



Q&A from NCFRP Webinar on Improving Our Understanding of Infants with Substance Exposure and Neonatal Abstinence Syndrome (NAS) October 31, 2017

Q&A

- Is there data reflecting the increase in opiate abuse since 2012?

Increases in opioid use disorders can be difficult to identify specifically as there is not universal screening for substance use disorders. Some of the data that we might look to for identifying opioid use disorders could include the number of individuals entering treatment for opioid use disorders, opioid overdoses, or population surveys on substance use. Here are some links with more recent data:

<https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2015/NSDUH-FFR1-2015/NSDUH-FFR1-2015.pdf>

<https://www.hhs.gov/sites/default/files/Factsheet-opioids-061516.pdf>

<https://www.cdc.gov/drugoverdose/epidemic/index.html>

- Most opioid exposed babies are exposed to multiple substances....is this because mother's are using multiple drugs knowingly or the opiate obtained at the street level is mixed with a variety of illicit compounds?

Many individuals that have a substance use disorders use a variety of substances. Polysubstance use is common among those with SUDS, including pregnant women. This article may provide some insight into this issue:

Nygaard, E., Slinning, K., Moe, V., & Walhoyd, K.B. (2015). Cognitive function of youths born to mothers with opioid and poly-substance abuse problems during pregnancy. *Child Neuropsychology*, 23(2), 15-187.

- I believe the speaker mentioned that Dr. Grossman has videos available online. In a quick search I wasn't able to locate them. Can the speaker provide more information about where or how to find them?

NAS: Reconsidering the Standard Approach:

<http://www.sohmlibrary.org/uploads/6/5/5/8/65588793/nas.mp4>

This article outlines the unique approach Dr. Grossman highlights in the above webinar:

Grossman, M. R., Berkwitt, A. K., Osborn, R. R., Xu, Y., Esserman, D. A., Shapiro, E. D., & Bizzarro, M. J. (2017). An initiative to improve the quality of care of infants with neonatal abstinence syndrome. *Pediatrics*, 139(6), e20163360. doi: 10.1542/peds.2016-3360

- Can we get more information about POSC? It would be great to see some examples and how they are being implemented. Thank you

Many states are still working on their approach to the update requirements set out by the Children's Bureau related to Plans of Safe Care. You can find some information about the initial stages of this approach among a couple of states here:

https://ncsacw.samhsa.gov/files/Policy_Academy_Dissemination_Brief.pdf

If you would like to learn more about the work that the National Center on Substance Abuse and Child Welfare with states, please feel free to contact them directly at ncsacw@cffutures.org or 1-866-493-2758

- Re: services that support families, is there research or projects looking at collaboration with home visiting or early intervention programs?

There are a number of local communities and even states with collaborative partners including home visiting and early intervention. One state that is doing great work around integrating training about substance use issues into their home visitation work is Virginia. You can learn more about their work of Virginia Early Impact here: <https://earlyimpactva.org/>

- You may be going in this direction however, could you maybe address why they don't tend to do ANY weaning during the pregnancy?

You can find recommendations about treatment of opioid use disorders in pregnant women here: <https://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Opioid-Use-and-Opioid-Use-Disorder-in-Pregnancy>

- Why isn't there sufficient data to categorize the effects of Meth, especially given the "epidemic" ten years ago?

While research exists related to methamphetamine use disorders, the outcomes of that research are varied making it difficult to come to consensus on the effects of prenatal methamphetamine exposure. This article outlines a review of the literature that discusses the challenges with currently available data:

Behnke, M., & Smith, V., C. (2013). Technical Report—Prenatal substance abuse: Short- and long-term effects on the exposed fetus. *American Academy of Pediatrics*, 131(3), e1009
<http://pediatrics.aappublications.org/content/131/3/e1009>

- I am an LISW-S and a certified educator of infant massage; teaching parents with infants age 6 wk to pre-crawling how to bond and read baby's needs. Do you know how funds could be accessed to provide dollars to train more providers in infant massage education?

There is an increasing recognition of the benefits of nonpharmacological approaches to the treatment of neonatal abstinence syndrome, such as those mentioned by Matt Grossman above. In addition to treatment benefits, the attachment and bonding are a unique and important aspect of early parenthood and child wellbeing. There are currently a number of funding opportunities for states to address issues of family wellbeing and opioid use disorders. Collaborating with partner agencies that are the recipients of this funding may be an avenue to embedding these types of services into these expanded programs. Some funding sources that might apply include:

- **Substance Abuse Block Grant:** provides set-aside for pregnant and postpartum women's services
- **Medication Assisted Treatment – Prescription Drug and Opioid Addiction (MAT-PDOA):** funding to states to enhance and expand MAT and RSS for individuals with OUD; three states are focusing on pregnant women
- **Residential Treatment for Pregnant and Postpartum Women Grant Program:** provides cost-effective, comprehensive residential SUD treatment services to women and their children
- **21st Century CURES Act Opioid Crisis Grants- *Opioid State Targeted Response:*** provides funding to each state based on a formula including the number of people with OUDs with unmet treatment needs and drug poisoning deaths in the state. These grants are made directly to the SSA (the states substance use agency) and include a list of allowable uses. In many states, the needs of pregnant and parenting individuals are included in their states plan which can be found here: <https://www.samhsa.gov/sites/default/files/grants/pdf/other/ti-17-014-opioid-str-abstracts.pdf>

Additional Resources

Information regarding plans of safe care mentioned during the webinar:

1) Supporting Families in Child Welfare Affected by Opioid and Other Substance Use Disorders

Recorded and Presented: September 6, 2017

This webinar provides information on:

- Current data on the opioid crisis and child welfare services;
- Information on the changes made to the Child Abuse Prevention and Treatment Act (CAPTA) through the passage of the Comprehensive Addiction and Recovery Act (CARA) and Plan of Safe Care Provision;
- Strategies for strengthening collaboration between systems working with pregnant women with opioid and other substance use disorders; and,

- Lessons learned and best practices from the Substance Exposed Infants In-Depth Technical Assistance (SEI IDTA) program and Policy Academy for addressing prenatal substance exposure.

For the webinar recording, copy and paste this link in your browser:

<https://www.youtube.com/watch?v=ZUWLUoaxfcw>

You can also download a PDF version of the presentation here:

http://www.cffutures.org/files/Presentation_National_POSC_Webinar.pdf