

Women's and Perinatal Services Continuum: Prevention through Treatment

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**With participation from the members of the
Director's Women's Constituent Committee**

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Prevalence

- Among youth aged 12-17 rate of illicit drug use for was equal for boys and girls (10.6%) and alcohol use was slightly higher for girls (18.0% compared with 17.2% for boys).
- Among California women in 2004:
 - 2 million women reported recent binge alcohol use.
 - 1 million women reported recent illicit drug use.
 - Of those using illicit drugs, 302,000 met the criteria for abuse or dependence.
 - 62,400 women were admitted to treatment.

Why Girls/Women Initiate Use

- Young women use substances to:
 - improve mood
 - self-medicate mood disturbances
 - increase confidence
 - lose inhibitions
 - enhance sex
 - lose weight
- Access to alcohol and other drugs
- Partners, boyfriends & peers encourage use
- Higher incidence of dependency associated with child abuse and neglect.

Public Health Approach

- Individual level strategies
- Family level strategies
- Agent-related strategies
- Community level strategies

Continuum of Substance Use

- Abstinence
- Experimental Use
- Responsible Use
- Episodical or Situational Abuse
- Chronic Abuse
- Dependency
- Abstinence

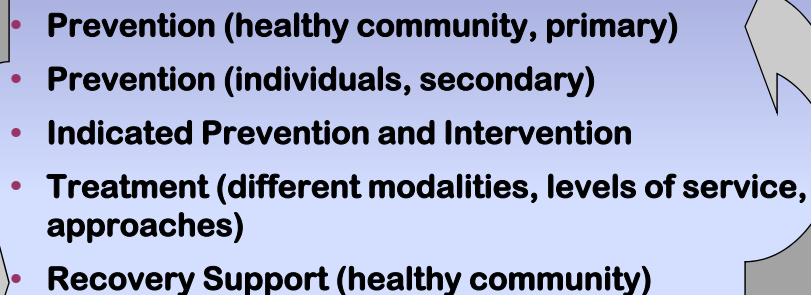
Women's Life Cycle & Substance Use

- **Birth** (may be substance exposed)
- **Infancy/Childhood** (0-11 risk and protective factors – family factors most critical)
- **Youth** (11-18 use may begin, risk and protective factors – community factors most critical)
- **Younger Adult** (18-44 Child Bearing Years. May use, abuse or be dependent on alcohol or illicit drugs.)
- **Older Adult** (44-? May use, abuse or be dependent on alcohol, licit or illicit drugs, children with substance use disorders.)
- **Senior** (May use, abuse or be dependent on alcohol, licit or illicit drugs.)

Broad Range Strategies to Reduce Perinatal Substance Use

- Stop substance use in women of child bearing ages through screening, education, intervention and treatment.
- Stop pregnancy in substance using women through education and birth control.
- Change community institutions to discourage substance use during pregnancy and provide for supportive interventions.

Continuum of Services

- 
- Prevention (healthy community, primary)
 - Prevention (individuals, secondary)
 - Indicated Prevention and Intervention
 - Treatment (different modalities, levels of service, approaches)
 - Recovery Support (healthy community)

Prevention



Community-Based Prevention



- **Community-wide efforts help women.**
- **Targeted prevention efforts specifically addressing girls, women or groups of women.**
 - **Community Education**
 - **Policy Development**
 - **Reduce Access**
 - **Fighting Stigma**
 - **Provider Education**
 - **Collaborative Participation**

Community-Based Prevention

- **What are examples of community based prevention specific for women and families?**
- **Opportunities**
- **Challenges**

SHIELDS Prevention Efforts

- **Informational/Educational sessions in community based settings, health fairs, church gatherings.**
- **Alumnae talks.**
- **SHIELDS Federal Healthy Start Program oversees several case management programs that provide prevention activities to pregnant and post partum women with children under age 5, i.e. Best Babies, Immunization.**
- **The Heros and Sheros program provides prevention services to children 5-18 years old whose parent(s) is a substance abuser.**

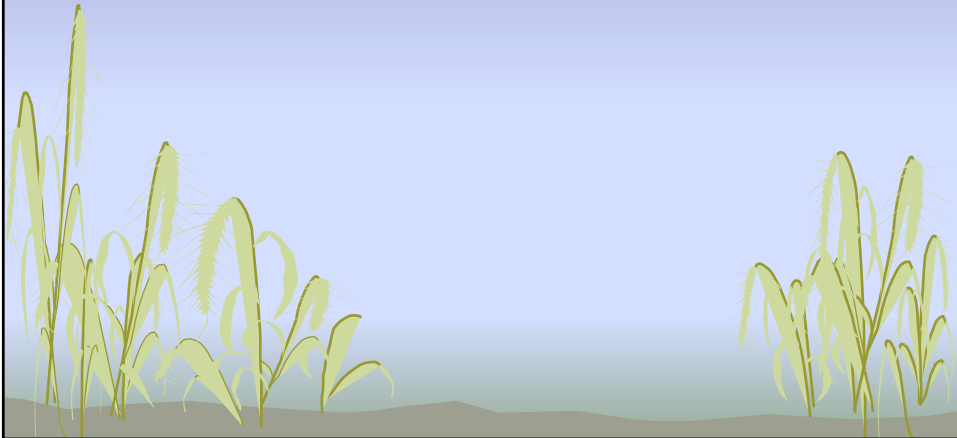
UJIMA Prevention Efforts

- Prevention and intervention services for pregnant and post partum women at Contra Costa County Healthy Start Programs.
- Ujima's Kids Group Program provides after-school support, education and prevention services to children ages 6-16 whose parent(s) have or have had a drug and/or alcohol problem.
- Educational and informational presentations are made within the community at community based agencies, health fairs, faith based events and businesses.
- Alumnae speakers and Recovery Celebrations Awards
- Continuing care services includes relapse prevention counseling

Prevention Efforts

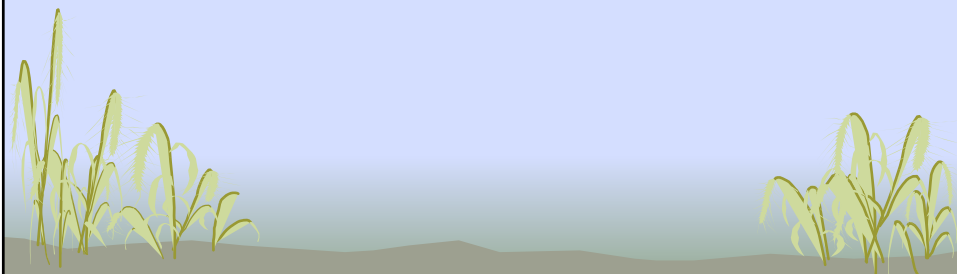
- **What are other examples of prevention efforts specific to women?**
- **Opportunities**
- **Challenges**

Interventions



Terminology

- **Indicated Prevention**
- **Interventions in Problem Use**
- **Intervention and Engagement of Women with Substance Use Disorders**



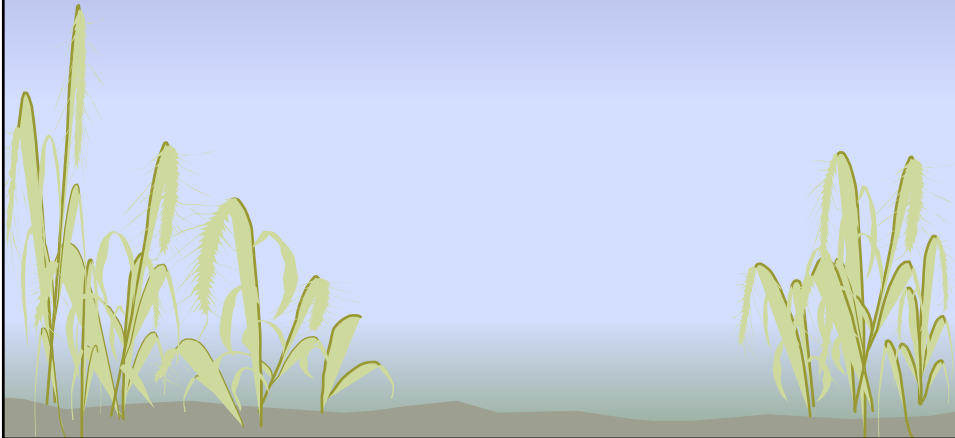
Indicated Prevention

- Use occurs on a continuum
- Pregnancy is a special stage in women's lives.
- Supportive relationships, education, alternatives, assertiveness counseling.
- Brief interventions (motivation, CBT)
- Assessment and engagement in additional services if needed

Responsible Use: Pregnancy changes everything

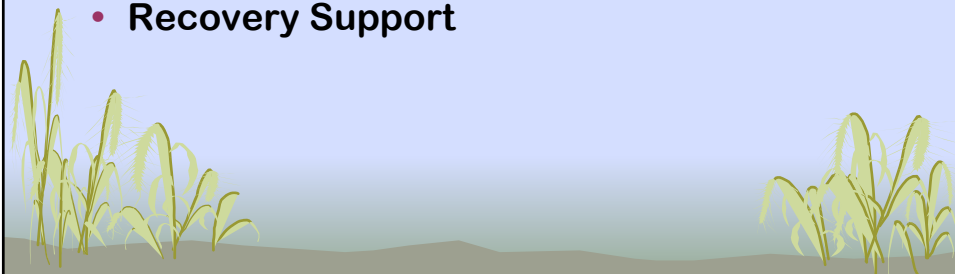
- Responsible Use “non-problematic use” changes during pregnancy.
- Women are relational in alcohol/drug use, may only use under specific circumstances.
- Outreach, education and prevention initiatives can eliminate experimental and “responsible” use during pregnancy.
- Approaches include: media campaigns, educational programs, alternative activities, promotion of healthy living and affective (feeling programs).

Treatment

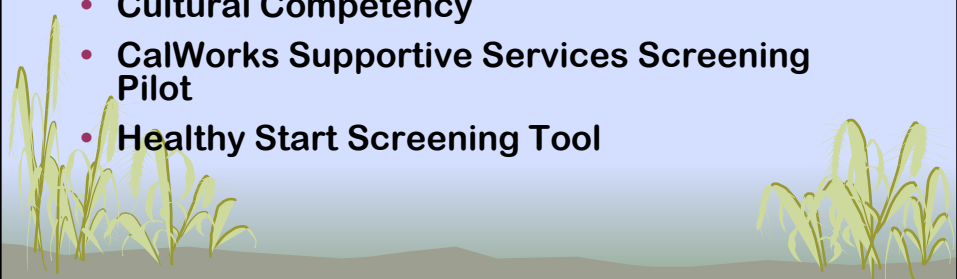


Intervening in Substance Abuse, Dependency & Addiction

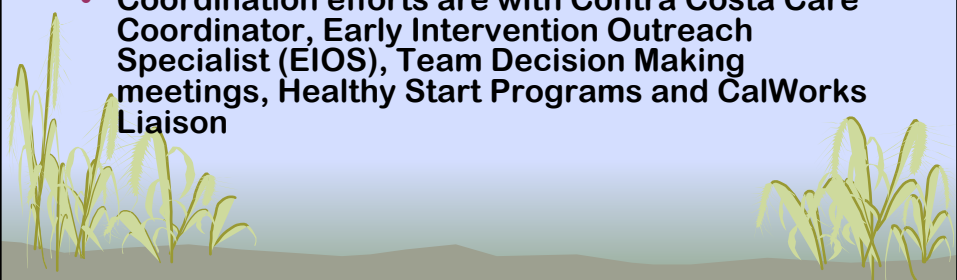
- **Outreach, Screening & Engagement**
- **Assessment, Intervention & Engagement**
- **Treatment**
- **Children's Services**
- **Recovery Support**



SHIELDS Outreach, Screening & Engagement

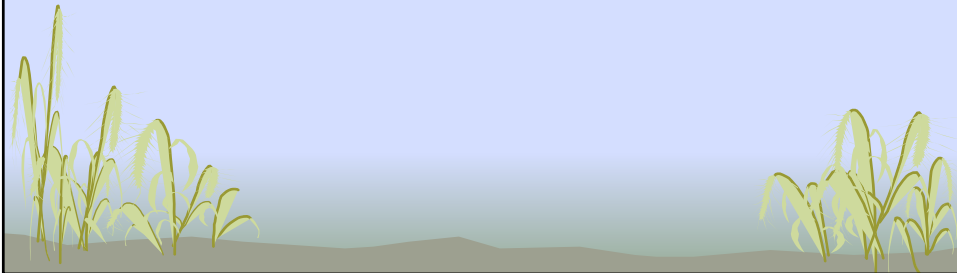
- SHIELDS has a Outreach Component consisting of 8 outreach workers who also provide transportation and brokerage of assessment services.
 - Many of the Outreach Workers are alumnae of SHIELDS programs.
 - Cultural Competency
 - CalWorks Supportive Services Screening Pilot
 - Healthy Start Screening Tool
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UJIMA Outreach, Screening & Engagement

- Ujima meets women where they are in the community i.e. jails, shelters, libraries, recreational centers, probation department
 - Telephonic Screening and Engagement
 - Provide Transportation services to and from Intensive Day treatment programs
 - Coordination efforts are with Contra Costa Care Coordinator, Early Intervention Outreach Specialist (EIOS), Team Decision Making meetings, Healthy Start Programs and CalWorks Liaison
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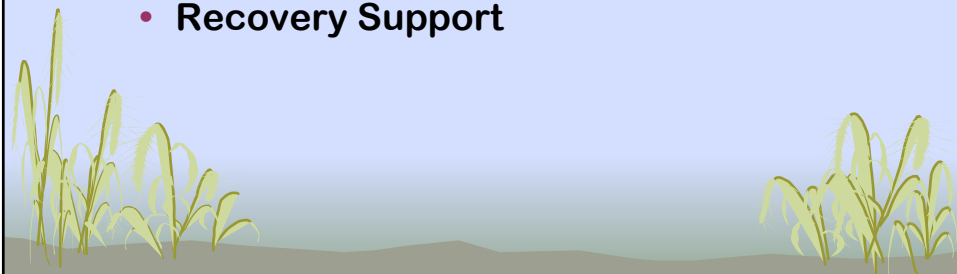
Outreach, Screening & Engagement

- **What are other examples of outreach, screening and engagement?**
- **Opportunities**
- **Challenges**



Intervening in Substance Abuse, Dependency & Addiction

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SHIELDS Assessment, Intervention & Engagement

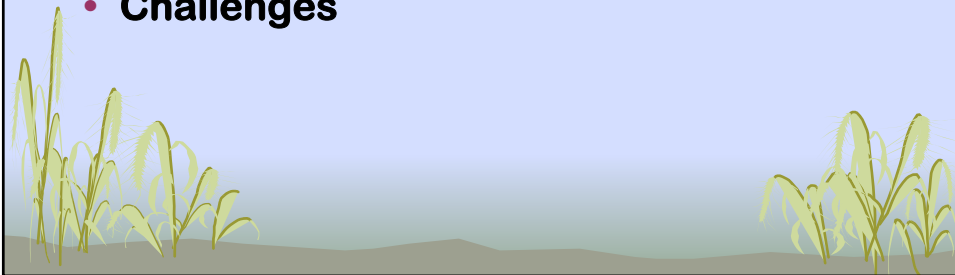
- **SHIELDS Community Assessment Center provides assessments for all community members seeking substance abuse or mental health services.**
- **A case manager provides follow-up to assure that clients link with services.**

UJIMA Assessment, Intervention & Engagement

- **Orientation Day happens weekly at Ujima programs for all women who want treatment services. Staff welcomes and congratulates each women for coming to Orientation Day, describes program, provides assessment with compassion and kindness. Women who are on the wait list receive daily engagement through the telephone.**
- **Intervention services occur at the Contra Costa Healthy Start Programs for pregnant women.**

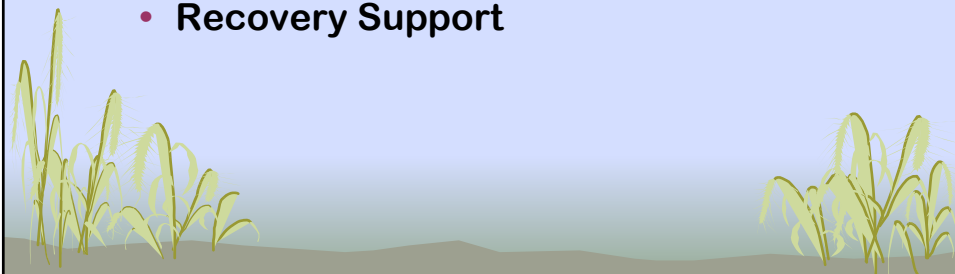
Assessment, Intervention & Engagement

- **What are other examples of assessment, intervention and engagement?**
- **Opportunities**
- **Challenges**



Intervening in Substance Abuse, Dependency & Addiction

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- **Assessment, Intervention & Engagement**
- ➔ • **Treatment**
- **Children's Services**
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Gender Responsive Treatment

- A substantial body of research identifies unique characteristics of women with substance use disorders.

Characteristics of Gender Responsive Services

- Relational
- Strength-based, motivational
- Comprehensive
- Trauma informed
- Address the different pathways to use, consequences of use, motivation for treatment, treatment issues and relapse prevention needs unique to women

SHIELDS Gender Responsive Treatment

- SHIELDS administers three gender specific substance abuse treatment programs, i.e. Genesis Family Day Treatment, EDEN Family Preservation Dual Diagnosis Program, EXODUS.
- Programs provide specialized groups such as women's issues, sexual abuse and domestic violence.

UJIMA Gender Responsive Treatment

- Ujima's individualized treatment services respond to a woman's specific needs.
- Services are offered at Ujima's five perinatal programs: The Rectory, La Casa, Rosemary Corbin House (Residential Treatment Programs) and Ujima East and Ujima West (Intensive Day Treatment Programs).
- Groups and individualized services include women's issues, health groups, trauma groups (Seeking Safety, Lisa Najavits), parenting education, and on-site child care

Gender Responsive Treatment

- **What are other examples of gender responsive treatment?**
- **Opportunities**
- **Challenges**

Intervening in Substance Abuse, Dependency & Addiction

- Outreach, Engagement & Screening
- Assessment, Intervention & Engagement
- Treatment
- • Children's Services
- Recovery Support

Children's Services

- Parenting Support
- Safe, structured environments
- Healthy pregnancies result in improved birth outcomes
- Therapeutic interventions to support age appropriate development
- Age appropriate counseling, recreation and educational activities
- Youth Development
- Advocacy and case management

SHIELDS Children's Services

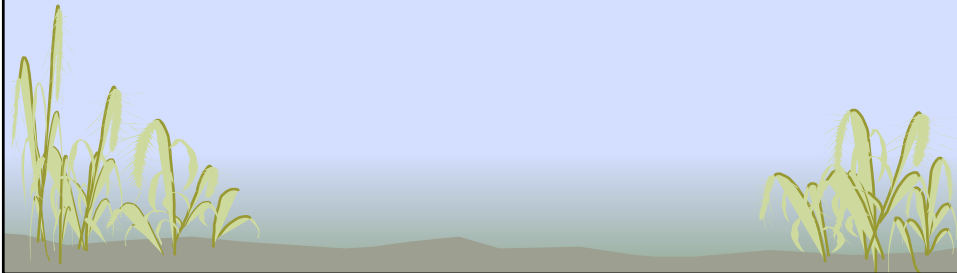
- **Reunification Groups and services at all SHIELDS Perinatal Programs.**
- **Family Preservation, Family Support, Adoption Support**
- **SHIELDS staff attend Team Decision Making Meetings with the Department of Children and Family Services**
- **Point of Engagement Project**
- **Partnership for Families: The ACT Program**

UJIMA Children's Services

- **Cooperative child care and socialization groups**
- **Collaboration with Children's Mental Health Agencies for on-site assessment, age appropriate intervention, and mom/child dyad therapy at all Ujima Perinatal Programs.**
- **Specialized full therapeutic children's services offered by partner children's mental health at the Rosemary Corbin House, funded by Contra Costa AODS through a grant from First Five Contra Costa.**
- **Ujima staff attend Team Decision Making Meetings with the Department of Children and Family Services**
- **Headstart Programs provides onsite enrollment groups**
- **Kids Group prevention services: healing recovery groups, prevention and counseling for children ages 6-16**

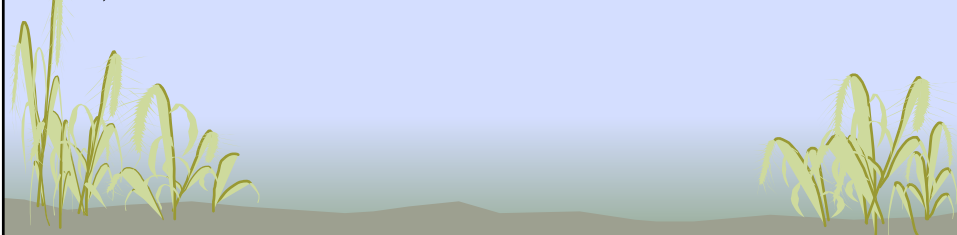
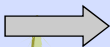
Children's Services

- **Other examples of best practices and innovations in children's services?**
- **Opportunities**
- **Challenges**



Intervening in Substance Abuse, Dependency & Addiction

- **Outreach, Engagement & Screening**
- **Assessment, Intervention & Engagement**
- **Treatment**
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- **Recovery Support**



Recovery Support

Recovery Support

- After Care and Alumni Programs
- Relapse Prevention
- Supportive Relationship Network
- Housing
- Family Strengthening
- Employment and vocational support
- Transportation
- Safe Communities
- Child care
- Income maintenance and emergency needs assistance
- Vocational, academic education services
- Faith based organization support
- Recovery management
- Crisis Intervention
- Advocacy

= Prevention Approaches

SHIELDS Recovery Support

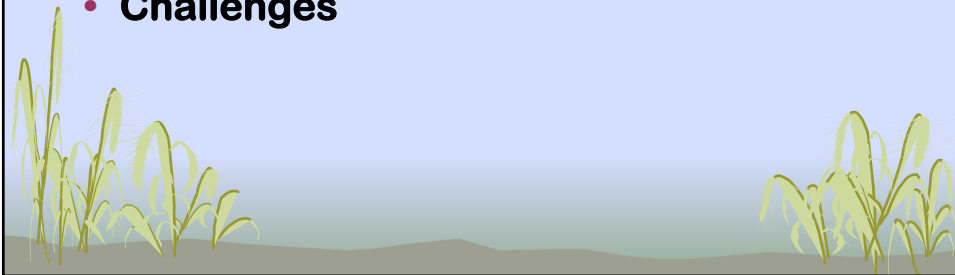
- **Life-Time Aftercare Services**
- **All clients are case managed at least one year post discharge**
- **On-Site 12-Step Meetings**
- **Vocational Services**
- **Housing**
- **Drug-free, supportive community**

UJIMA Recovery Support

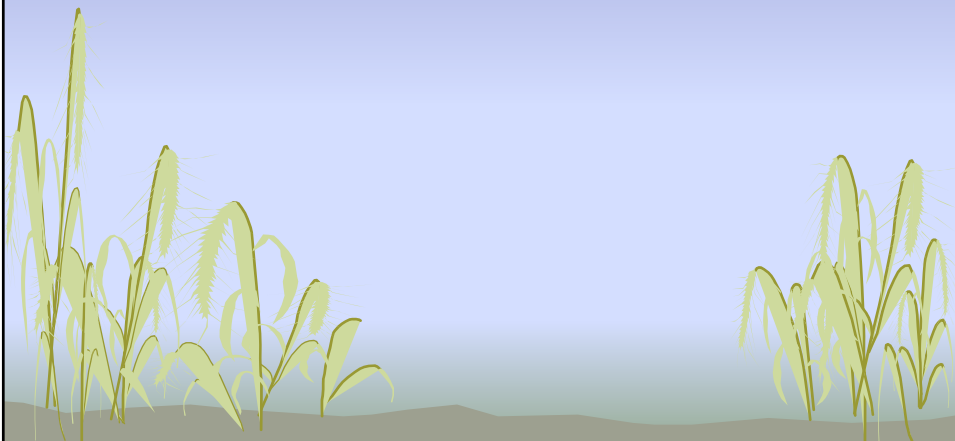
- **Alumnae Recovery Celebrations**
- **Life-Time Continuing Care Services**
- **Specific case management and continuing care services offered at Rosemary Corbin House**
- **On-Site 12-Step meetings and referrals to 12-Step Woman's Group and other self-help groups, including faith-based**
- **Vocational, educational and employment services linkage**
- **Transitional Housing Program**
- **Shared Family Care Collaboration for Mentor/Mentee Families**
- **Collaboration and linkages to Housing Services in Contra Costa County i.e. Shelter Plus Care, Shelter Inc.**
- **Drug-free, supportive community**

Recovery Support

- **What are other examples of recovery and community support for women and families?**
- **Opportunities**
- **Challenges**



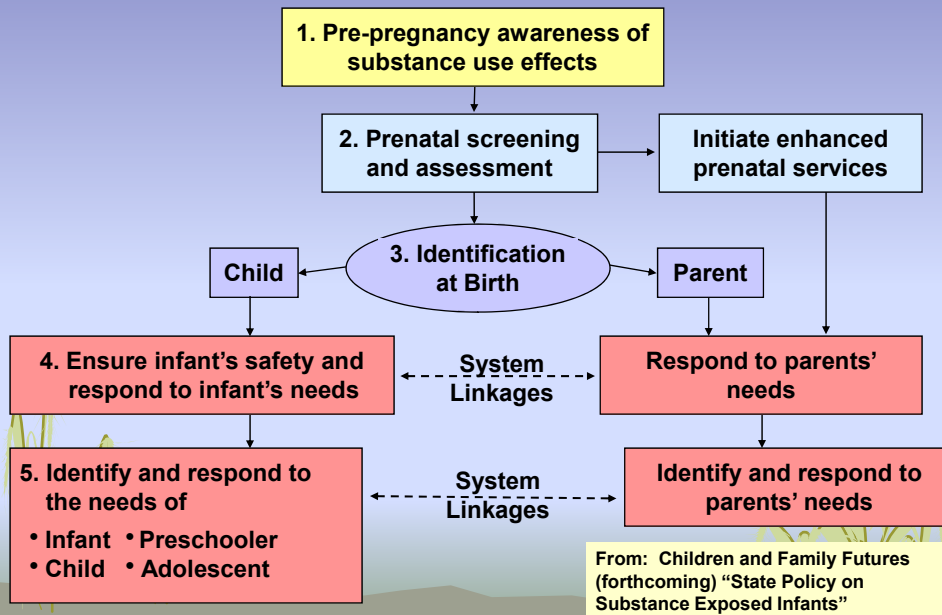
Preventing Pregnancy in Substance Users



Non-Punitive Pregnancy Prevention

- Teen pregnancy prevention also a public health issue and a similar continuum of interventions apply
- Teens – joint AOD/pregnancy prevention programs
- Educate teens about substance use and sexuality and assertiveness
- Provide access to low-cost, no-cost effective birth control
- Reduce the effects of the sex trade
- Provide for grief counseling when a mother loses a child regardless of how.
- Collaborate and advocate for at-risk women.

Policy & Practice Framework: Five Points of Intervention for Addressing Fetal AOD Exposure



Policy Challenges

- Using Punitive Measures to Reduce AOD Use in Pregnancy
- Balancing desire to protect children from child abuse and neglect with substance using mother's needs and love of children
- Balancing limited funding – increasing protective factors and reducing risk factors for children of substance abusers addresses highest risk group but rarely accesses prevention funds.
- Discussion

The Integrated Women's Continuum

- How can we work together to further integrate prevention and treatment for women and pregnant women?