



Florida Maternal Infant & Early Childhood Home Visiting Initiative

Welcome to today's webinar!

Supporting pregnant women and parents who are struggling with substance abuse.




Dr. Neil Boris Christine Chircos, PhD Terry Hoover, RN, PhD

Thursday, January 26, 2017
9:00 – 10:30 AM

Today's audio will be coming through your computer, so please make sure that your volume is turned up. When you join the webinar you will automatically be muted by the webinar organizer.

Neil W Boris, MD
Florida State University Center for Prevention and Early Intervention Policy

Supporting Parents: Special Issues Related to Substance Abuse



Today's Webinar...

1. Honor what YOU do...and how hard it is.
2. What are the "root causes" of addiction?
3. How might this understanding of "root causes" translate into home visiting work?
4. Present 5 practical principles to work from...

The Promise of Home Visiting!

- "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."
- Margaret Mead

SWAMP NURSE
What's the best hope for the first child of a poor mother?
BY KATHERINE BOO

In the swamps of Louisiana, late autumn marks the end of the hurricane and the sugarcane seasons—a time for removing plywood from windows and burning residues of harvest in the fields. Then begins the season of crayfish and, nine months having passed since the revelry of Mardi Gras, a season of newborn Cajuns. Among the yield of infants in the autumn of 2004 was a boy named Daigan James Plaisance Theriot, and, on the morning of Daigan's thirtieth day of life, he was seated next to a bag of raw chickens in the back of an Oldsmobile Cutlass. His mother, a teen-aged named Alexis, was in front, squeezed

her impending delivery. She ended up with both the Medicaid and Lowana. As a rule, Cajun families don't welcome government intervention, especially when it occurs inside their homes, involves their infants, and means the presence of a dark-skinned person. To some parents, Alexis among them, Lowana was a spy in the house of maternity, and so she now and again had to lie in wait for reluctant beneficiaries.

Alexis maneuvered herself and Daigan past the toilets, from which cack had started to grow, and pushed open the front door. He had a better chance nurses' preposterously difficult assignment. In regular visits until a baby is two years old, they try to address, simultaneously, the continual crises of poverty and the class-transcending anxiety of new maternity: this creature is inexplicable to me. Despite its ambition, the program is rooted in a pessimistic view of the future that awaits an American child born poor—a sense that the schools, day-care centers, and other institutions available to him may do little to nurture his talents. Shrewder, then, to insulate him by an exercise of uncommon intrusion: building for him, inside his home, a better parent.

It is the things we
WORK
hardest for that will
REWARD
us the most

www.LivingWellSpendingLess.com

Beyond Working Hard...Tackling Tough Problems!

- Substance abuse/addiction is a complex problem that is all too common
 - At least, 1/10 babies are drug or alcohol exposed (higher if you consider nicotine)
 - Higher social risk = higher likelihood: up to 20% depending on sampling
- Are we recognizing sub abuse?
- How do we manage it?!

Do We Understand Addiction?...

But, Addiction is a *Disease*, right?...

- Isn't it "biological?"
 - No question that genes play a role in risk for substance abuse
- What this video reminds us is that our social world impacts our biology (physical self).

Substance Abuse Recovery...

- Most substance abusers—if they recover—do so with "social interventions" alone.
 - Meds can AID recovery!...particularly treating MH conditions associated with substance abuse
 - But most drug treatment programs focus on group and individual therapy
 -and many drug users never get formal treatment...

Taming the Three-Headed Monster?



3-Headed Monster



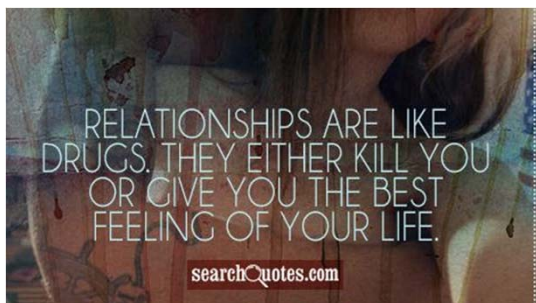
Root Causes of Addiction

- Video brings up the 3 heads of the monster
- Substance abuse travels with trauma/violence exposure, mental health conditions (The "Vietnam War Study")...
- But "treatment" for these conditions also requires social connection...
 - And YOU, as home visitor, may just be the key social connection to seed recovery!

Ok, So What Do We Do?

1. How does an home visitor maximize her capacity to create or enhance the social connections of the parents we serve?
 - I came up with 5 principles...

Principle 1: Double-Down on Relationship



Admitting You Need Help is Hard

- Trauma + Sub Abuse + Depression = deficits in trust and increase in shame
- Substance abuse is a "hidden problem" because people (often) reflexively hide it...
- <25 % of women of child-bearing age who need SA treatment, get that treatment
 - [Access to care is one clear reason!]

Principle 1a: Empathic Questioning Works

- People low on trust, WANT to trust; people who are ashamed, WANT to unload...
 - But they are only going to do so if they sense you are worth trusting...
- When you have an alliance, THEN use a substance abuse screen!

Principle 1b: Script Makes Perfect

- Be clear about implications of screen: some parents will lie because they think you will automatically call child welfare!
 - How you script your intro to your screening instrument matters...

Principle 2: Positive Screen Means Referral

- Know your network: what programs can you get folks connected to?
 - Create connections to the facility with the best reputation in your community...a "go-to" person?!
- Research suggests accompanying family to their intake, improves success rate...

Principle 2b: Screen Yearly and Broadly

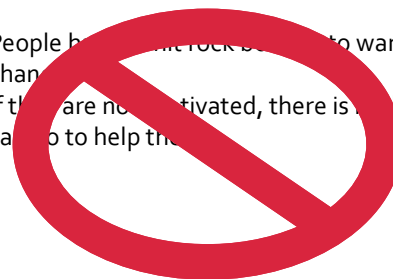
- CRAFFT is a nice example...
 1. C-Have you ever ridden in a car driven by someone (including yourself) that was "high" or had been using drugs or alcohol?
 2. R-Do you ever use alcohol or drugs to relax, feel better about yourself or fit in?
 3. A-Do you ever use alcohol or drugs while you are by yourself, alone?

CRAFFT (2)

4. F- Do you ever forget things you did while using alcohol or drugs?
 5. F- Do your family or friends tell you that you should cut down on your drinking or drug use?
 6. T- Have you ever gotten in trouble while you were using alcohol or drugs?
- Each "yes" is a point; greater than 2 points is positive screen...

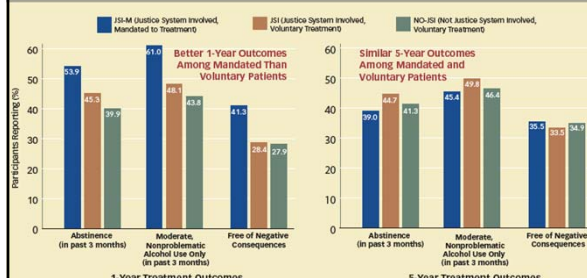
Principle 3: Ignore The "Rock Bottom" Fallacy

1. People h... the rock b... to want to change...
2. If they are not motivated, there is nothing I can do to help them...



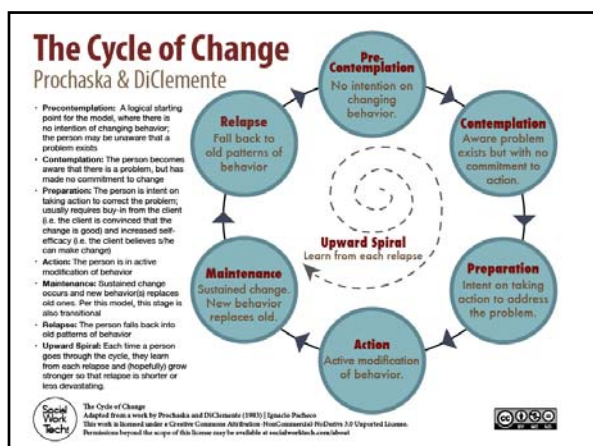
Evidence...

MANDATED TREATMENT WORKS Patients legally mandated to treatment reported better outcomes than nonmandated offenders and nonoffenders 1 year after residential treatment for alcohol and drug problems. Five-year outcomes were similar among the three groups.



Principle 4: Use Your Relationship to be a Change Agent

- How? Learn techniques like Motivational Interviewing...
 - Learn about Stages of Change Theory
 - Be more effective in getting clients to change!
 - YouTube has a lot of good video tutorials on MI

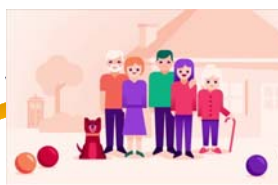


MI and Change Talk...



- Asking questions about the life impact of drug or alcohol use
- Listening for "change talk"...

Substance Abusers WANT a Better Rat Park



Principle 5: Your Rat Park Matters!

- Self-care is too often under-emphasized; working with the 3-headed monster can be overwhelming
- Every HV needs a team to connect with and a PLAN for self-care...



Burnout is Sneaky...

- Starts with changes that providers often **don't** perceive...
 - Irritability, fatigue, pessimism
- Burnout markers make it harder to build healthy relationships with your clients (never mind family, friends, etc!)...

Kyle Killian, Traumatology, June 2008

Helping Till It Hurts
Study of Compassion
and Self-Care
With Trauma
Kyle D. Killian

Organizational changes which offer "better working conditions, more control over their schedule, good quality supervision and a reduced exposure to trauma"



Summary

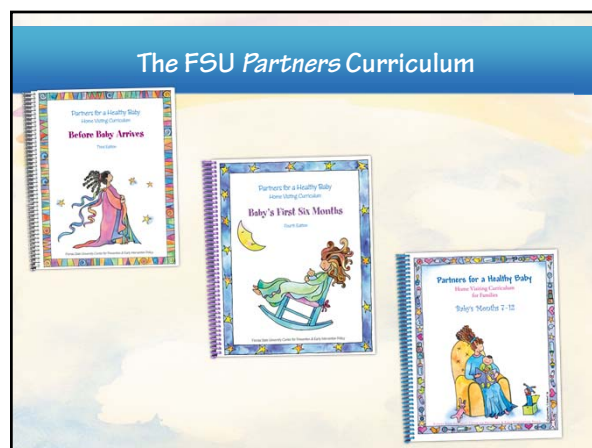
- Home visitors can change lives...
- Substance abuse is common and travels with other serious risks to baby's development (3-headed monster)
- Social relationships are key to substance abuse (both etiology and recovery!)

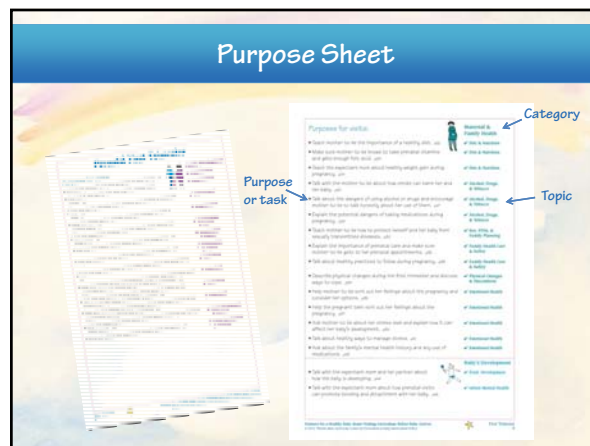
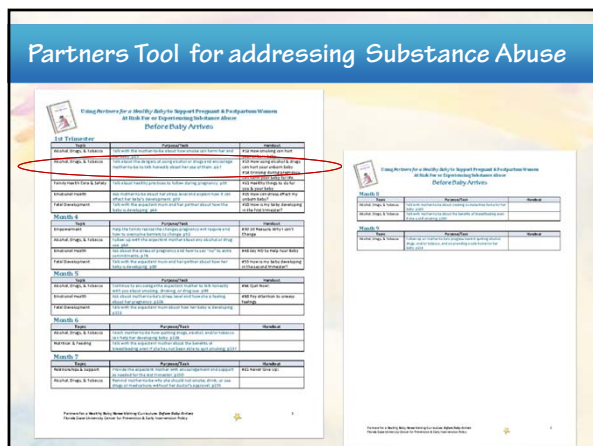
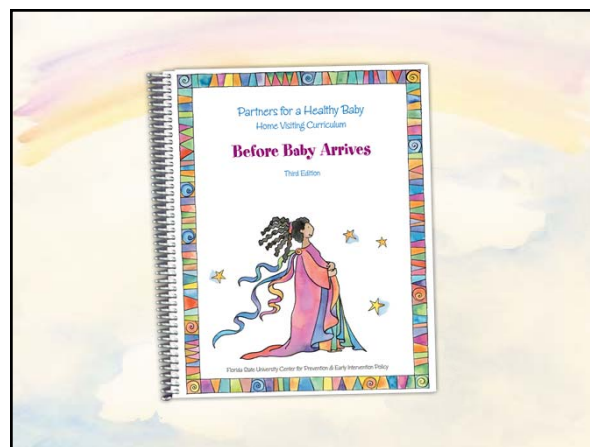
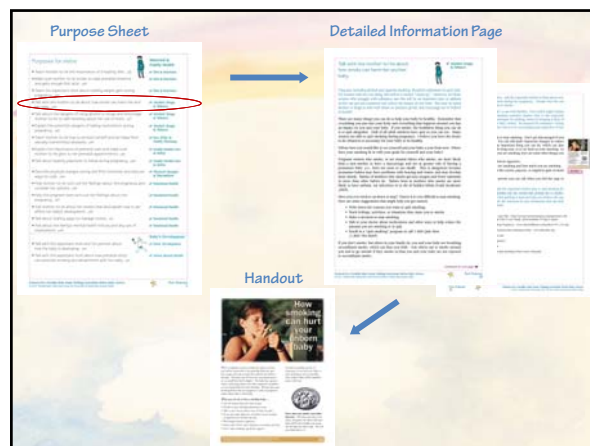
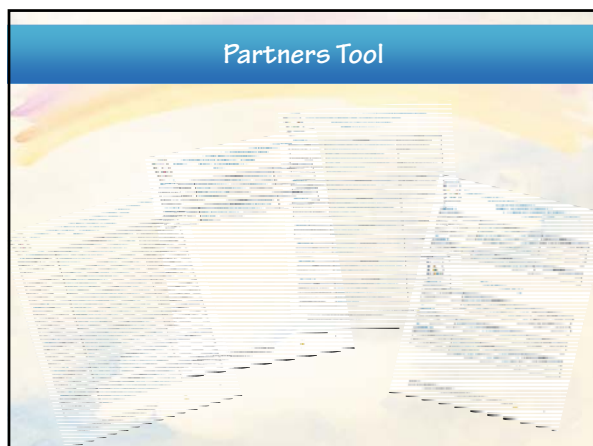
Summary (2)

- Home visitors who focus on the craft of relationship building will have greatest success with substance abusers
 - Scripting for screening
 - Motivational Interviewing
 - The "Warm Hand-off" to treatment
- Taking care of yourself matters!

Saying for the Day

- "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."
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Partners Tool for addressing Substance Abuse

The image shows two spiral-bound booklets from the 'Partners for a Healthy Baby' series. The left booklet, 'Baby's First Six Months', features a blue and white star-patterned border and an illustration of a woman in a green dress rocking a baby in a blue cradle. The right booklet, 'Baby's Months 7-12', has a colorful heart-patterned border and an illustration of a woman in a blue dress sitting on a yellow armchair with a baby. Both booklets are set against a background of soft, pastel-colored clouds.

[illegible]



Partners Tool for addressing Substance Abuse

Using Partners for a Healthy Baby to Support Pregnant & Postpartum Women
At Risk for or Experiencing Substance Abuse
Baby's First Six Months

Week	Topic	Facilitator	Participant
Week 1	Topic 1: Introduction to the Partners for a Healthy Baby program and the importance of addressing substance abuse during pregnancy and postpartum.	Facilitator	Participant
Week 2	Topic 2: Understanding the impact of substance abuse on pregnancy and postpartum health.	Facilitator	Participant
Week 3	Topic 3: Identifying signs and symptoms of substance abuse in oneself and one's partner.	Facilitator	Participant
Week 4	Topic 4: Developing a plan for addressing substance abuse during pregnancy and postpartum.	Facilitator	Participant
Month 1	Topic 5: Monitoring and evaluating progress during the first month.	Facilitator	Participant
Month 2	Topic 6: Addressing challenges and providing support during the second month.	Facilitator	Participant
Month 3	Topic 7: Continuing to monitor progress and providing support during the third month.	Facilitator	Participant
Month 4	Topic 8: Addressing challenges and providing support during the fourth month.	Facilitator	Participant
Month 5	Topic 9: Continuing to monitor progress and providing support during the fifth month.	Facilitator	Participant
Month 6	Topic 10: Addressing challenges and providing support during the sixth month.	Facilitator	Participant

Partners for a Healthy Baby is a free, confidential, and confidential program that provides support and resources for pregnant and postpartum women who are at risk for or experiencing substance abuse. For more information, visit PartnersforHealthyBaby.org.



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Talk about the link between drug and/or alcohol addiction and unresolved trauma.

 **Alcohol, Drugs, & Tobacco**

The excessive use of alcohol and drugs is often linked to traumatic experiences or other types of unresolved pain. Be sure you have developed a trusting relationship with the family before approaching this sensitive topic. First, find a quiet and private place to talk.


Many people use alcohol and drugs to escape or cover up old hurts. Do you know anyone who does that? It's hard to talk about things that happened in our past that frightened or hurt us. Our feelings can be so painful and buried so deep that we try to not think or talk about them. Not talking about old hurts and bad feelings doesn't make them go away. The pain can get worse and make us feel like we have an empty hole inside us. We may try to numb the pain with drugs or alcohol, or try to fill the emptiness by doing things that hurt us—like overeating. These things are just bandaids and we usually wind up feeling even worse about ourselves.

Not dealing with painful experiences from our past can make us anxious, tired, or even sick. Do you have any hurt or sad feelings you want to talk about? If so, would you like to talk about them with me, or would you like me to help you find someone who is trained to help people with this kind of problem?


Discussing painful experiences from the past can be traumatic. Know your boundaries about dealing with serious emotional issues. Unless you are a trained mental health professional, your role is to connect families with the appropriate resources that can help them address any deep pain or trauma—not to attempt to provide mental health counseling yourself. Be familiar with your university's mental health and addiction resources.

RESOURCES

- Your local mental health center

March 8, 2016  Partners for a Healthy Baby: Home Visiting Implementation Study's First Six Months
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Thank you!



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