

THE WRIGHT
CENTER
for
COMMUNITY
HEALTH

Healthy
MOMS
EMPOWERED IN RECOVERY

Healthy MOMS Program

The Wright Center for Community Health

OUR MISSION:

To improve the health and welfare of our community through inclusive and responsive health services and the sustainable renewal of an inspired, competent workforce that is privileged to serve.



2016: Designated a Commonwealth of Pennsylvania Opioid Use Disorder Center of Excellence, integrating Medication Assisted Treatment (MAT) into primary care environments in order to combat the devastating national opiate crisis.

2018: Designated a “hub” of Pennsylvania’s Coordinated MAT Program; Healthy MOMS (Maternal Opiate Medical Support) Program established with funding from Pennsylvania Department of Drug and Alcohol Programs and the AllOne Foundation.

2019: Designated a Federally Qualified Health Center Look-Alike by the United States Health Resources and Services Administration.

2020: The Wright Center was the recipient of an RCORP Neonatal Abstinence Syndrome Award in the amount of \$499,692.

There's No Wrong Door

Healthy MOMS Entry Points

The Healthy MOMS Program brings together a collection of local experts to form a care network for expectant mothers who are facing Opioid Use Disorder (OUD).

Together with each mom-to-be, our Healthy MOMS team develops a care plan that connects mothers with the comprehensive support that they – and their baby – need.



Understanding Substance Use Disorder In Pregnancy:

Know the Basics

- Primary chronic disease of brain reward, motivation, memory, and related circuitry.
- Dysfunction in these circuits leads to psychological, social, and spiritual manifestations.
- Reflected in pathologically pursuing reward and/or relief by substance use and other behaviors.
- Like other chronic diseases, addiction often involves cycles of relapse and remission/recovery
- Without treatment and self-motivation, addiction is progressive and can result in disability or death.
- Source: ASAM Public Policy Statement on Treatment for Alcohol and Other Drug Addiction, Adopted: May 01, 1980, Revised: January 01, 2010, <https://www.asam.org/resources/definition-of-addiction>.



American Society of Addiction Medicine (ASAM)

“Addiction is a primary, chronic disease of brain reward, motivation, memory, and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social, and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.”

American Society of Addiction Medicine, 2011



Addiction is a Disease

THAT DOES NOT DISCRIMINATE,
INCLUDING EXPECTANT MOTHERS

The first step to recovery is recognizing that drug-addicted expectant mothers don't love their child any less than a drug-free expectant mom.

In-Home Indicators of Potential Parental Substance Use

- A report of substance use in the child protective services call or report.
- Paraphernalia observed or reported in the home.
- The smell of alcohol, marijuana, or other drugs on the parent or in the home.
- A child reports use by parent(s) or other adults in the home.
- Parent's behavior suggests intoxication.
- Parent exhibits signs of a substance use disorder.
- Parent reports their own substance use.
- Parent shows or reports experiencing physical effects of a substance use disorder, including withdrawal.

Note: This is not meant to include all possible signs.



(Breshears, 2009)

Reduce the Stigma:

Words Matter

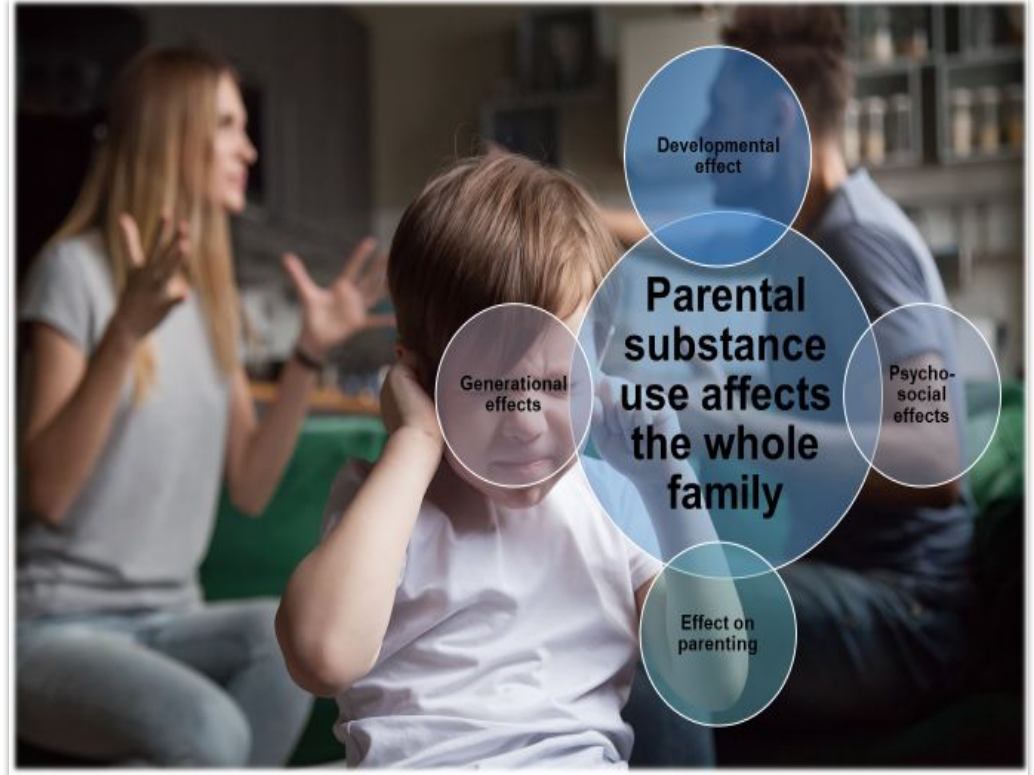
- Emphasize that stigma, bias, and discrimination negatively impact pregnant women with OUD and their ability to receive high-quality care.
- Change perceptions of substance use disorder through the use of a common language and emphasize that SUDs are chronic medical conditions that can be treated.
- Use appropriate language, approach, inquiry, and support.
- Some Information Adapted from ACOG District II Presentation Opioid Use Disorder Bundle, 2018
- *People may not remember exactly what you did or what you said, but they will always remember how you made them feel.*



Effects of Substance Use Disorders on Family Functioning

- Child development
- Household safety
- Psychosocial impact
- Parenting skills
- Intergenerational trauma and mental health problems

(Smith & Wilson 2016)



Effects of Parental Substance Use on Children

Typical experiences of children whose caregivers use substances include:

- Chaotic, unpredictable home life
- Inconsistent parenting and a lack of appropriate supervision
- Inconsistent emotional responses from parents to children
- Physical or emotional abandonment of children by parents
- Secrecy about home life
- Parental behavior that may make the child feel guilt, shame, or self-blame (Substance Abuse and Mental Health Services Administration, 2004)

Due to their life experiences, children may have developed particular feelings, such as:

- Believing they have to be perfect
- Believing they have to become a parent to their parent
- Difficulty trusting others
- Difficulty maintaining a sense of attachment
- Difficulty achieving positive self-esteem
- Difficulty achieving autonomy
- Extreme shyness or aggressiveness

A child who grows up in an inconsistent or changing environment, or an environment that provides limited guidance, is at greater risk of experiencing difficulties with interacting successfully in the community as they grow up.

- These difficulties may include:
- Resistance to rules or authority
- Experimentation with or use of alcohol or other drugs
- Social withdrawal
- Difficult relationships with peers, adults, and others (Hong & Park, 2012)

ACE Study:

Link Between Trauma and Substance Use

Growing up in a home with exposure to adverse, traumatic childhood experiences is associated with lifelong physical, emotional, psychological, and social challenges.

Adverse childhood experiences (ACEs) include:

- Emotional abuse
- Physical /sexual abuse
- Emotional/physical neglect
- Household dysfunction
- Mother treated violently
- Household Mental health/Substance use
- Incarcerated household member

(Felitti et al., 1998; Dube et al., 2003)



Healthy MOMS Adverse Childhood Experience Screenings

ACE Screening Comparison among All time Healthy MOMS		
ACE Score (Total Population= 368)	Screening Numbers	Population Percentages
Screens completed	329	89%
No Childhood Trauma	29	9%
Ace Score Between 1 and 3	92	28%
Ace Score Between 4 and 5	62	19%
Ace Score Higher than 6	146	44%
Childhood Trauma Analysis		
Low Rates of Childhood Trauma (0-3)	121	37%
High Rates of Childhood Trauma (4+)	208	63%
Severe Trauma Rate Amongst Trauma Victims (6+/4+)	146/208	70%

Barriers to Care for Pregnant Women with OUD

Stability is Critical, But Our MOMS Face Numerous Challenges and Stigma

- Fear of legal consequences
- Prejudicial treatment by healthcare professionals
- Lost/losing custody of other children
- Partner using drugs
- Fights/violence with partner
- Continuing to use other drugs (e.g., marijuana)
- Unstable or inadequate housing
- Making/keeping appointments
 - Numerous clinical visits required
 - Confusion with keeping providers straight
 - Reliable childcare
- Sense of being “checked up on”



Healthy MOMS Collaborative Partners

- SCA Lackawanna/Susquehanna Office of Drug and Alcohol
- SCA Office of Drug and Alcohol Wayne County
- Wyoming County Office of Drug and Alcohol Programs
- Maternal Family Health Services
- Commonwealth Health (Moses Taylor Hospital, Wilkes Barre General), Geisinger, and Wayne Memorial Hospital Labor/Delivery, Maternity Floor,
- Luzerne County Human Services, Lackawanna County Human Services
- Outreach
- Children and Youth
- St. Josephs Maternal Services
- Nurse family partnership,
- Scranton Primary Health,
- Community Care Behavioral Health,
- United Neighborhood Centers,
- All One Foundation,
- VIP, Victims Intervention Program Wayne County
- Susquehanna Child & Youth Service
- Dunmore Comprehensive Methadone Clinic
- Luzerne County Office of Drug and Alcohol Programs,
- Luzerne County CARES Commission,
- PA Chapter American Academy of Pediatrics,
- Volunteers of America,
- Treatment Court Luzerne County,
- Luzerne County BF Coalition,
- Luzerne County Domestic Violence,
- PAK Pediatrics,
- Gaudenzia,
- Miner Medical
- Wyoming County NFP,
- Clean Slate,
- Luzerne County Probation,

Healthy MOMS Collaborative Partners



SafeCare Augmented (SCA) serves families with children from birth to age five. SCA aims to improve three areas of a family's life, the Health/Wellness of the child, Home Safety, and Parent/Child Interaction. Model-certified Family Development Specialists receive extra training in Motivational Interviewing and Domestic Violence to offer a more well-rounded scope of services that connect with families.

Parents as Teachers (PAT) serves families with children from pregnancy through Kindergarten completion. Model-certified Family Development Specialists provide families with personal home visits, opportunities for group connections, a network of resources, and child screenings.

In addition, to support the programs noted above, Outreach will offer space to the Healthy MOMS program for birthing classes and other program activities as needed. Outreach Family Development Specialists will also provide periodic parenting sessions for Healthy MOMS participants. Outreach provides space for birthing (Lamaze) classes for our expectant mothers. We have offered collaborative educational programming for the Healthy Moms program virtually.



MFHS provides caring, confidential, and personalized care for pregnant people from their first prenatal visit through delivery and after their baby is born. eWIC benefits to purchasing nutritious foods that support proper growth and development for pregnant, postpartum, and breastfeeding women, infants, and children up to age 5.

Nutrition education helps new parents build a strong nutritional foundation for their families and help children develop healthy eating habits that can last a lifetime.

Breastfeeding support to help new mothers have a successful breastfeeding experience. The Healthy MOMs program shares a certified Breastfeeding lactation specialist with MFHS.

Referrals to health care and social services to help you stay connected to prenatal and pediatric medical care, as well as community services and programs that help your family stay healthy and strong.

Nurse-Family Partnership offers specially trained registered nurses to partner with moms-to-be starting early in pregnancy and continuing through the child's second birthday.

Healthy MOMS Collaborative Partners



Walsh Manor

This residence offers emergency shelter for up to four women during their pregnancies. Walsh Manor Staff creates a safe, nurturing environment and supports each woman to remain healthy and reach her personal goals.

Mother/Infant Program

This transitional housing program provides a safe, supportive environment for mothers and their babies experiencing homelessness. The mothers participate in parenting education and life skills programs. They receive support and assistance in obtaining employment and permanent housing; the program's goal is to give these women the tools to become self-sufficient.



More than 40 years ago, Gaudenzia recognized that women seeking treatment for substance use disorder (SUD) faced significant barriers, including parental responsibilities and a lack of familial and community support.

One of the primary reasons fewer women than men seek SUD treatment is the fear of not having a safe place to send their children while receiving care. Mothers seeking treatment may have no choice but to put their children in an untenable situation or may need to hand them over to foster care, disrupting their ability to parent their children. In 1979, Gaudenzia emerged as one of the first providers in the nation to offer treatment specifically designed to meet the needs of pregnant and parenting women.

Empowered in Recovery

- Recognize that pregnancy is a great window of opportunity to empower women to care for their baby and, as a result of her care of the baby, benefits herself.
- Establish your practice approach and be consistent!
- Teach Mom about recovery support systems
- Offer strategies to engage the Mom and how to overcome barriers in her life to achieve successful outcomes
- Educate the mom on what medications are appropriate during pregnancy, as well as encouraging breastfeeding!



Family-Centered Approach



Recognizes that addiction is a **brain disease** that affects the entire **family** and that recovery and well-being occurs **in the context of the family**

Recovery Occurs in the Context of the Family

- Substance use disorder is a disease that affects the family
- Adults (who have children) primarily identify themselves as parents
- The parenting role and parent-child relationship cannot be separated from treatment
- Adult recovery should have a parent-child component including prevention for the child

(Ghertner et al., 2018; Radel et al., 2018)



Focusing only on the parent's recovery issues without addressing the needs of the children. . .

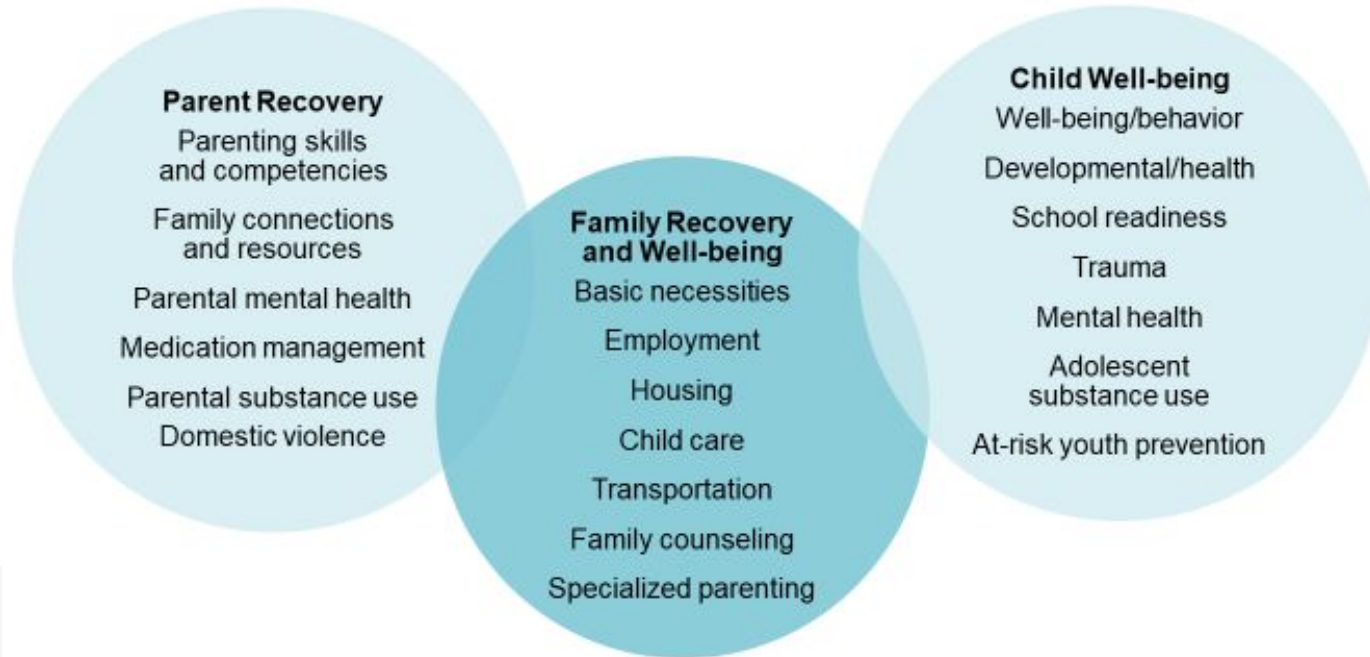
Can threaten parent's ability to achieve and sustain recovery and establish a healthy relationship with their children, thus risking:

- Recurrence of maltreatment
- Re-entry into out of home care
- Relapse and sustained sobriety
- Additional infants with prenatal substance exposure
- Additional exposure to trauma for child/family
- Prolonged and recurring impact on child well-being

(U.S. Department of Health and Human Services, 2013)



A Family Focus



(Werner, Young, Dennis & Amatetti, 2007)

Evidence-Based Parent-Child Programs

Outreach's evidence-based programs focus on promoting the social, emotional and academic competence of children, working with parents and caregivers to ensure kids are ready to succeed in school and life.

Parents as Teachers

Parents as Teachers is an evidence-based home visiting program that supports parents as their child's first teacher. Certified Family Development Specialist partner with parents to increase their knowledge of child development and to advance their child's critical skills starting from the prenatal stage and continuing through kindergarten.

Play & Learn Group

To naturally develop key motor skills, socialization, confidence, and imagination, children need to play with other children. Along with their parents or caregivers, children develop essential skills and enjoy interacting with their peers in Outreach's cheerful, toddler-friendly classroom.

Incredible Years

Parents and caregivers need support to help children handle strong emotions, especially negative ones like anger and frustration.

Certified Specialists help parents and caregivers of children ages 2-12 handle typical child behaviors concerns. A specialized curriculum is available to address specific needs related to autism and language delays. Meals, transportation, and childcare are provided to participants.

SafeCare Augmented

SafeCare Augmented is an evidence-based home visiting program for families with children from birth to five years. Outreach's Certified Family Development Specialists are specially trained to support parents by providing information and coaching in their important areas: Parent-Child Interaction, Child Health/Wellness, Home Safety.

A Comprehensive Approach with Wrap-Around Services

- Clinical interviewing
- Focused clinical exam
- Education
- Socio-Economic Determinants of Health Screenings
- Comprehensive lab work, including
 - Urine drug screens
 - HIV
 - Syphilis
 - Hepatitis
- Prenatal vitamins
- Medication-Assisted Treatment (MAT)
- Support groups
- Connections to community resources
- Managed expectations during peripartum period (especially for pain and NAS)
- Fourth trimester care



Peer Support Services Offered

- Birthing Classes
- Breastfeeding/Lactation Support
- Baby CPR
- Parenting Classes (with Outreach)
- Recovery Support Classes
- YMCA Baby Swimming Classes
- Family Planning (in conjunction with MFH)
- Education Classes (nutrition, finance, life skills)
- Care Fair
- CRS accompaniment to 12-step programming
- Assistance with enrollment to Head Start
- Assistance with enrollment in GED classes, college classes
- Social gatherings in the community
- Mommy and Me Art Classes
- Coordination with legal assistance



Functions of Certified Recovery Specialists

Liaison

- Links participants to ancillary supports; identify service gaps

Treatment Broker

- Facilitates access to treatment by addressing barriers and identifying local resources
- Monitors participant progress and compliance
- Enters case notes

Advisor

- Educates community; garners local support
- Communicates with team, staff, and service providers



Lessons Learned: What We Know Works for MOMS

- Common/joint release form for partners to share information
- Monthly interdisciplinary touchpoints to review individual cases
- “Team meetings” that include representatives from partners plus mom to address issues
- Safe Care Plans
- Text through website
- Social media
- Meeting them where they are
- Encouraging postpartum compliance through “Mommy Dollars” program (moms earn points redeemable for gift cards by attending appointments and support groups and providing information from other providers)
- Stacking appointments for convenience

Keep the Focus on Moving Forward:

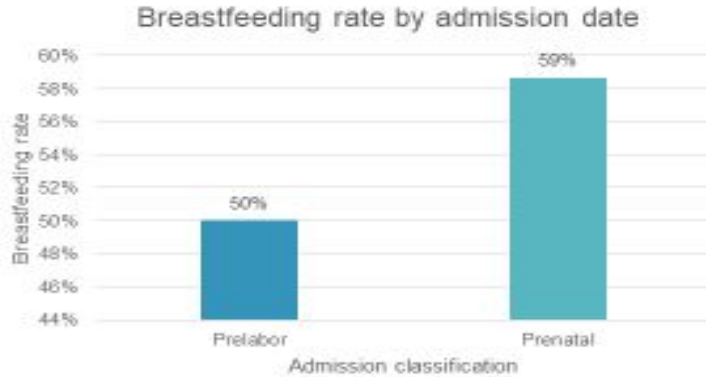
- Development of self-reliance
- Development of connections with other women
- Prenatal and parenting education
- Planning for the future
- Putting new coping skills to use



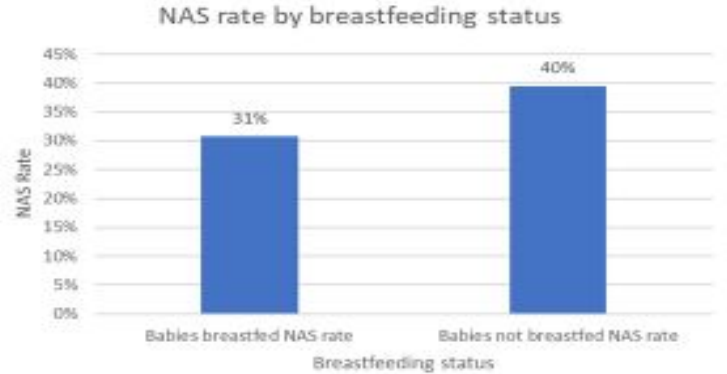
Contingency Management: A behavioral strategy commonly used in substance abuse treatment that focuses on positive behavioral change, such as abstinence, by introducing reinforcement when you meet your goals in treatment and withholding reinforcements (or introducing punishments) when you participate in an undesired behavior.

Better Outcomes for Moms and Babies

June 2022



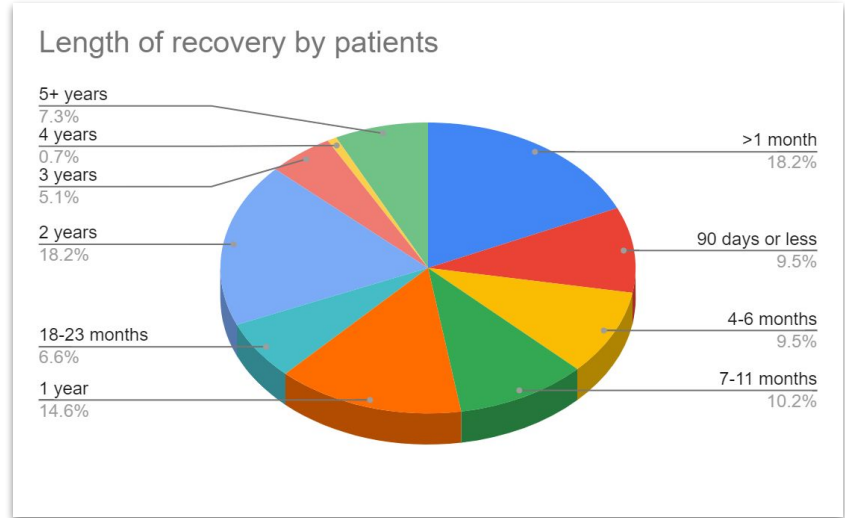
- Average LOS NAS prenatal: 14.23
- Average LOS NAS prelabor:
- 17.12



Average LOS NAS Breastfeeding: 12.69
Average LOS NAS Not Breastfeeding: 17.03

Healthy MOMS and Sobriety

Number of Months	September 2022
>1 month	25
90 days or less	13
4-6 months	13
7-11 months	14
1 year	20
18-23 months	9
2 years	25
3 years	7
4 years	1
5+ years	10



Over half of our mother have been in the program for over a year (55%). Of the mothers who have been in the program for over a year, 62% of them have over a year of sobriety. 52% of our total mothers have over a year of sobriety. We continue to support these mothers.

Thank you!

Questions?

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