

# Supporting Women with Substance Abuse Disorder

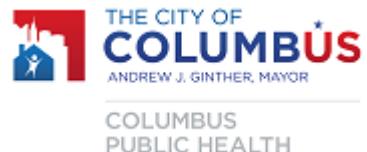


**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.*

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# Ohio Better Birth Outcomes



COLUMBUS  
PUBLIC HEALTH





# Impact of Opioid Use Disorder in Women & Babies

## Opioid Overdose Death Rate & NAS Rate

|                      | National | Ohio | Rhode Island |
|----------------------|----------|------|--------------|
| Opioid OD Death Rate | 21.7     | 39.2 | 26.9         |
| NAS Rate             | 6.5      | 14.0 | 10.6         |

Overdose death rates - 2017

NAS Rate - 2015 (National), 2017 (Ohio) and 2015 (RI)

**33% of overdoses in Ohio are among young women**



# Reproductive Health Trends among Women in Treatment

## WOMEN'S SEXUAL HEALTH



**Limited knowledge  
and awareness**

## CONTRACEPTION USE



**Less likely to use  
effective methods**

## HEALTH OUTCOMES



**Unintended  
pregnancy**

Sources: CDC, Ohio Department of Health, Heil, et al, Terplan, et al, NCH / CompDrug focus group survey  
Pregnant or recently pregnant, opioid users: contraception decisions, perceptions and preferences  
Fischbein et al. Contraception and Reproductive Medicine (2018) 3:4 <https://doi.org/10.1186/s40834-018-0056-y>



# What Is Needed?

**Mom?**



**Baby?**

# Care Path for Mom & Baby



Mom

PCP &  
Women's  
Health

Prenatal Care

Treatment  
(co-location with Baby)

Housing

*Pre-  
conception*

*Prenatal*

*Delivery /  
Immediate  
Postpartum*

*Hospital  
discharge –  
90 days*

*90 days –  
Long term*

Baby

Well Baby

Step-down facility  
(co-location with Mom)

NICU

Developmental follow-up

Home Visiting & Social Support



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# Unique Considerations for Population

## 1. Stigma and fear

***“Why are you being so nice to me?”***

## 2. History of abuse and trauma

***“Nobody cares...they think I just want drugs”***

## 3. Trust in substance abuse provider

***“They are like family”***

# Preconception Health

Mom

PCP &  
Women's  
Health

*Pre-  
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# Preconception Health

## Strategy: Connect women in treatment to a women's health provider

### Summary:

- On-site clinic
- Appointments + walk-ins
- Services provided at:
  - Treatment centers
  - Courthouse
  - Federally Qualified Healthcare Centers

### Results:

- **198 women served**
- **35 LARC**



# Challenges & Opportunities

## *Preconception Health*

### **Operational**

- Branding as Women's Health
- Automatic appointment
- Carefully evaluate mobile vs. on-site

### **Advocacy**

- Ability to bill for LARC while inpatient

# Prenatal Care

Mom

Prenatal Care

Home Visiting & Social Support

*Pre-  
conception*

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# Prenatal Care

**Strategy: Connect women to both prenatal care + substance abuse treatment**

## Summary:

- Central call center
- Real-time capacity info
- Deep knowledge of services available

## Results:

- **86 women connected**
- **Majority in 1<sup>st</sup> trimester**



# Challenges & Opportunities

## *Prenatal Care*

### **Operational**

- Ongoing knowledge of real-time capacity
- Standard care plan for co-managing
- Communication pathway
- Prenatal care on-site
- ED/other entry points

# Immediate Postpartum

Home Visiting & Social Support

Mom

*Pre-  
conception*

*Prenatal*

*Delivery /  
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*Hospital  
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*90 days –  
Long term*

Baby

Well Baby

NICU

Home Visiting & Social Support



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# Immediate Postpartum

**Strategy: Adjust typical NICU care specific to needs of NAS babies**

## Summary:

- Assessment tool - Eat, Sleep, Console, Weight
- Helps determine need for medication, dosage and weaning
- Non-pharmacological protocol

## Results:

- LOS decrease from 58 (2009) to:
  - 29 (2010)
  - 17 (2018)



# Challenges & Opportunities

## *Immediate Postpartum*

### **Operational**

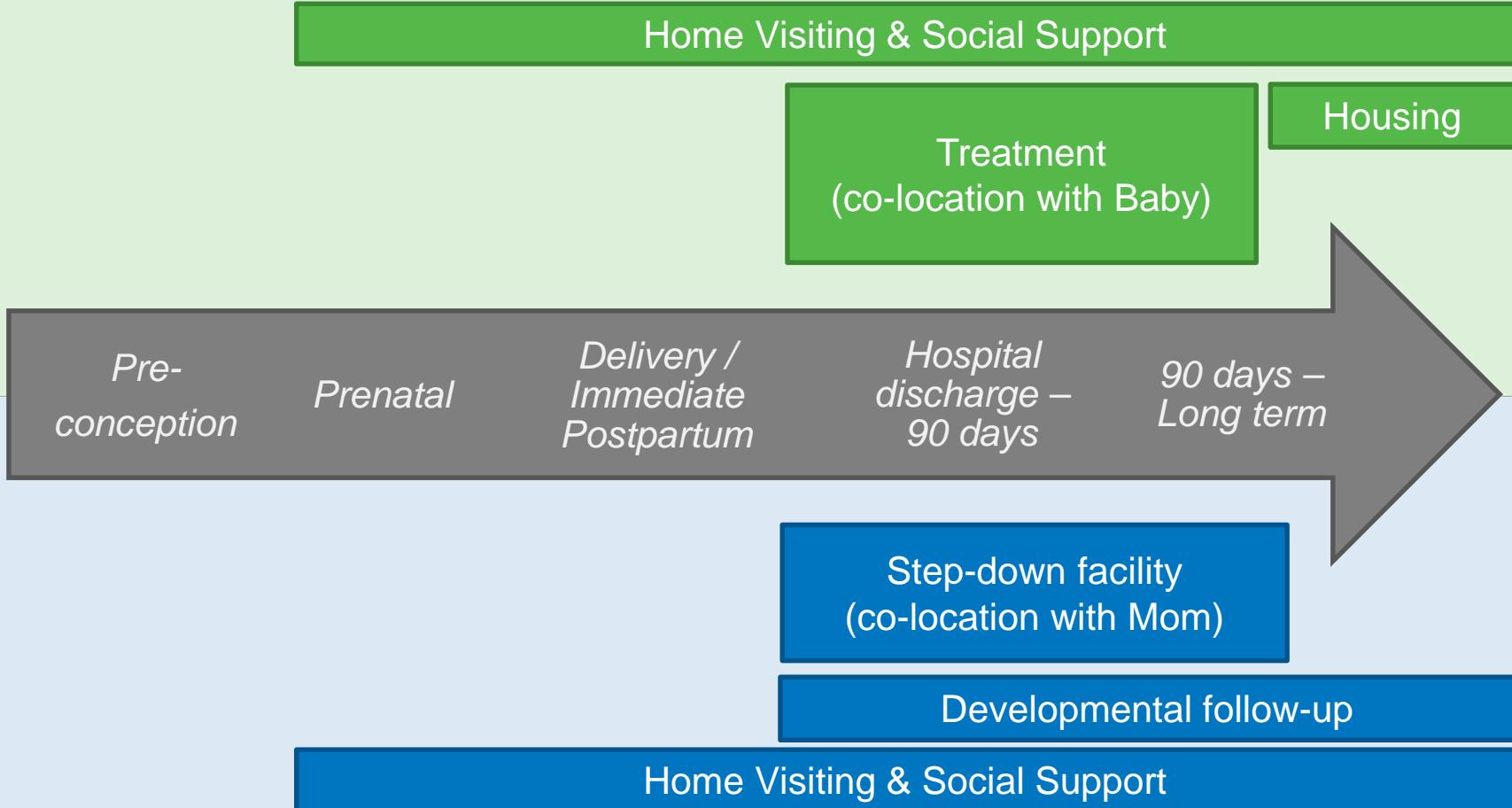
- Using non-pharmacologic strategies first
- “Trauma informed” and “non-biased care” staff training

### **Advocacy**

- Utilize state’s savings to invest

# Transition & Long Term Follow Up

Mom



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# Transition and Long Term Follow-up

## Strategy: Step-down facility for NAS dyads

### Summary:

- Mom + baby co-located in residential facility
- Baby - medical care from pediatric providers
- Mom - outpatient or residential treatment by mental health provider

# Partnerships are Essential



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