

**Idaho's Response: Treatment for Drug Abuse Among Pregnant Women and Women with Children (PWWC)**

Presented by  
Amy Slack

**Mothers and Babies Receive Ample Community Endorsement (MBRACE) Project**

- Community Access to Children's Health (CATCH) Grant awarded to Dr. Susan Bradford by the American Academy of Pediatrics
- Grant duration: March - December 2004

## **MBRACE Project**

- Target population: substance abusing pregnant and parenting women and their children.
- Goal: Develop a plan that would outline how our community could improve the substance abuse treatment and community support system for our target population.

## **Focus Groups**

- Open dialogue to assess individual's perceptions in a non-threatening environment.
- Group size 6-12 individuals

## **Focus Groups**

- Substance Abuse Treatment
- Child Protection
- Community and Family Service Agencies
- Medical/Hospital Personnel

## **Substance Abuse Treatment**

- Public and private substance abuse treatment providers.
- Probation and parole counselor
- Adult mental health crisis team
- Mother from the First Step Program

## **Child Welfare**

- Staff from the Department of Health & Welfare, Child Protection
- Law Enforcement
- District Health Nurse who works with Child Protection
- Bannock Youth Foundation

## **Community Agencies**

- Aid for Friends
- Bright Tomorrows
- Infant Toddler Program
- Southeast District Health Department
- Family Services Alliance
- Psychosocial Rehabilitation
- Teen Parent Program
- Family Resource Center
- Center for New Directions

## **Medical/Hospital Staff**

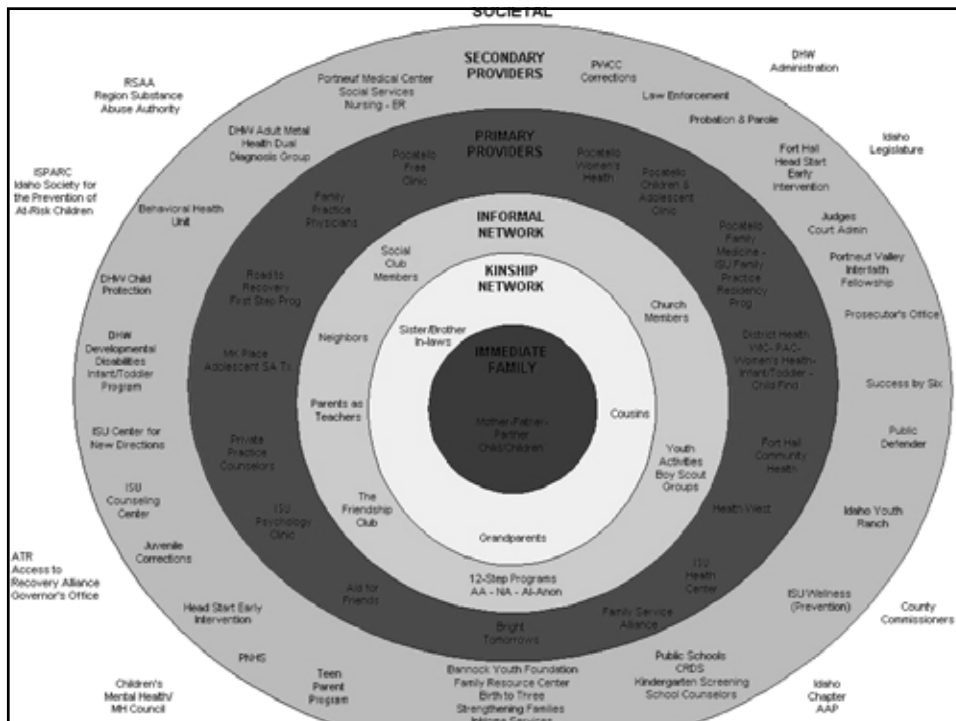
- Pediatricians
- Obstetrician
- Pediatric Nurse
- Neonatal Intensive Care Unit Nurse
- Assistant Director of ISU Family Practice Residency Program
- Family Practice Resident
- Portneuf Medical Center Social Services

## **Interviews**

- Substance Abuse Liaison with Child Protection
- Nurse Midwife
- Community Resource Worker with School District #25
- Women in the Therapeutic Treatment Community at Pocatello Women's Correctional Center

# Asset Mapping

- Needs Assessment versus Asset Mapping
- Asset Map Outlined our Partners in the Community and Potential Partners



## Implementation Plan

- Five Goals to Achieve
  1. Improve the identification of pregnant and parenting women with drug and alcohol dependence—especially pregnant women
  2. Develop a gender-specific treatment program for pregnant and parenting women with drug and alcohol dependence

## Implementation Plan

### Goals

3. Work with child protection (child welfare) to ensure we are using the Child Protection Act to its full potential to protect children.
4. Improve access to services for families in non-child protection cases.
5. Compile better data regarding our target population to better understand prevalence rates, treatment outcomes, and the cost of not treating drug dependence.

## Characteristics of Women Entering Publicly Funded Treatment

- Function as single parents and receive little or no financial support from the birth fathers.
- Lack employment skills and education and are unemployed or underemployed
- Live in unstable or unsafe environment, including households where others use alcohol and other drugs. Many women are at risk of being homeless.
- Lack child care and baby-sitting options and are unable to enroll in treatment

## Characteristics of Women Entering Publicly Funded Treatment

- Experience special therapeutic needs, including problems with codependency, incest, abuse, victimization, sexuality, and relationships involving significant others
  - Approximately three-quarters of women in substance abuse treatment have had traumatic experiences (childhood physical or sexual abuse, domestic violence, or rape).
  - Of these, between 33 and 59 percent have been found to be experiencing PTSD
- Experience special medical needs, including gynecological problems, and co-occurring mental illness
  - Among women in jail nationally, more than 1 in 3 women report being treated for mental health issues
  - In Region 6, 36% of women receiving substance abuse treatment also had a co-occurring mental health condition.

## Why Gender-Specific Treatment?

- Retention is improved, more likely to complete treatment, utilize support services provided in the community, and they believe they are doing well through their course of treatment.
- Because many of these women have experienced trauma where the perpetrators have been men, they are less likely to be open in mixed-group therapy.
- Women are relational in nature. Gender-specific treatment provides the women safety to resolve their problems and a their connections with other women help them develop a healthier identity of themselves.

## Discovery House II

- A Partnership between the Department of Health & Welfare, Regional Advisory Committee on Substance Abuse, and Road to Recovery
- Gender-specific treatment for pregnant and parenting women with drug and alcohol dependence.
- Will be pregnant or have children between the ages of 0-8.

## Discovery House II

- The program will be intensive out-patient treatment
  - 12-15 hours in treatment per week
  - 3-4 days per week
  - Maximum group size will be 12

## Discovery House II

- Treatment Components
  - “Helping Women Recover” Stephanie Covington
    - 17 week gender specific group focusing on:
      1. Self
      2. Relationships
      3. Sexuality
      4. Spirituality

## Discovery House II

- **Matrix Model of Substance Abuse Treatment—Richard Rawson PhD**
  - Treatment addresses the following stages of recovery:
    1. “Withdrawal” 0-15 days post use
    2. “Honeymoon” 16-45 days post use
    3. “The Wall” 46-120 days post use
    4. “Adjustment” 121-180 days post use
    5. “Resolution” 181 + days post use

## Discovery House II

- **Targeted Intensive Case Management**
  - Monitors her participation in treatment to make sure she remains engaged in treatment
  - Helps the client to manage crisis and helps to access community services
    - Prenatal care/medical care for mother & children
    - Family nutrition for mother and children
    - Housing needs
    - Educational and job skills training
    - Involvement with other appropriate social service agencies

## Discovery House II

- Services for Children
  - On-site child care
  - Early childhood prevention services
  - Community resources already available in the community
    - Baby Steps at Bannock Youth Foundation
    - Women Infants & Children (WIC)
    - Infant Toddler Program
    - Pocatello Children's Clinic

## Discovery House II

- Other Components
  - Smoking Cessation
  - Moral Reconciliation Therapy (MRT)
  - Cognitive Self Change (CSC)
  - Family Skills/Education
  - Life Skills Training
  - Transportation
  - Drug Testing for Therapeutic Value

## **How to Access Treatment at Discovery House II**

- Cozy Cottage--a couple of times per week potential clients may drop in to enroll in the program or get more information.
- Call Road to Recovery Directly 233-9135
- The Child Protection/Substance Abuse Liaison will assist in making referrals to the program.

## **This has been a community effort**

- We began by writing a \$250,000 grant—and we didn't receive it!
- Received \$6,000 from AAP
- Wrote a \$10,000 grant—didn't receive it
- Have received \$6,000 for 2 years from DHW
  
- Project Total = \$12,000
- The other \$6,000 will be used to get the program up and running

## Drug Endangered Children Steering Committee

- Department of Health & Welfare: Nick Arambarri, Diane Watson-Martin, Jason Norman, Carol Spangler, Grant Thomas
- Pocatello Children's Clinic: Dr. Susan Bradford
- Road to Recovery: Elizabeth Lovell
- SE District Health: Dana Bezdeka, Tricia Coddling, Jody Irwin, **Maggie Mann, Co-Chair**
- Idaho Legislature: Donna Boe
- Bannock Youth Foundation: Heather Kemp, Candice Camper, Ashley Bringham
- Portneuf Medical Center: Robie Nenno, Rylee O'Neil, Kristin Jones
- School District #25 Jackie Yarbrough, Jeannie Krischbaum
- Idaho State Police: Don Broughton, Steve Davis
- Family Services Alliance: Patricia Blackaby
- Health West Clinic: Stephen Weeg, Lilly Gallegos
- Community Volunteer: Jane Howard Davis

## Contact Information

Amy Slack, Co-Chair, Drug Endangered Children  
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