

Sex and Female Empowerment (SAFE): A Successful Sexual Health Intervention for Women in Treatment for Opioid Use Disorder

SAFE INTERVENTION

WHAT IS IT?



SAFE is a social-cognitive, theory-driven 3-session intervention to help women consider: (1) if they want to prevent pregnancy and (2) if so, then what contraceptive method(s) they want to use

HOW IT WORKS



SAFE works both as a face-to-face intervention or as a computer based intervention. It helps women:

- Learn about contraceptive methods
- Decide if they want a contraceptive method
- Talk with a health care provider about the method

SAFE VERSUS USUAL CARE

In a randomized controlled trial comparing women Usual Care and SAFE groups, women receiving SAFE were:

- More likely to attend a contraception consultation with a health care provider
- More likely to select long acting reversible contraception (LARC)

Usual Care: 3 out of 10 women attended the appointment



SAFE: 7 out of 10 women attended the appointment



Usual Care: 2 out 10 women received LARC



SAFE: 7 out of 10 women received LARC



KNOWLEDGE IS POWER

WHAT THIS MEANS



Integrating SAFE as a sexual health intervention within OUD treatment services may have a positive impact on reproductive health by increasing informed decision-making and empowering patients to initiate their chosen contraceptive method.