



Supporting Pregnant and Parenting People, Partners, and Families



Sherry Daker, PharmD, MHA
Acting Deputy Pharmacy Director, Clinical Pharmacy Coordinator
Treatment and Recovery Co-Lead, IHS National Committee on Heroin, Opioids & Pain Efforts
Red Lake Hospital



Substance Use Management Resources for I/T/U Providers



WHY should we listen?

- Substance Use Disorder impacts pregnant and parenting people, infants, and families
- The rate of child removals attributable primarily to parental substance use increased from 18.5% in 2000 to 35% in 2020
- American Indians and Alaska Natives (AI/AN) have disproportionately higher rates of children that enter foster care each year, in part due to parental substance use



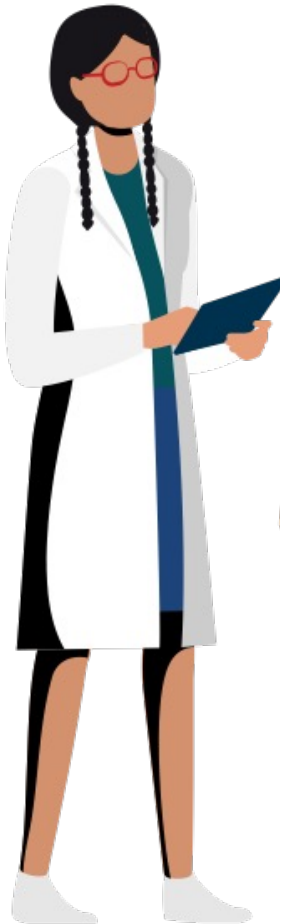
Child Abuse Prevention and Treatment Act (CAPTA)

- Federal law enacted in 1974
- Goal: provide services and supports for infants with prenatal exposure, those experiencing substance use disorders and their families
- Family focused plan to meet the needs of parent(s), infant(s), families



Notifying vs Reporting to Child Protective Services

- Substance exposed infant notification is required by CAPTA
- Consider notifying (and not reporting) if the individual experiencing an SUD is stable and engaged in treatment
- Visit childwelfare.gov/state-resources to learn more about your state's policies



Report

- Suspicions of abuse or neglect
- Concerns about safety of the child
- Identifies the individual

Notify

- Prenatally exposed to substances
- No concerns about safety or well-being
- No personally identifying information

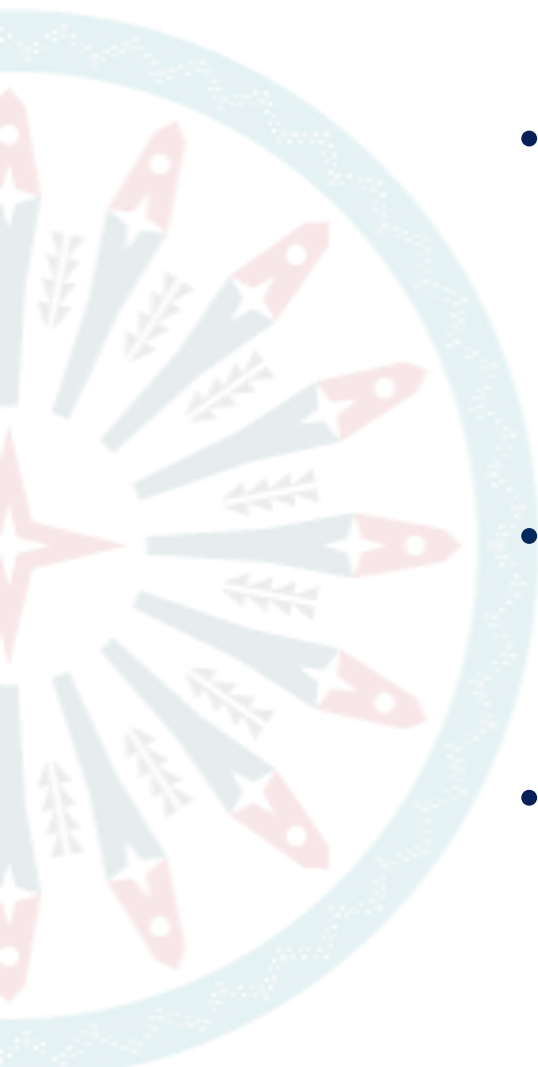
Key Values

1. Having SUD in pregnancy is not, by itself, child abuse or neglect.
2. Criminalizing SUD in pregnancy is ineffective and harmful.
3. Everyone has the right to effective treatment.
4. Encourage prenatal care, treatment, and recovery support.
 - Barriers to access should be addressed, mitigated, and eliminated where possible.
5. Improving effective communication and coordination of public health, criminal justice systems, treatment and early childhood systems can optimize outcomes and reduce disparities.

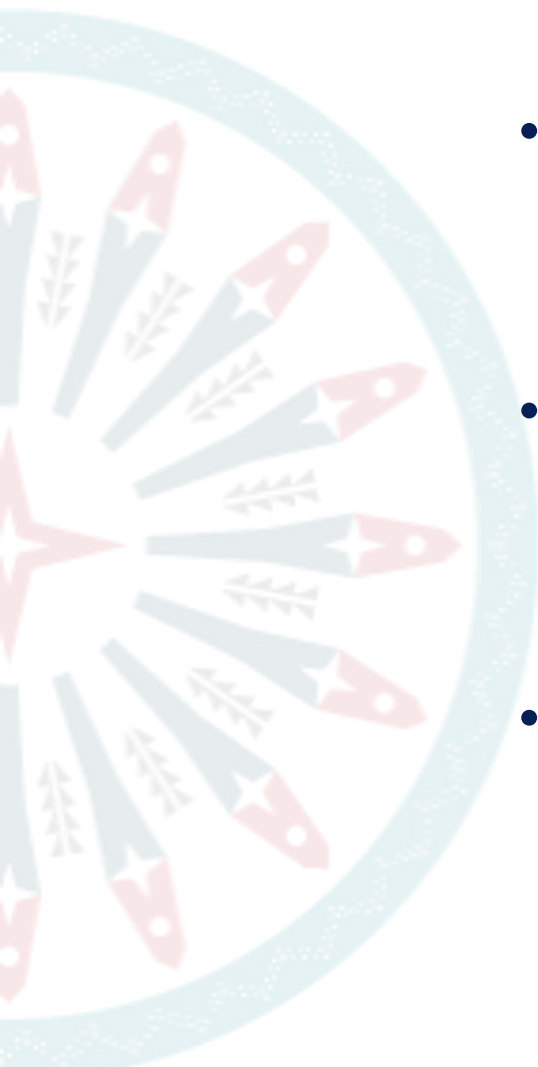


Framework

- Prevention and treatment strategies for pregnant and parenting people with substance use disorders
- Connect families to supports and services
- Compassionate, culturally-responsive, trauma-informed care



Framework

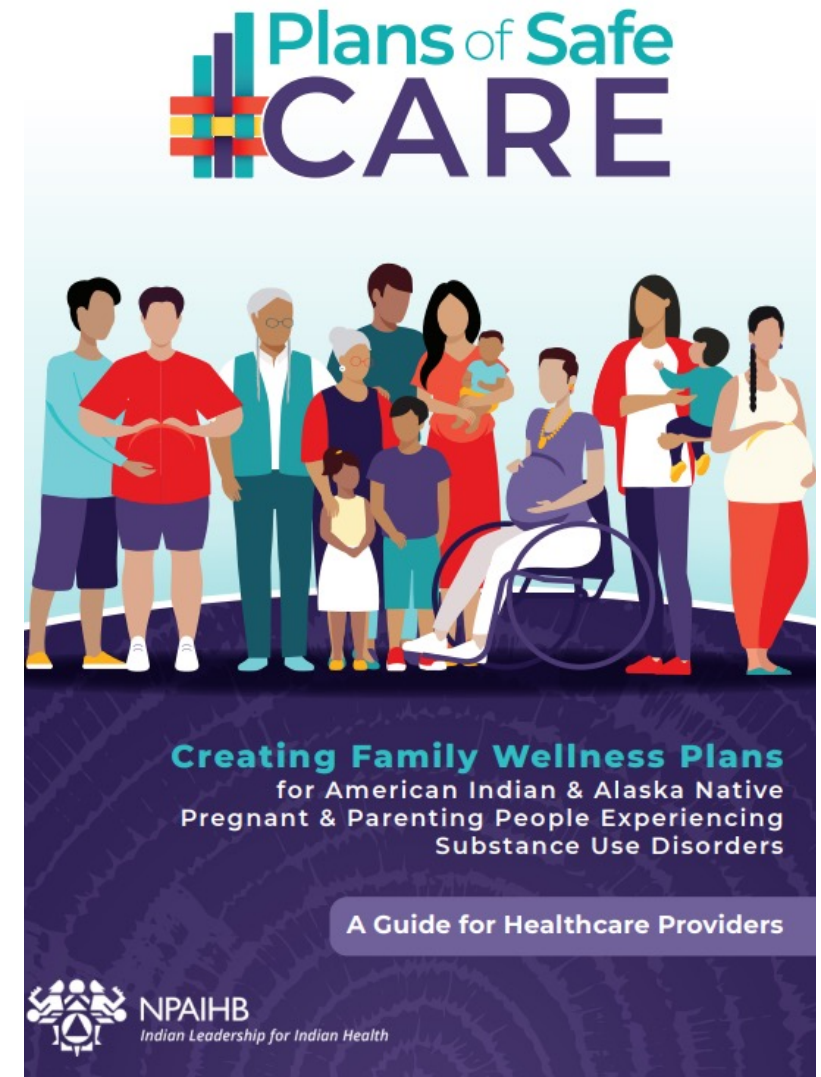
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- Policies and procedures that
 - Support access and engagement in substance use treatment.
 - Strengthen families and promote child and family well-being.
 - Services for children that
 - Address their medical and developmental needs and experiences of trauma.
 - Reestablish trusting bonds with their families.
 - Linking Child Protective Services with partners in the community to build support for and resilience within families before crises occur.



Resources

Providers Guide

- AI/AN pregnant and parenting people experiencing substance use disorders and their infants, partners, and families benefit from high-quality healthcare that is:
 - Evidence-based
 - Culturally-responsive
 - Trauma Informed
 - Holistic in nature
 - Attuned to individual and family needs, and
 - Part of an integrated network of social, cultural, spiritual, and community-based supports.



Patient and Family Fact Sheets

- The Truth About Substance Use and Pregnancy
- Getting Help for Substance Use During Pregnancy
- Getting Help for Substance Use – For New Parents
- Supporting Someone with a Substance Use Disorder
- Culture is Part of the Cure

Culture is Part of the Cure

Substance Use

Substances - like alcohol and drugs - change the way our brain works. One of the first changes that happens is that substances take over the part of our brain that controls our cravings. Soon people find themselves taking substances more often and in larger amounts.

When someone's substance use causes them to have health issues or problems at work, school, or home, they may have a substance use disorder.

Fortunately, pregnant people - like anyone else - can and do recover from substance use disorder. They can also have a happy, healthy baby.



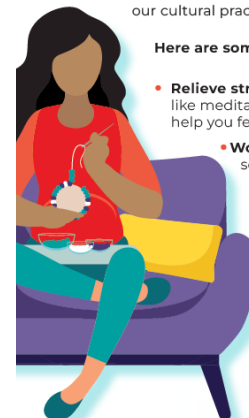
The Power of Cultural Traditions

Recovering from substance use can be a long journey, with many ups and downs. Luckily, our cultural teachings are very powerful. They have helped many of us understand how to live well for generations.

Although everyone's relationship to their traditions is different, for many of us participating in our cultural practices is healing.

Here are some ideas:

- **Relieve stress** by doing activities that calm your body, mind, and spirit. Activities like meditating, praying, singing, spending time in nature, dancing, or cooking can help you feel relaxed and grounded.
- **Work on a traditional craft**, like weaving, carving, or basketmaking. Doing so teaches many lessons, including patience and practice keeping a good mindset. Also, working with traditional materials connects us to our roots and can help us turn inward to be able to "hear" our own thoughts.
- **Take care of your body** by gathering and eating natural foods from the earth that will support you in feeling good.



My Family Wellness Plan

My Family Wellness Plan

This plan belongs to: _____

Pregnancy and parenthood are sacred times when we make plans to care for ourselves and our baby.

When we use substances - like alcohol or drugs - it is especially helpful to create a family wellness plan.

This plan will help you:

- Decide how you will take care of yourself, your baby, and your family
- Think about the people who can help
- Consider the information and resources you will need to gather

To care for my body:

I will...

People who can help:

Healthy foods and good sleep can keep you and your baby strong.

Supportive doctors, nurses, and other healthcare providers can share tips for keeping you and your baby healthy and safe.

To care for my mind:

I will...

People who can help:

Let supportive friends, family, and counselors know what you are going through.

Build mental strength. Get help for depression, anxiety, or other things.

To care for my spirit:

I will...

People who can help:

Connection is the opposite of addiction. Connect with activities and people that calm your spirit.

Speak with Elders about parenting and taking care of a new baby.



To care for myself and my family, I need help with:

I will...

- | | |
|--|---|
| <input type="checkbox"/> Mental health | <input type="checkbox"/> Food |
| <input type="checkbox"/> Spiritual health | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> My relationships | <input type="checkbox"/> Childcare |
| <input type="checkbox"/> Feeling safe | <input type="checkbox"/> Housing |
| <input type="checkbox"/> My birth plan | <input type="checkbox"/> Employment |
| <input type="checkbox"/> Breast (chest) feeding | <input type="checkbox"/> Other things: |
| <input type="checkbox"/> Caring for my baby | |
| <input type="checkbox"/> Items for my baby - like a car seat, crib, and clothing | |

People who can help:

Talk with supportive friends, family, and doctors, nurses, and other healthcare providers about the things you need help with.

My support network:

Write down three people in your life who can support you and help you create a hopeful vision for your future.

People in your support network might include: your partner, friends, family, healthcare providers, spiritual advisors, and groups you are a part of, such as AA or NA.

- 1.
- 2.
- 3.

Name: _____

How can I get in touch with them?

Be Kind to Yourself

You have many positive qualities and deserve to be your best self. Remember that it's ok to struggle as you work toward making a better life for you, your family, and your baby. We are all in the process of learning different life skills to be happier and healthier. Judgment and unkindness - even when it's from ourselves - only stands in the way. As your journey continues, so will your understanding of how to care for yourself and your family.

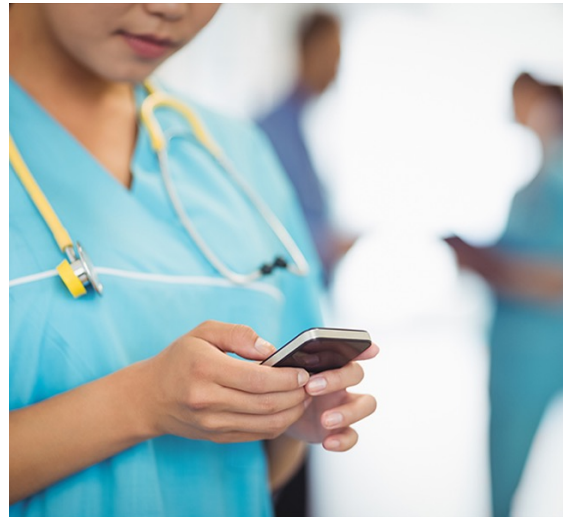


Visit the Northwest Portland Area Indian Health Board's website at www.npaihb.org/SUD to learn more about substance use, getting help, and other important topics.

Plans of Safe Care Video



Substance Use Warmline



CLINICIAN-TO-CLINICIAN
SUBSTANCE USE WARMLINE
(855) 300-3595

6am—5pm PST (Mon-Fri)
Submit cases online: nccc.ucsf.edu



The Substance Use Warmline offers Clinician-To-Clinician support for IHS providers managing alcohol and substance use disorders.

The Substance Use Warmline is a collaboration between the IHS, NW Portland Area Indian Health Board and the Clinician Consultation Center at the University of California, San Francisco.

Substance Use Disorder ECHO



Substance Use Disorder ECHO Program

WHAT IS ECHO?



ACCESS

People need access to quality care for their complex health condition.



NEED

There aren't enough specialists in Indian Country for everyone who needs care.



TRAINING

Indian Country ECHO trains clinicians to provide high quality care.



CARE

Patients get the right care, in the right place, at the right time. This improves outcomes.



CONNECTED

Clinicians are connected to a learning community of peers and experts.



LEARN MORE

about Substance Use Disorders

- [Indian Country ECHO](#)
- [UCSF National Clinical Consultation Center](#)
- [IHS HOPE Committee's website](#)

References

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Contact Information

⇒ **Sherry Daker, PharmD, MHA**
Sherry.Daker@ihs.gov

