



# Perinatal Substance Use Disorder Conference 2021

## For Providers and Primary Care Teams

This project is supported by grant number 1H79SP082471-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA). Federal funds have provided \$1,500,000 or 67% of the total project cost, and non-governmental sources have provided \$739,440 or 33% of the total project cost.



**MI Babies Project**  
**CENTER FOR RURAL BEHAVIORAL  
HEALTH & ADDICTION STUDIES**



## State of the Perinatal Substance Use Disorder Issue



**MI Babies Project**  
**CENTER FOR RURAL BEHAVIORAL  
HEALTH & ADDICTION STUDIES**

# Objectives

Understand the prevalence of:

- perinatal substance use disorder,
- neonatal abstinence syndrome, and
- neonatal opioid withdrawal syndrome.



# Addiction & Recovery

*“Addiction is a **treatable, chronic medical disease** involving **complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences**. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences. ***Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.***”*

*Adopted by the ASAM Board of Directors September 15, 2019*

*“A **process of change** through which individuals **improve their health and wellness, live a self-directed life, and strive to reach their full potential.**”*

*Substance Abuse and Mental Health Services Administration (SAMHSA)*

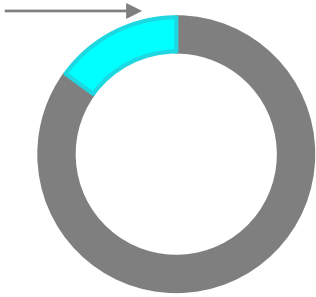


# Women, Substance Use & Co-Occurring Disorders

- 5.6% of women 18 and older have a substance use disorder
- Marijuana use increased from 13.4% (2018) to 14.8% (2019) among women 12 and older
- 3.3% of women have misused opioids
  - 98.8% misuse prescription pain relievers
  - 5.0% misused heroin
  - 3.8% misused both prescription drugs and heroin
- 8.4% of those ages 18-25 and 4.8% of those ages 26-49 have co-occurring mental health and substance use disorder
  - 74% received treatment for one of these conditions
  - Only 12.9% received co-occurring substance use disorder and mental health treatment

# Substance-Exposure in Pregnancy

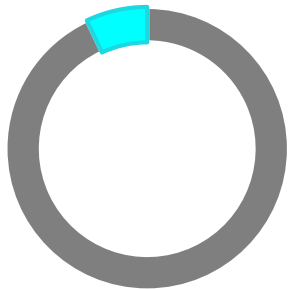
15% of pregnant people use nicotine



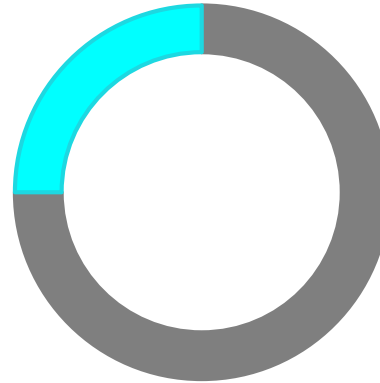
1 in 9 report alcohol use in past 30 days



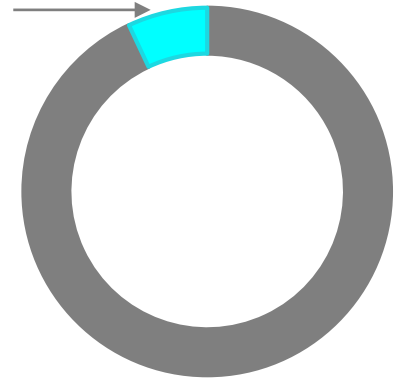
7% of pregnant people use marijuana during pregnancy



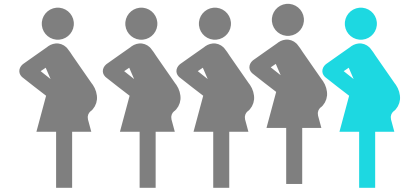
25% of pregnant people were prescribed an opioid during pregnancy



7% of pregnant people report using opioids



Of those, 1 in 5 report misusing opioids



Maternal opioid use has quadrupled since 2000

# Substance Use & Pregnancy Considerations

- Unplanned pregnancy
- Sexually transmitted infections (STIs)
- Co-occurring psychiatric conditions
- Psycho-social challenges
- Stigma
- Potential punitive measures
- Post-partum depression and overdose death risk

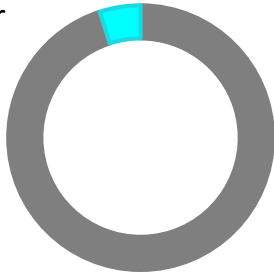






## Pregnancy and Substance Use Disorder

5% of all people who are pregnant have a substance use disorder



**131%** increase in opioid-related diagnoses (2010-2017)

Highest Opioid Overdose  
Death Risk  
7-12 months after delivery  
12.3 per 100,000



# Fetal Alcohol Spectrum Disorders (FASD)

FASDs include several diagnoses related to exposure of the baby to alcohol during pregnancy. More specifically, fetal alcohol syndrome (FAS) is the most involved diagnosis, used when several physical and developmental abnormalities are present

- 0.2-1.5 to 1.5 infants with FAS for every 1,000 live births
- A recent study found 0.3 out of 1,000 children 7 to 9 years of age have FAS, while in-person assessments show higher rates of 6 to 9 out of 1,000 children
- Experts estimate the number of children with FASDs to be 1%-5% of the population

As of 2002, the cost for one individual with FAS was estimated at \$2 million. It is estimated that United States care for persons with FAS alone is over \$4 billion annually

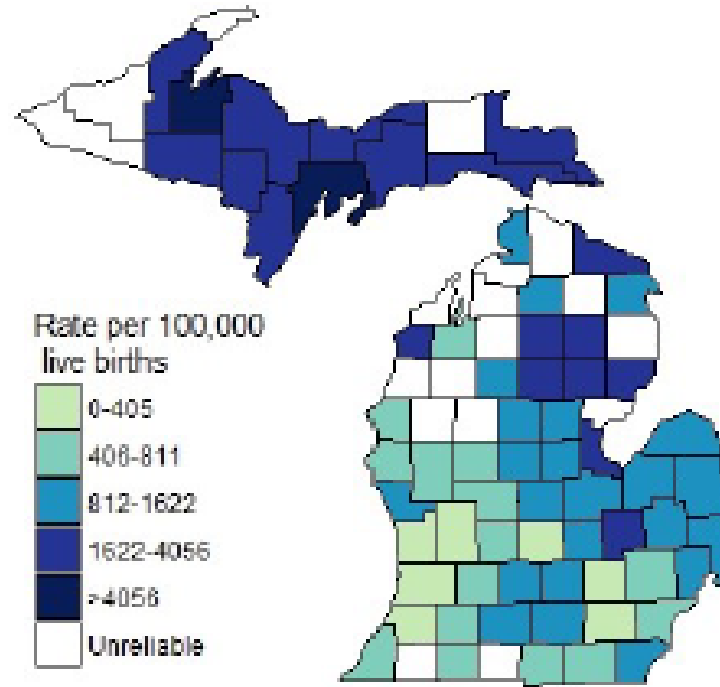




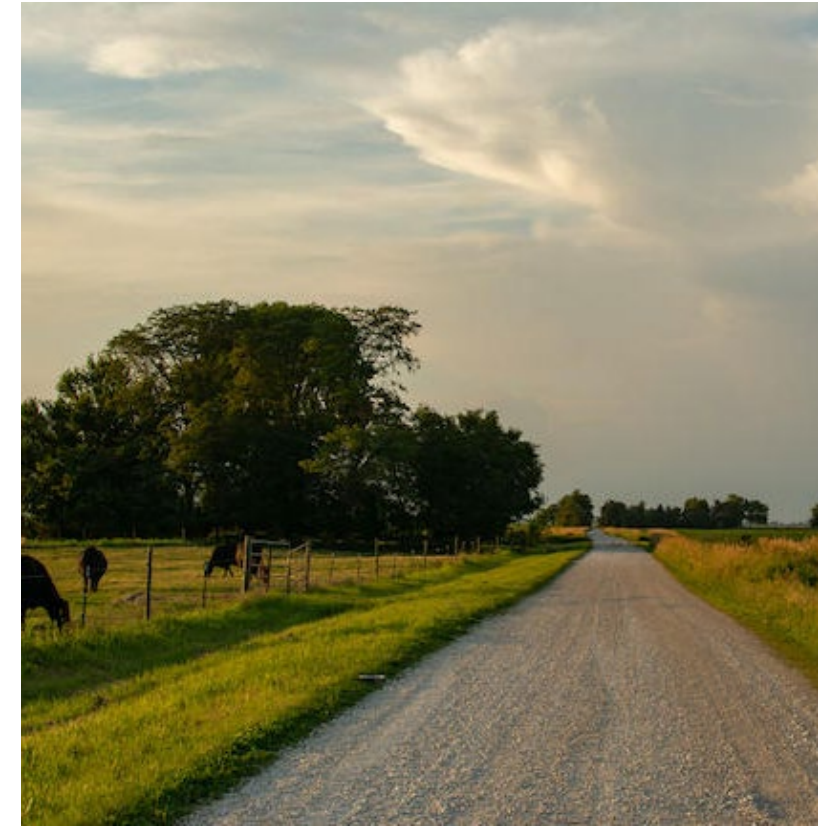
## Neonatal Abstinence Syndrome (NAS) & Neonatal Opioid Withdrawal Syndrome (NOWS)

*NAS occurs when a child born to a substance using mother develops a passive dependency to the substance, and expresses symptoms once the supply of the drug is cut off after birth (Finnegan, 2016)*

- The rate of NAS among Michigan infants peaked at 846.2 per 100,000 live births in 2015, and decreased to 761.2 in 2016
- The highest county three-year (2014-2016) rates of NAS were in the northern portion of the Lower Peninsula and in the Upper Peninsula.
- Infants with NAS have longer hospital stays, with costs near \$1.5 billion nationally in 2012.



*Rate of Neonatal Abstinence Syndrome Among Michigan Infants by County, 2014-2016*  
*Michigan Department of Health & Human Services*



# Rurality, SUD, NAS and NOWS

Nationally, over **21%** of all infants born with NAS were born in rural communities.

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## MI Babies Project Overview



**MI Babies Project**  
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HEALTH & ADDICTION STUDIES**

# Counties Included in the Grant

- Arenac
- Bay
- Gladwin
- Iosco
- Ogemaw
- Oscoda



# Goal of the Grant

Decrease number of babies born with Neonatal Abstinence Syndrome (NAS) and substance exposed pregnancies.





# SBIRT

## High Tech, High Touch (HT2)

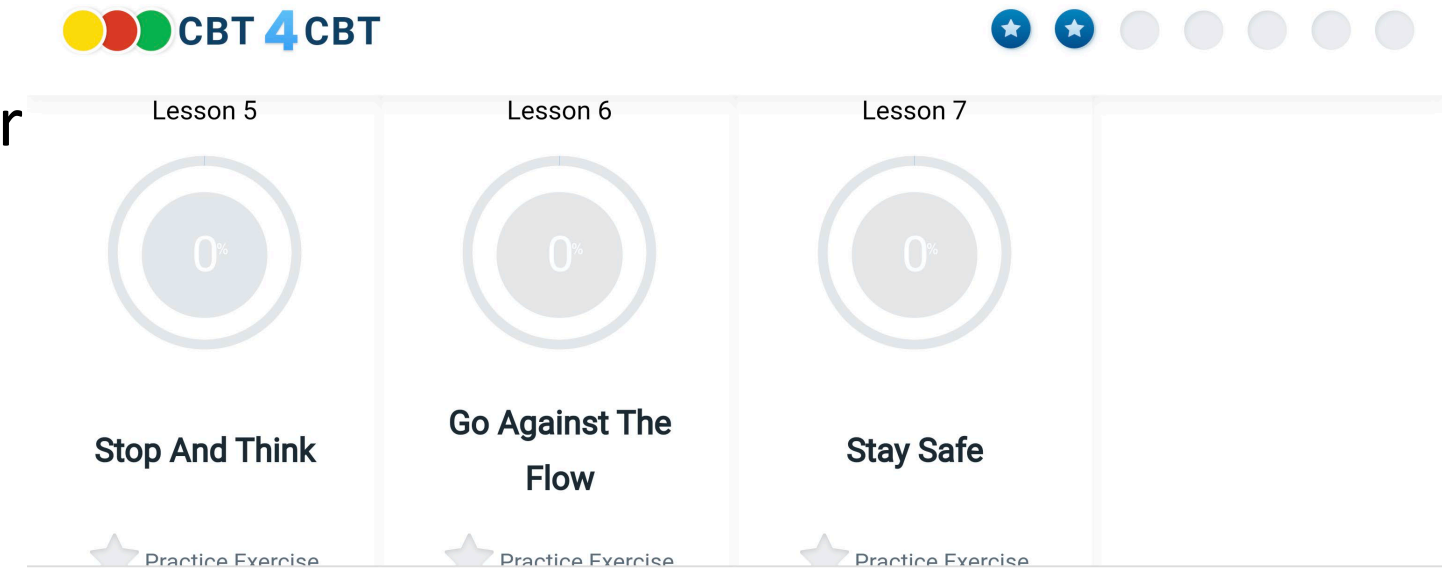
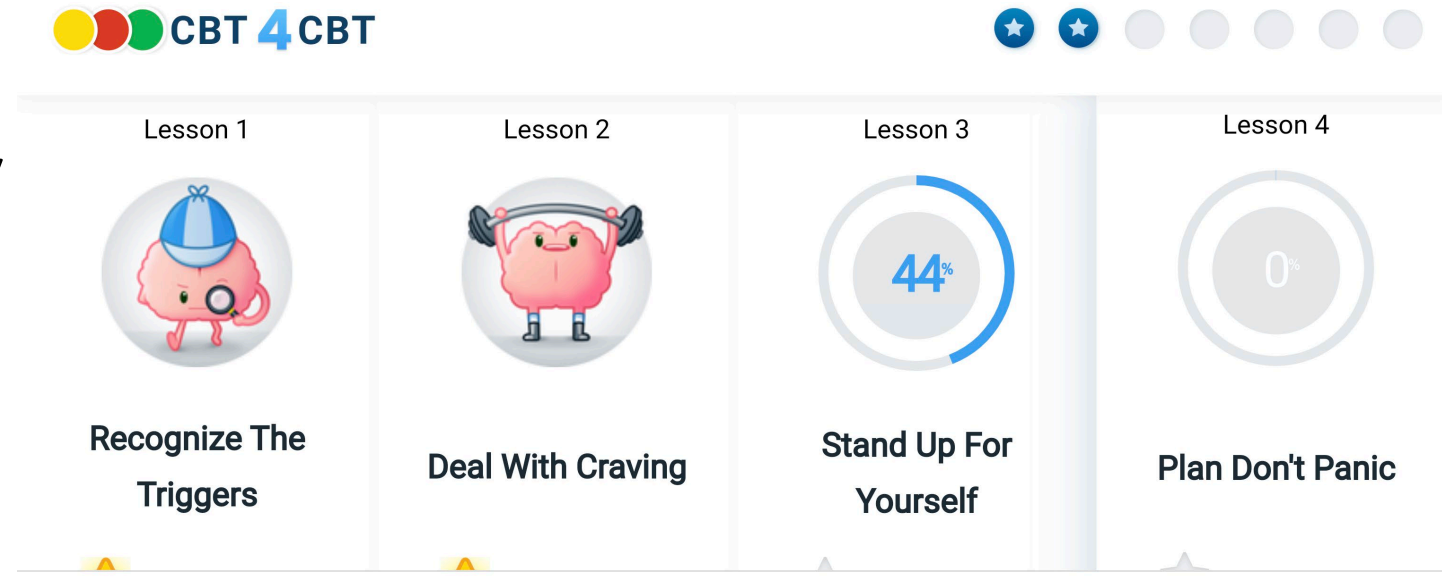
- Can be used on any electronic device
- Screening for Depression, SUD, Tobacco use
- Provides a brief intervention (If necessary)
- Refers to services



# Treatment Capacity

## CBT4CBT

- Can be used on any electronic device
- 6 sessions 35-40 minutes each
- Self paced
- Has shown to work better for patients than traditional therapy
- Patient can begin whenever



# ECHO

- Hub & Spoke Model
- Perinatal focus
- Didactic
- De-identified Case presentation

[www.svsu.edu/echo](http://www.svsu.edu/echo)





# Other Items

- Perinatal Conference
- Providing SBIRT education to partner organizations
- Increasing DATA waiver trained providers



## Provider/Patient Panel



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# Objectives

- Understand challenges that people who are pregnant and living with a substance use disorder face.
- Understand ways to engage pregnant people in treatment for substance use disorders.





## Questions and Answers – Provider/Patient Panel



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## Resources



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# Objective

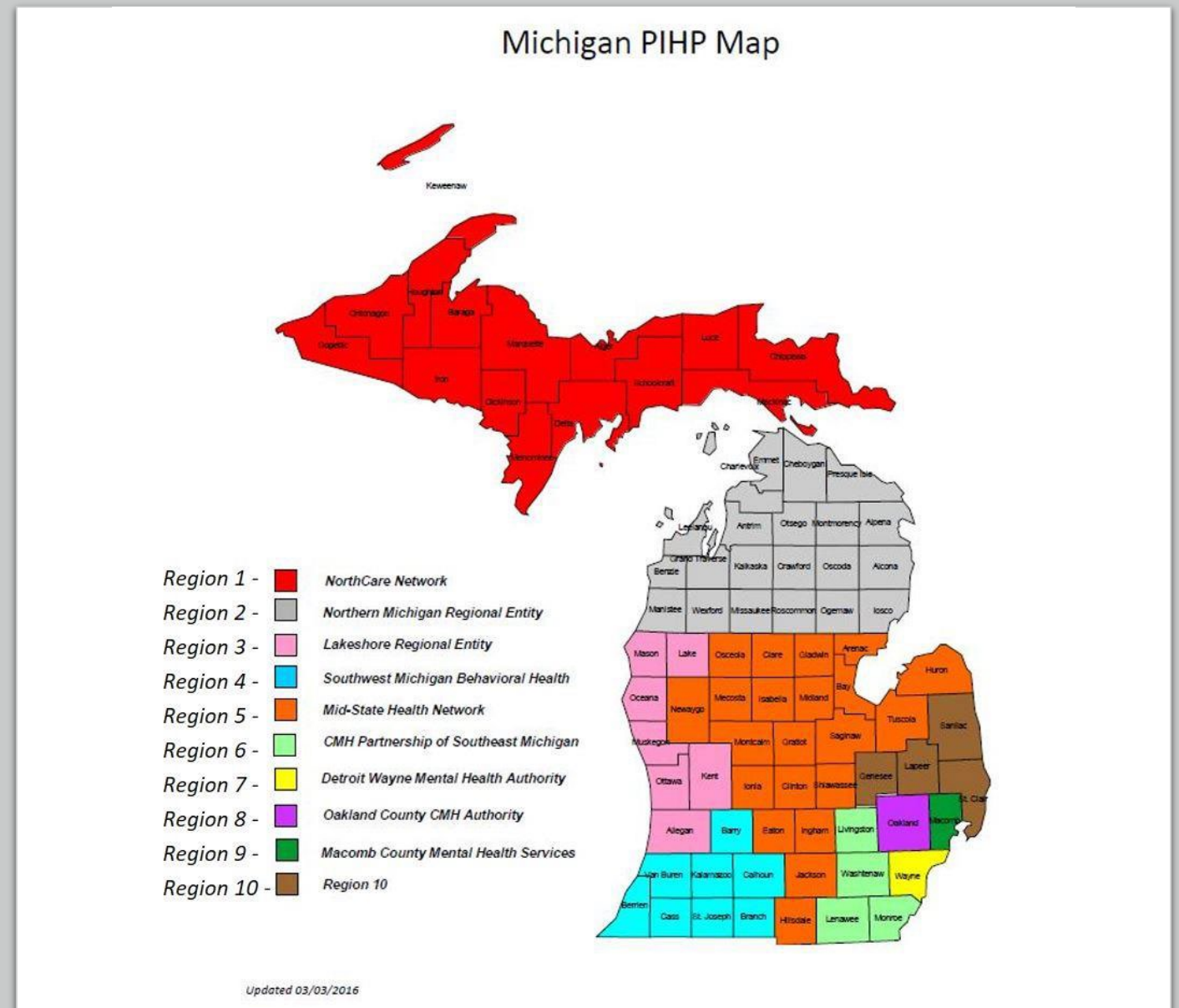
- Identify resources for people who are pregnant and living with a substance use disorder.





# Prepaid Inpatient Health Plans (PIHPs)

- Manage Medicaid resources for behavioral health, developmental/intellectual disabilities and substance use disorder.
- Contract with Inpatient and Outpatient Substance Use Disorder service Providers.
- Contact your regions PIHP access line to access services for substance use disorders.





A map of Michigan divided into various health service regions, each color-coded and labeled. The regions include:

- Copper Country** (Red)
- Gogebic** (Grey)
- Northpointe** (Pink)
- Pathways** (Brown)
- Hiawatha** (Dark Green)
- North Country** (Blue)
- Northeast Michigan** (Orange)
- Central Wellness Network** (Light Green)
- Northern Lakes CMH** (Light Blue)
- Sable Valley** (Dark Orange)
- West Michigan** (Purple)
- CMH for Central Michigan** (Yellow)
- Bay-Arenac** (Light Purple)
- Huron** (Grey)
- Tuscola** (Grey)
- Sanilac** (Grey)
- Montcalm** (Grey)
- Gratiot** (Grey)
- Saginaw** (Grey)
- HealthWay** (Grey)
- Newaygo** (Grey)
- Ottawa** (Grey)
- Kent** (Grey)
- Ionia** (Grey)
- Shawnee** (Grey)
- Genesee** (Grey)
- Lapeer** (Grey)
- St. Clair** (Grey)
- Allegan** (Grey)
- Barry** (Grey)
- Clinton-Eaton-Ingham** (Green)
- Oakland** (Grey)
- Macomb** (Grey)
- Van Buren** (Grey)
- Kalamazoo** (Grey)
- Summit Pointe** (Grey)
- Branch** (Grey)
- St. Joseph** (Grey)
- Cass** (Grey)
- Berrien** (Grey)
- Lifeways** (Pink)
- Washtenaw** (Grey)
- Detroit/Wayne** (Grey)
- Lenawee** (Grey)
- Monroe** (Grey)

- Serve Children, Adolescents and Adults with mental health issues, developmental disabilities and substance use disorders.
- 24/7 free crisis line
- Infant Mental Health Services
  - ✓ Birth – 5 years old
  - ✓ Individual & Family Therapy
  - ✓ Case Management
  - ✓ Education on Child Development
  - ✓ Parenting strategies
  - ✓ Psychiatry (as needed)

# Maternal Infant Health Program (MIHP)

- Support pregnancy and infant health
- All pregnant and infant Medicaid patients eligible
- Home visits
- Referrals to Community Based Services
- Individualized plans created
  - ✓ Registered Nurse
  - ✓ Social Worker
  - ✓ Registered dietician
  - ✓ Lactation Consultant
  - ✓ Infant Mental Health Specialist



# Early On

- Home visiting program
- Infants & Toddlers Birth to three
- Diagnosed Developmental delays or at risk for developmental delays
- Find social, health & educational services
- Support parents to help their children learn using daily activities
- Possible developmental delay if taking longer to develop:
  - ✓ Self help skills
  - ✓ Cognitive skills
  - ✓ Communication skills
  - ✓ Physical development
  - ✓ Social-emotional development
- Referrals can be made online, over the phone or via email



# Great Start

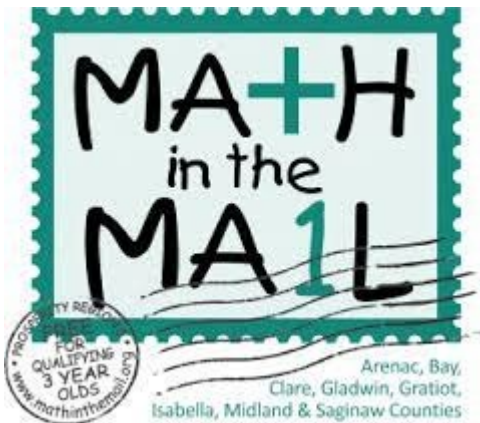
Network public & private services & supports



Great Start Collaboratives

- Parents & Community Leaders
- Planning, implementation & On-going improvement of great start system





1. <https://www.bayarenacgreatstart.org/>
2. <http://safejourneybaycity.weebly.com/about.html>

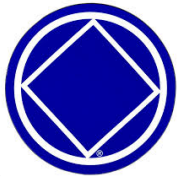
MEDITATION

# NMSAS RECOVERY SUPPORTS

*... A world of possibilities connecting people to pathways*

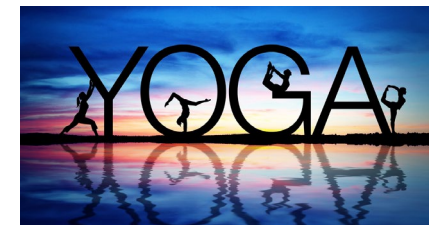
**YOU PICK RECOVERY.ORG**

Recovery Supports Cell# 989-370-7608



**THE PHOENIX**  
RISE | RECOVER | LIVE

RECOVERY COACHING



ASSOCIATION OF  
**RECOVERY  
COMMUNITY  
ORGANIZATIONS**  
FACES & VOICES OF RECOVERY







- Daily Zoom Support Meeting
- All Veteran Support Meetings
  - Recovery Coaching
  - Trainings



All resources and training flyers/dates/times/links can be found at:  
[www.peer360recovery.org](http://www.peer360recovery.org)





## **Upper Peninsula Maternal Opioid Misuse Model (UP MOM)**

**Katrina Keough, MPA, R.T.(R)**

**Project Director, UPHCS**

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[www.uphcs.org](http://www.uphcs.org)

# Community Health Worker Model

- Embedded in Maternal Infant Health Program (MIHP) - Marquette County Health Department
- Social Determinants of Health (SDoH)
  - Upon enrollment
  - Weekly or biweekly
  - Address positive SDoH screens <24 hrs
- Coordination between enrollee and their providers and services.

## REQUIRED SECTION

Parent/Guardian's Name: _____		Parent/Guardian's Date of Birth: _____	
Child's Name: _____		Doe Date/Child's Date of Birth: _____	
Address: _____		Is the patient a first time parent? <input type="checkbox"/> YES or <input type="checkbox"/> NO	
City: _____	State: _____	Is the parent or child a Tribal Member or person of American Indian/Alaska Native descent? <input type="checkbox"/> YES or <input type="checkbox"/> NO	
Please check the patient's preferred method of contact: <input type="checkbox"/> Phone: _____ <input type="checkbox"/> Email: _____		<input type="checkbox"/> Text: _____	
Please check any home visiting programs in which the patient is currently enrolled: <input type="checkbox"/> Maternal Infant Health Program (MIHP) <input type="checkbox"/> Early Head Start <input type="checkbox"/> Healthy Families UP <input type="checkbox"/> Parents as Teachers <input type="checkbox"/> Family Spirit <input type="checkbox"/> Other (please specify): _____		Currently enrolled in WIC? <input type="checkbox"/> YES or <input type="checkbox"/> NO	
		Current Health Insurance Coverage? <input type="checkbox"/> Medicaid <input type="checkbox"/> Private <input type="checkbox"/> None	
Notes and Special Instructions: _____ _____ _____			

## OPTIONAL SECTION

<b>Infant/Child</b>			
Birth Length: _____ cm	Birth Weight: _____ gm	Head Circumference: _____ in	
Current Height: _____ cm	Current Weight: _____ gm	Date taken: _____	
Hemoglobin: _____	Date Taken: _____	Weeks Gestation: _____	
<b>Pregnant/Postpartum Women</b>			
Height: _____ cm	Weight: _____ gm	Date taken: _____	Breastfeeding (or planning to): <input type="checkbox"/> YES or <input type="checkbox"/> NO
Hemoglobin: _____	Date taken: _____	Date of 1st Prenatal visit: _____	
Pre-Pregnancy Weight: _____ gm	Weight at Last Prenatal Visit: _____ gm		

## SIGNATURES

I understand that this information may be shared with agencies who provide home visiting services, as well as my local Health Department WIC office, so they can contact me with information to help connect me to local services. Signing this form does not guarantee services. I understand that not all services may be available to my area.

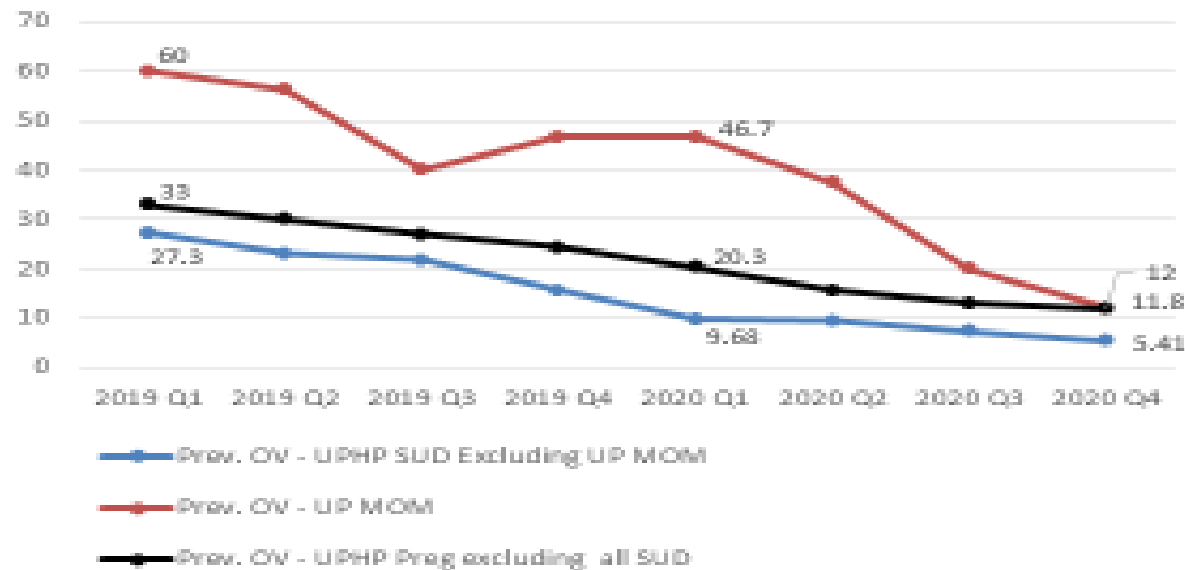
Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Referring organization/agency: \_\_\_\_\_

Referring Agency Signature: \_\_\_\_\_ Date: \_\_\_\_\_

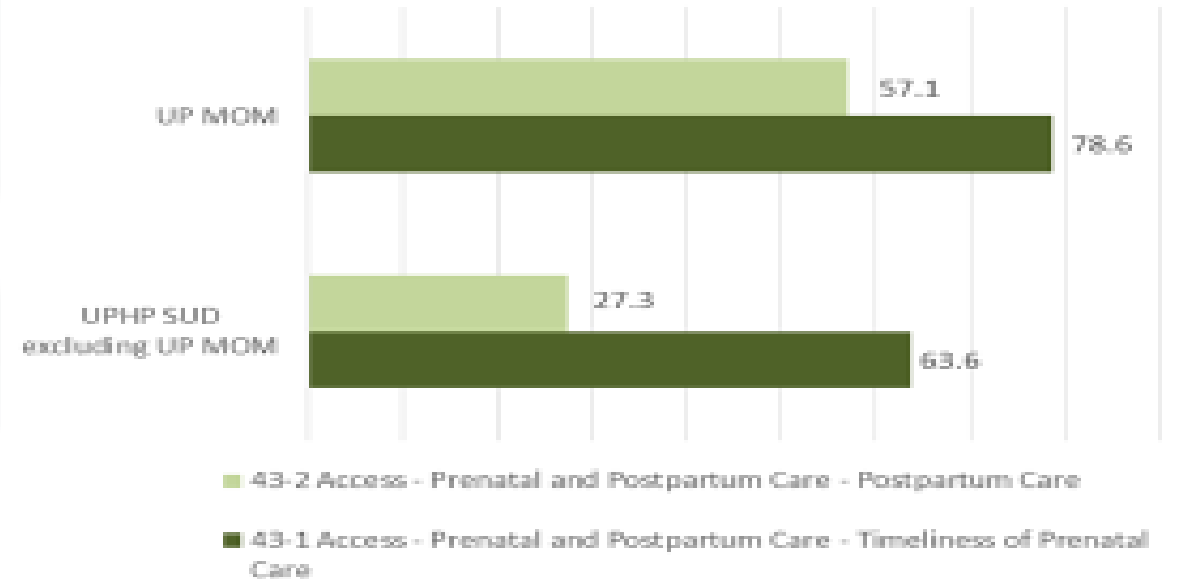
# Target Population and YTD Enrollment

No Annual Preventive Visit prior 12 months (%)  
Pregnancy Cohort Comparison



Source: Catiwiti PI Executive Dashboard

Prenatal and Postpartum Care  
HEDIS QM Timeliness Evaluation



Source: Catiwiti PI Certified HEDIS Quality Measure Dashboard

## Target Population

- Pregnant and <12mo. post partum from September 1, 2020
- Active or Hx of experiencing Opioid Use Disorder.
- Marquette County\*
- Yr 1 Target - 11 enrollees
- YTD enrollment - 29

# Contact Us!

Katrina Keough

[kkeough@uphcs.org](mailto:kkeough@uphcs.org)

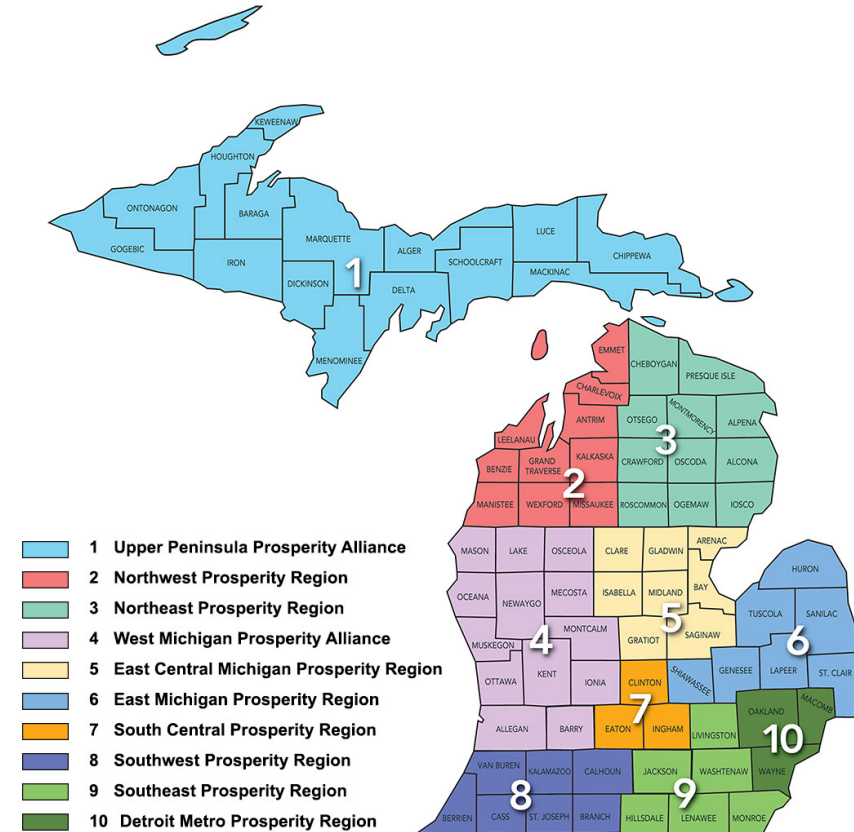
[www.uphcs.org/upmom/](http://www.uphcs.org/upmom/)



# Perinatal Quality Collaboratives

- Professionals and community members with interest in Perinatal Issues
- Drive the Mother Infant Health & Equity Improvement Plan
- Focus on:
  - ✓ Health equity
  - ✓ Health girls, women & mothers
  - ✓ Optimal birth spacing
  - ✓ Full term, healthy weight babies
  - ✓ Infants safely sleeping
  - ✓ Maternal emotional and behavioral well-being

## MICHIGAN'S PROSPERITY REGIONS



# Other Recovery Resources

## **Alcoholics Anonymous**

<https://alcoholicsanonymous.com/aa-meetings/michigan/>

## **Narcotics Anonymous**

<https://michigan-na.org/>

## **Cocaine Anonymous**

Flint (810) 235-2222    Lansing (517) 483-7213

## **Marijuana Anonymous**

<https://marijuana-anonymous.org/find-a-meeting/>

## **Celebrate Recovery**

<https://locator.crgroups.info/>

## **SMART Recovery**

[https://www.smartrecoverytest.org/local/meetings/?search\\_location=Michigan%2C+USA&search\\_radius=50&search\\_lat=44.3148443&search\\_lng=-85.60236429999999&listing\\_label%5B%5D=Public](https://www.smartrecoverytest.org/local/meetings/?search_location=Michigan%2C+USA&search_radius=50&search_lat=44.3148443&search_lng=-85.60236429999999&listing_label%5B%5D=Public)





# Resources

- <https://cmham.org/membership/pihp/>
- <https://cmham.org/membership/cmhsp-directory/>
- <https://www.michigan.gov/mihp/0,5421,7-311-66397---,00.html>
- <https://www.1800earlyon.org/about.php?ID=120>
- [https://www.michigan.gov/mdhhs/0,5885,7-339-71550\\_96967\\_97028---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71550_96967_97028---,00.html)



## Questions and Answers - Resources



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THANK YOU FOR ATTENDING!



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