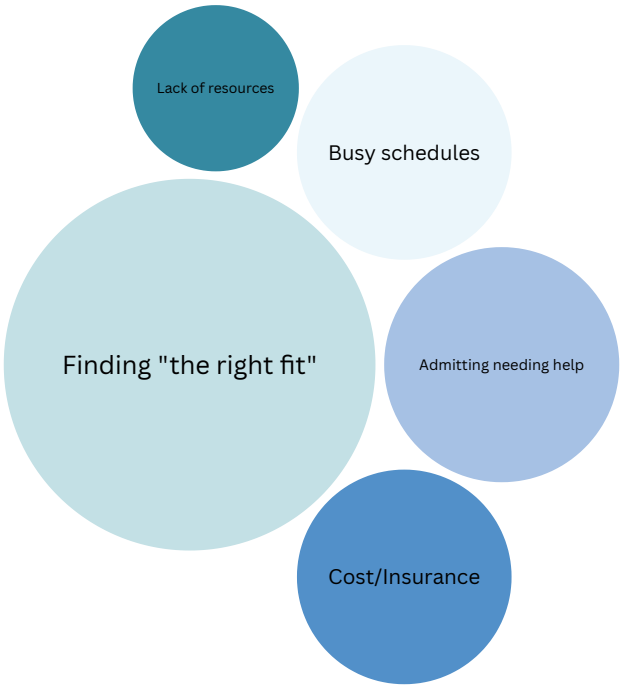
61% Of respondents have hesitated to seek mental health support

68% Of respondents would seek a therapist in their area if assisted

50% Of respondents were currently using mental health services

71% Of respondents would talk about their mental health with First Breath staff

Participants shared the biggest challenges they have faced when trying to access mental health resources:



Future mental health education topic suggestions

- Depression
- Anxiety
- ADHD
- Stress
- PTSD
- Types of mental health services
- Types of treatment options
- Coping mechanisms

Participant Quotes

"My HE has been incredible to me and such a great girl to talk too, she actually changed my life around. I quit drinking and smoking pot my last pregnancy (with her help) and now I'm over 8 months sober. Vaping is cut back a lot more, but vaping is hard to quit. Without my HE I'd be suffering so much mentally, she has honestly been my biggest help and support for quitting all the negativity in my life."

"This program has helped me succeed in quitting and my coach has been amazing."

To learn more about the First Breath program and its impact visit: JoinFirstBreath.org
Questions? Contact Us! 608-225-1675 ext 125 | firstbreath@wwhf.org
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