



Substance Abuse Among The Perinatal Population

First Breath and My Baby & Me
Annual Statewide Meeting
March 13, 2014

Effects of Alcohol Use During Pregnancy

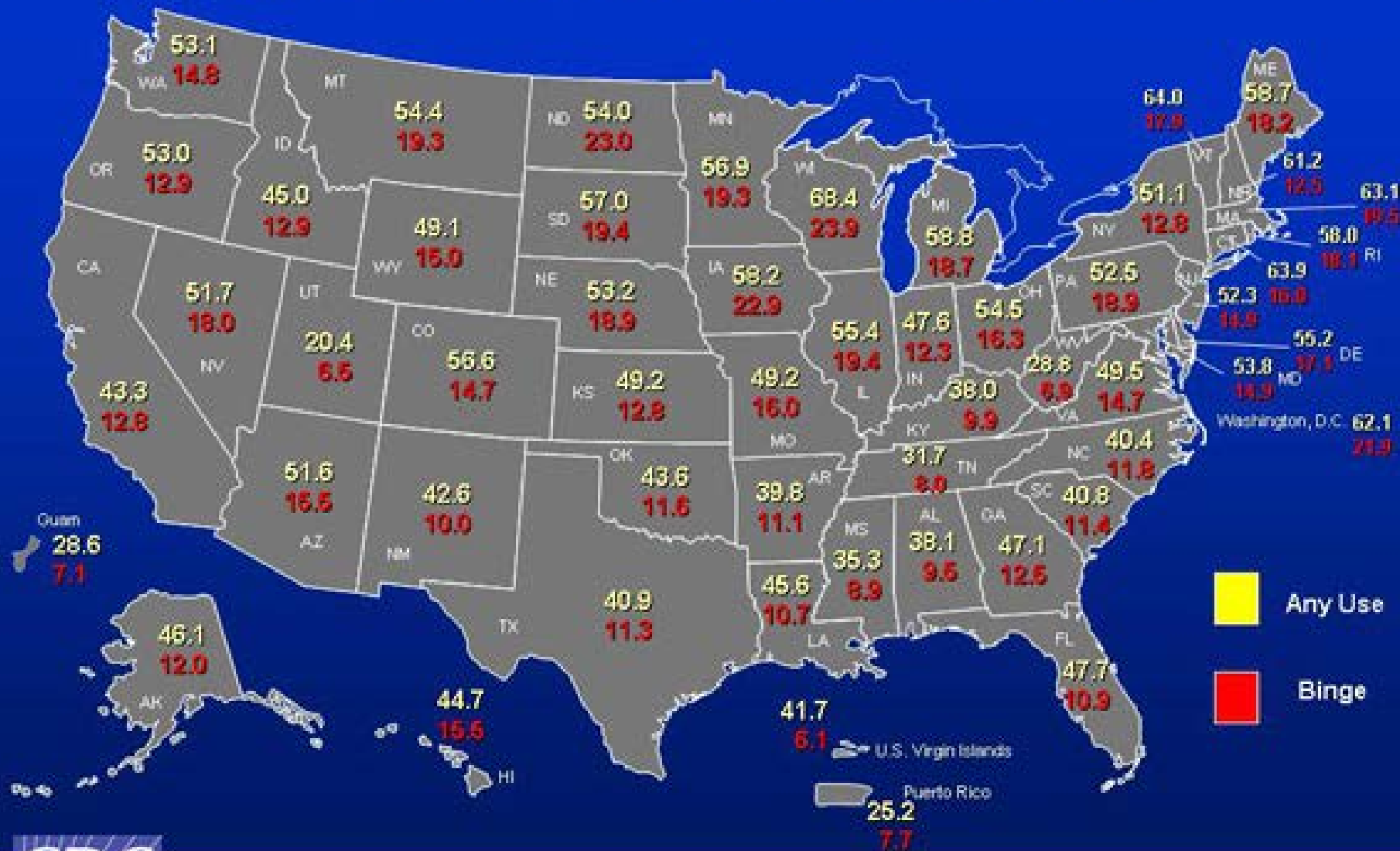
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University of Wisconsin School of Medicine and Public Health

State-Specific Weighted Prevalence Estimates of Alcohol Use (Percentage of Any Use/Binge Drinking) Among Women Aged 18 – 44 Years — BRFSS, 2008



SAFER • HEALTHIER • PEOPLE™

Effects of Prenatal Alcohol Exposure

- Wide range of intellectual and learning disabilities and birth defects
- Problems understanding rules and controlling behavior
- Growth impairment
- Effects are dose dependent but unpredictable
- Some are unaffected

Terms

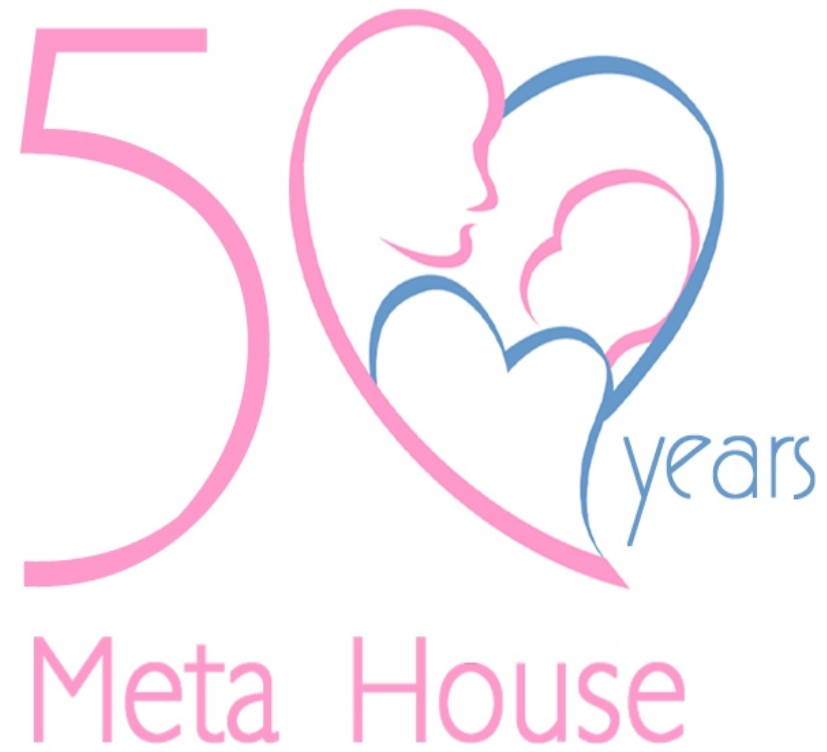
- Fetal Alcohol Syndrome (FAS)
- Fetal Alcohol Spectrum Disorders (FASD)
 - FAS
 - Partial FAS
 - Alcohol-related neurodevelopmental disorder
 - Alcohol-related birth defects (ARBD)

Impact of prenatal alcohol exposure in Wisconsin

- Incidence of FAS is approximately 1/1000, or about 70 - 80 babies born every year in Wisconsin
- FASD occur in 1-5%, or 1000 – 3000 babies born every year in Wisconsin
- Most common *preventable* cause of intellectual disability and behavioral dysfunction

Three different problems...

- I'm planning to get pregnant. Should I drink alcohol while I'm pregnant?
- "I partied pretty hard a month or so ago and just found out I'm 12 weeks pregnant. What do I do now?"
- My child is small and has behavior problems. Is that because I (or his birth mother) drank during the pregnancy?



Christine Ullstrup, LCSW
Amy Weisbrot, RN







Mela House, Inc.

Philosophy & Service Methodologies



We provide treatment that is:

Gender Specific
Trauma informed
Client centered
Co-occurring capable

Using a Family Treatment Model

Gender



- One of the first jobs for us in treatment is helping the woman believe that something they do can actually make a difference in their own life.

Gender

Mela House, Inc.



- Relationships
- Relationships
- Relationships

Trauma – Trust – Safety



Trauma symptoms are attempts to cope

- We will not mistake signs and symptoms of learned coping skills for willful acting out.
- We ask what happened to you not what is wrong with you
- We want an environment that is welcoming and calming
- We maintain respectful physical and emotional boundaries
- We provide confidential places to talk

Trauma – Trust – Safety



- Care focuses on increasing client's ability to self manage and build resiliency
- We ALWAYS avoid shaming and humiliation
- We will not have a culture of secrecy
- Our key role is not that of rule enforcers
- We will encourage collaboration not compliance

Family Centered



- Commitment to addressing any and everything that arises in the families' life – regardless of what you are being paid to do
- Shift in focus on the woman as an individual to a focus on her many roles in relationship to others as a mother, family member, community member, church member etc.
- Treatment for the children and extended family

Challenges / Opportunities

- Myths
- Consistency
- Discharges
- Nicotine Aids
- Daytx



Smoking Cessation Project



- Smoking Cessation Committee
- Staff Survey
- WiNTiP Grant
- Leading up to “Quit Date”
 - Health Education: Amy and CTRI (Allison Gorilla)
 - Smoking times at Residential
 - Incentives at OP
 - Healthy snacks at OP
- Quit Date: July 9th
- Kick off Party-WiNTiP
- Smoking Aids -WiNTiP

WinTiP Grant

Project Goals

- 100 % of women who smoke cigarettes and who remain in residential or outpatient treatment more than 30 days will receive smoking cessation services

Project Results

- 94% (93 of 99) received services
 - 100 % for Residential (34 of 34)
 - 90% for Outpatient (59 of 65)

WinTiP Grant

Project Goals

- 80% of women who smoke cigarettes and who remain in residential or outpatient treatment more than 60 days will quit smoking or reduce their use of tobacco

Project Results

- Overall 61% (39 of 64)
 - 91% Residential (20 of 22)
 - 45% Outpatient (19 of 42)

Outcomes

Healthier Mom's & Babies



Healthier Staff



Meta House, Inc.



Reclaiming Women's Lives, Rebuilding Families

www.metahouse.org

Pregnancy and Marijuana/Tobacco Use

**Laura Fabick, MSSW
Ruby Vanderzee, ICCE
ARC Community Services, Inc.**



ARC is a non-profit organization that operates thirteen projects serving Dane and Fond du Lac counties.

Each program serves women and their children with innovative, gender-specific, comprehensive wraparound care. All programs are 100% grant-funded and there is no cost to the participant.



What Are Some of the Reasons Pregnant Women Use Marijuana and/or Tobacco?

- Physical Reasons
 - Active treatment of pregnancy symptoms
 - Physical Addiction
 - Chronic Pain/Pregnancy related pain
 - Insomnia
- Social/Relational Reasons
- Emotional/Mental Health Reasons

Why Might A Woman Hide Her Use?

- Not ready to address or change behavior
- Legal consequences
- Social Service involvement
- Stigma, shame, and guilt
- Non-Using partner/family

What Do We Really Know About the Harms of Marijuana/Tobacco Use?

There may be....

- Toxins (other drugs may be cut in with THC, pesticides used on plants)
- Less oxygen available to fetus
- Maternal heart rate and BP increase
- Smaller weight, height, head...
- Increase in pre-term birth
- Compromised immune system for pregnant woman
- THC/Nicotine crossing to breast milk- harm unknown

Strategies at ARC

- Health Assessments
- PNCC
- Paid to Quit
- First Breath
- FASD Education/Intervention

ARC Paid to Quit

Paid to
Quit
Project
(Client
Level)

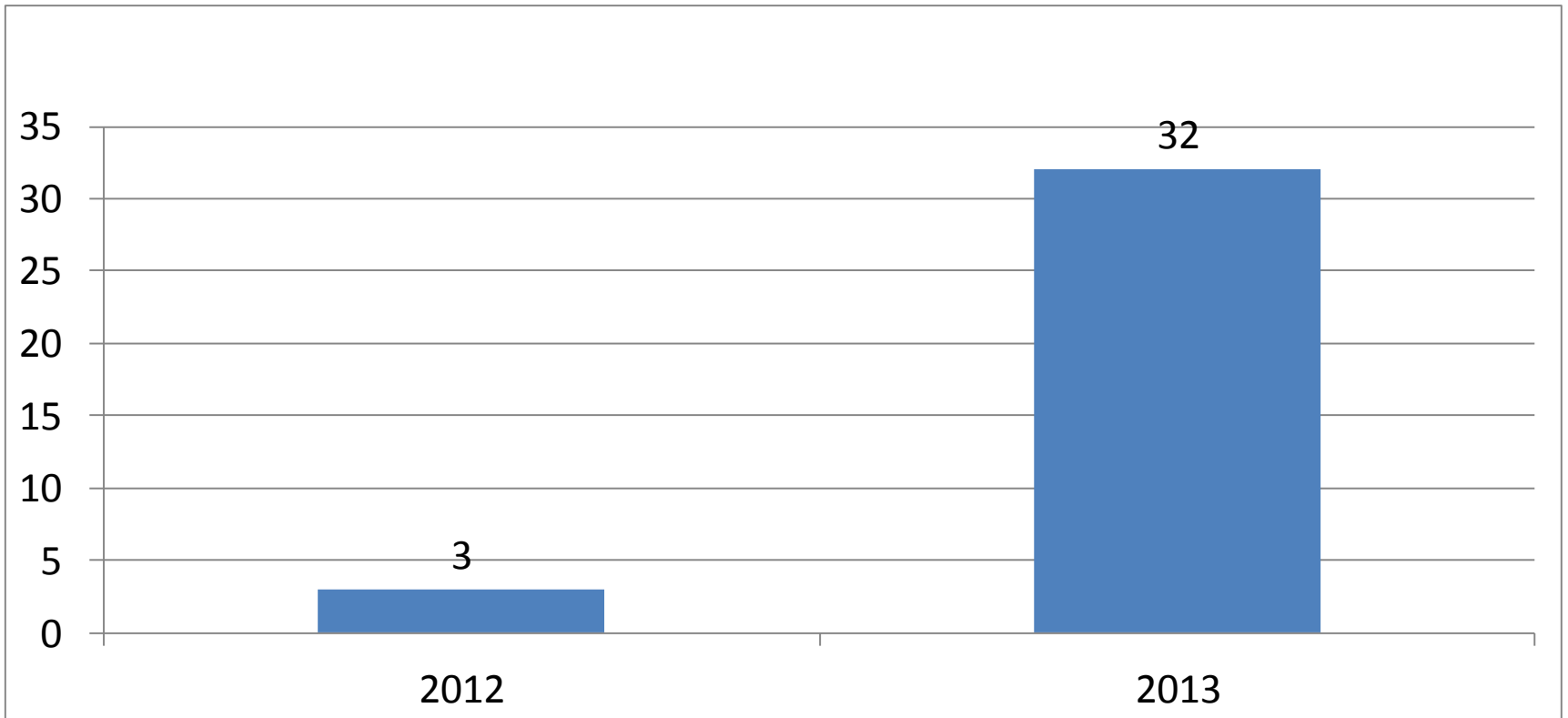
- Incentivize women to enroll in the Quitline or First Breath (\$5 GC)
- Incentivize alternative break activities (crafts, Wii fit, nail polish) with reward (\$30 gift card) for a months worth of tobacco-free breaks
- Foster development of group culture of tobacco cessation

P&P
changes
(Staff
Level)

- All women will be screened/assessed/diagnosed for nicotine dependence (305.1)
- Health Educator attended Mayo Tobacco Treatment Counselor Training
- Pre-Treatment--Fagerstrom will be completed and discussed in pre-treatment group
- Treatment—Add nicotine goals to treatment plan, continue/increase groups on nicotine education, etc

The Results

Number Of Women Enrolled In Quitline/First Breath



How Do We Begin to Talk About Marijuana/Tobacco Use...

- Build a supportive relationship
 - Open-ended questions
 - Reflective Statements
 - Affirmations/Encouragement
- Normalize stigmatized behavior
 - Explaining the addictive properties of Nicotine
- Provide Recommendations
 - Will power isn't enough/NRT
- Provide Information and Linkages to Services

How to Screen for Addiction

CAGE-AID (CAGE Adapted to Include Drugs)

- Have you ever felt you ought to Cut down on your drinking or drug use?
- Have people Annoyed you by criticizing your drinking or drug use?
- Have you felt bad or Guilty about your drinking or drug use?
- Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (Eye-opener)?

I think she needs more help than I can provide...

How to locate treatment programs:

SAMSHA (Nation-wide)

www.findtreatment.samhsa.gov

WWEN (Wisconsin-wide)

www.continuingstudies.wisc.edu/pda/wwen/treatment-centers.htm

County-Specific Websites