

Substance Use Disorder and Pregnancy

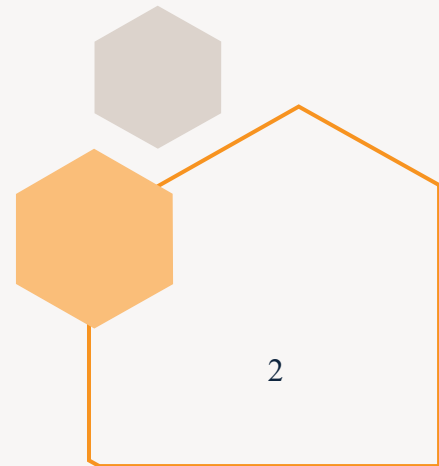
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Objectives

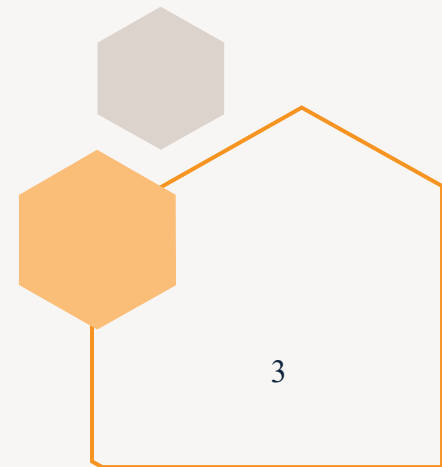
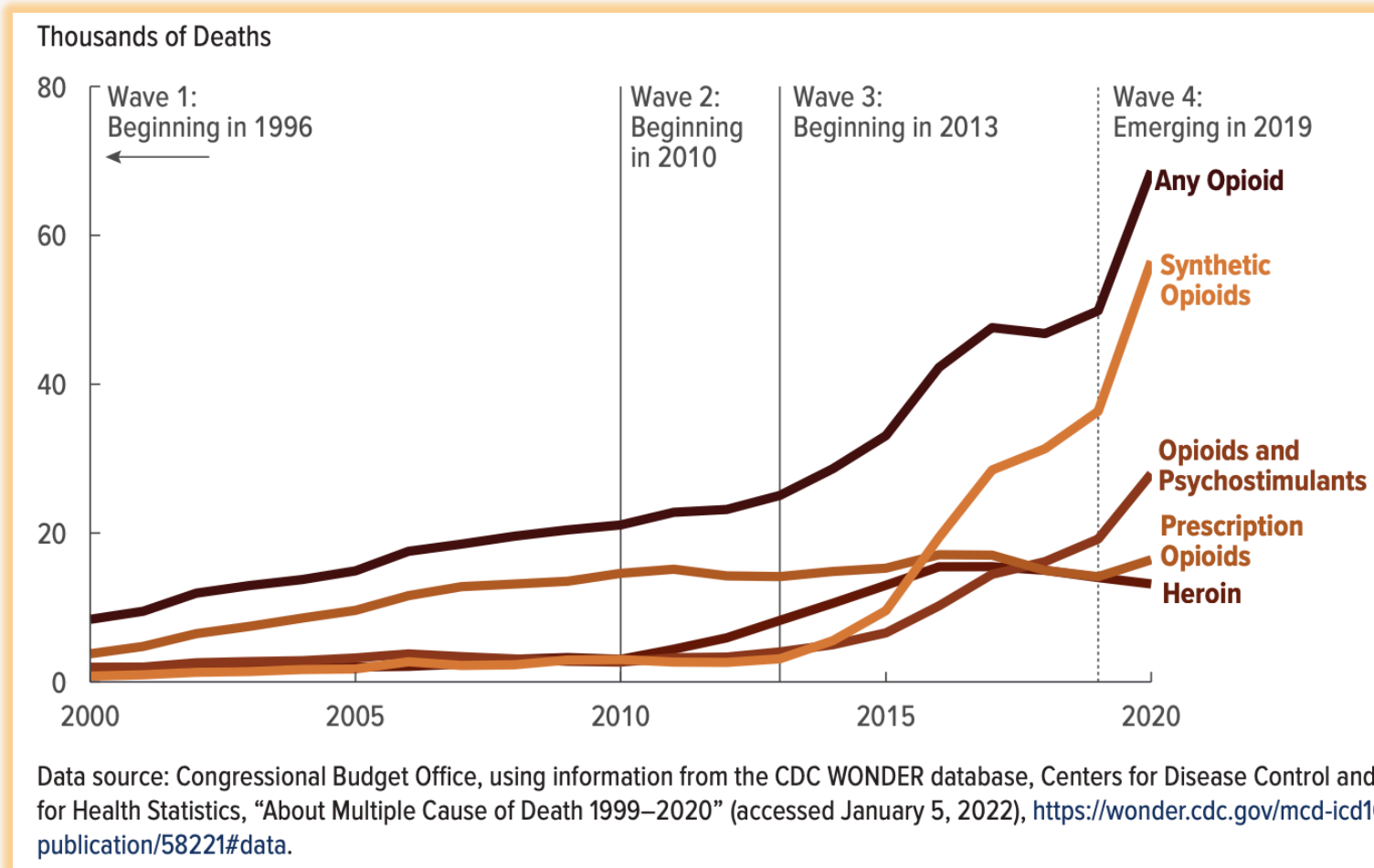
- Frame the problem through a brief review of the data
- Describe the impacts and challenges brought on by fentanyl and other sociopolitical factors
- Summarize the principles of Harm Reduction and review how these concepts are practiced in the Project Nurture model

Note: we do not have any disclosures.



Framing the Problem:

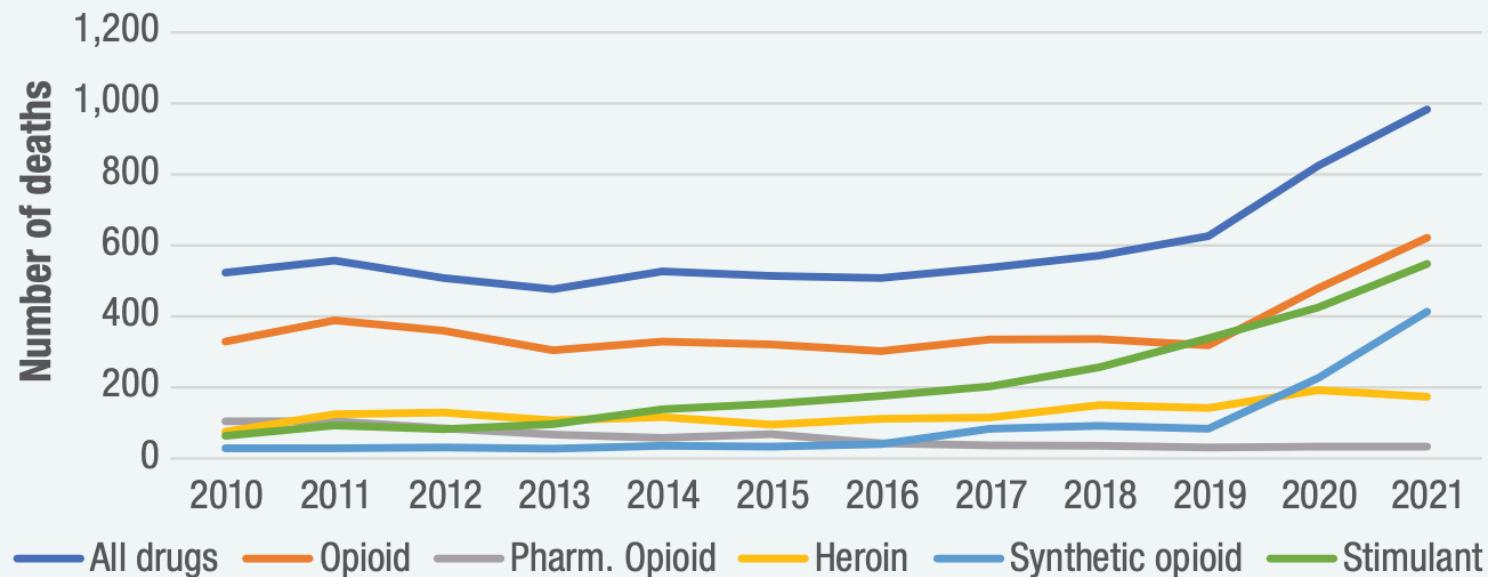
- National Overdose Deaths



Framing the Problem:

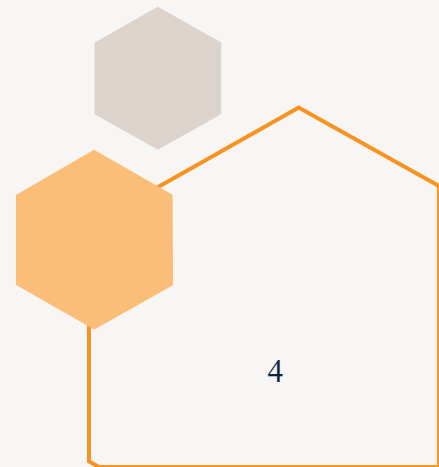
- Oregon Overdose Deaths

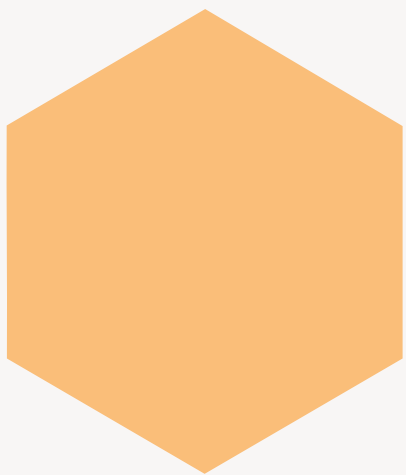
Figure 1: Drug overdose deaths, Oregon 2010–2021



Note: Opioid includes deaths classified as pharmaceutical, heroin, and synthetic opioid. See endnotes for additional information on overdose death classifications based on the ICD-10 system.

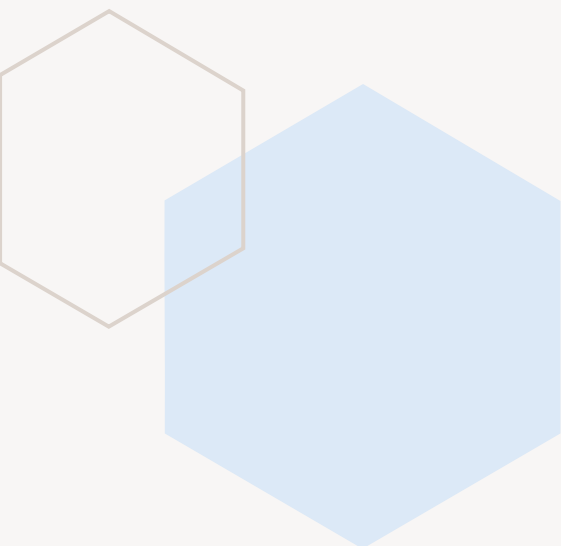
Source: Oregon Vital Records (Deaths) – Center for Health Statistics – OHA





Framing the Problem: - Substance use in Oregon

Measure (n = 125,000; age 12+)	Rank	Oregon	National
Past year illicit drug use	1 st	9.04%	6.64%
Alcohol use disorder	5 th	12.34%	10.23%
Any substance use disorder	2 nd	18.22%	14.54%
Needing but not receiving treatment for SUD	50 th	18.08%	



Framing the Problem:

SUD Inventory Gap Analysis in Oregon

- 49% gap in SUD services needed by Oregonians
- Less than half of OHP members with SUD had been diagnosed or treated
- 51% gap in healthcare providers authorized to prescribe buprenorphine



Framing the Problem: - Fentanyl

- **Synthetic opioid**, many analogs
- **High potency** ~ 100x more than morphine, 50x more than heroin (variable)
- **High tolerance** with regular use, *without* decreasing sensitivity to respiratory depression
- **Dangerous** for incidental users, even when smoked
- **Lipophilic** (20x morphine) – fatty tissues
 - Short and long-acting characteristics

Fentanyl

What is it?

How is it being used?



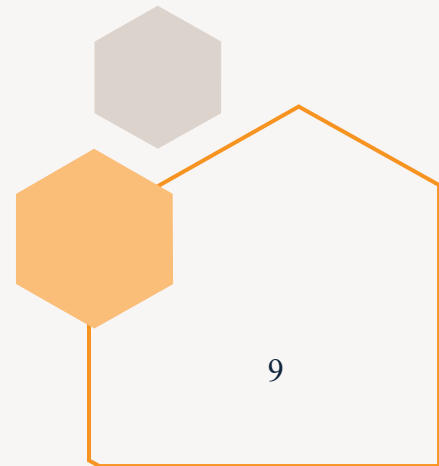
Oregon Fentanyl Overdose Deaths

Source: Oregon Health Authority and Oregon Department of Justice

- Five Oregonians die each week from a fentanyl related overdose
- Fentanyl-related overdose deaths increased:
 - 74% from 2019 to 2020
 - 600% from 2019 to 2021
- 2019 – 71 people died, 2021 – 509 people died

➤ Fentanyl's Impact on Individuals & Communities

- Contaminant in other drugs → main cause of overdose deaths among teens who think they're taking Xanax, Adderrall, oxycodone
- People who use drugs are freaked out → no safe supply & difficult to access treatment
- Treatment medications are harder to start, require higher doses, longer to stabilize



Opioid Use Disorder in Pregnancy

“In the midst of a **national opioid crisis**, mothers addicted to drugs struggle to get off them—for their babies’ sake, and their own.”

The New York Times Magazine



Opioid use disorder in Pregnancy:

2020 Oregon Maternal Mortality & Morbidity Review Committee

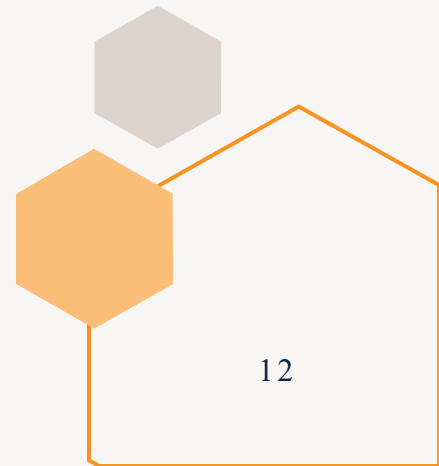
- Suicide, mental health and substance use disorder before, during or after pregnancy
- Lack of access to health care, wrap-around services and community resources
- Implicit bias towards mental illness, personal behaviors and social determinants such as drug use and homelessness
- Untreated childhood physical and emotional trauma, histories of intimate partner violence

Harm Reduction: Treatment Continuum



Reduce harms associated with ongoing use

Abstinence from all substance use and sustained recovery



Harm Reduction

Strategies

- Minimize the negative impact of ongoing use on health
- Meet people where they are, without judgement, stigma, or discrimination
- Whether or not they are using, their health and their pregnancy matters

Examples

- Contraception
- Prevention, screening, treatment for communicable diseases
- Prenatal care
- Naloxone
- Safer use practices (test doses, change route (e.g. smoking rather than injecting), not using alone, drug checking)
- Needle exchange, Overdose Prevention Sites



PREGNANCY AND SUBSTANCE USE:

A HARM REDUCTION TOOLKIT

**NATIONAL
HARM REDUCTION
COALITION**

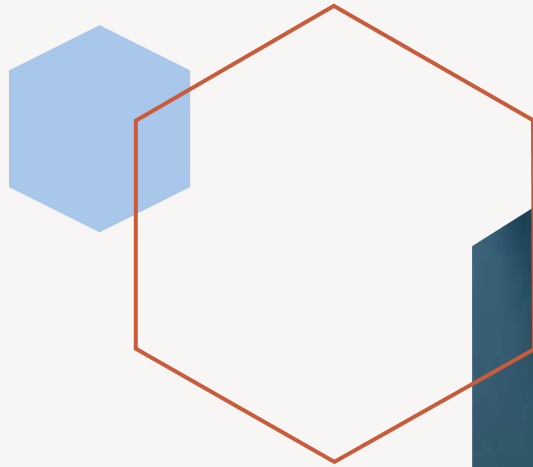
IN COLLABORATION WITH
 Academy of Perinatal
Harm Reduction



- For people who are pregnant
- For their community & families
- For care providers

Project Nurture:
Compassion & connection





Connection heals

"The opposite of addiction is not sobriety. The opposite of addiction is connection."

- Johann Hari, author, *Chasing the Scream*



Project Nurture

INTEGRATED MATERNITY CARE &
SUBSTANCE USE TREATMENT

HARM REDUCTION & TRAUMA INFORMED

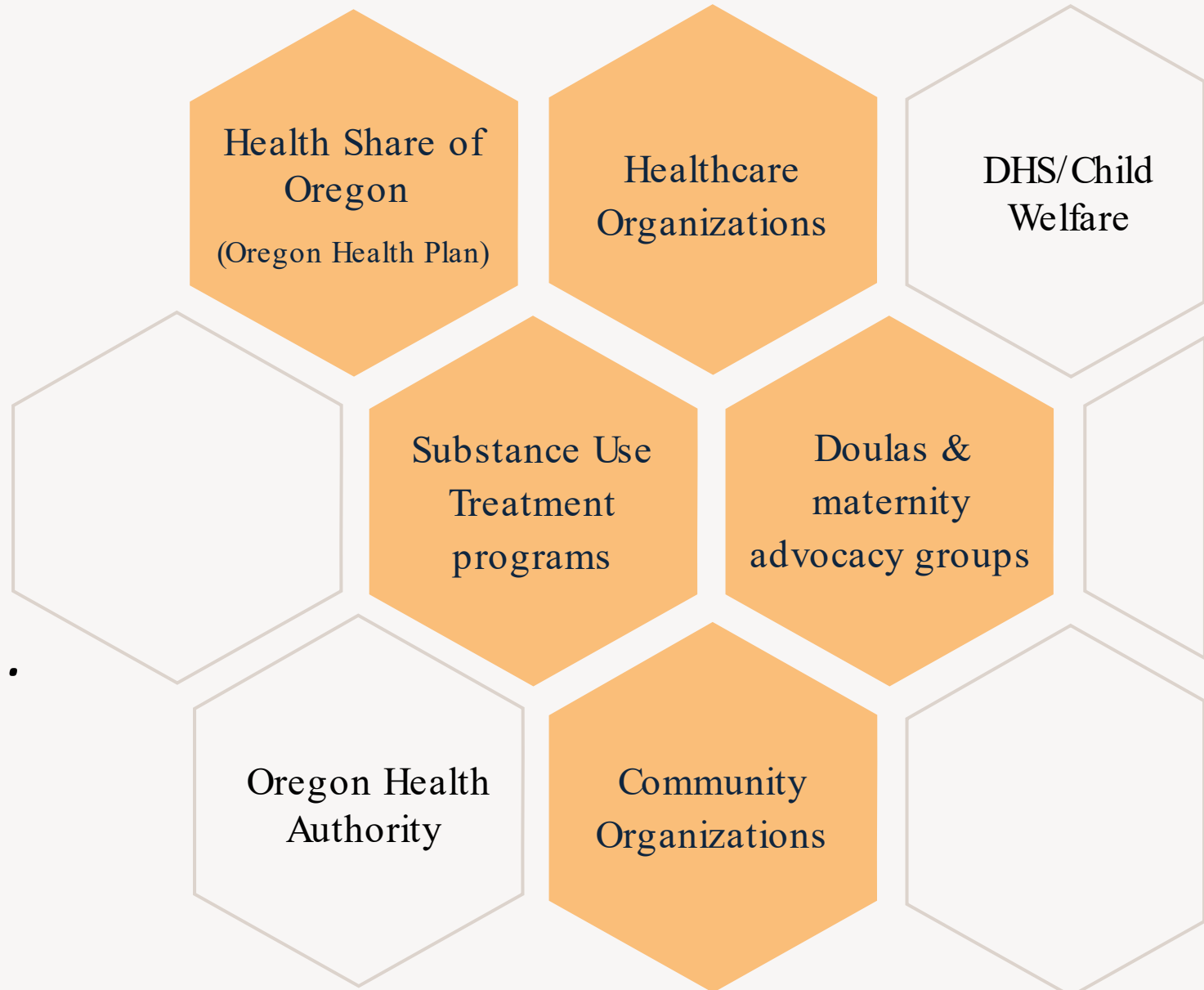
CASE MANAGEMENT & ADVOCACY

PEER SUPPORT



Project Nurture

Community connection...



Project Nurture Model



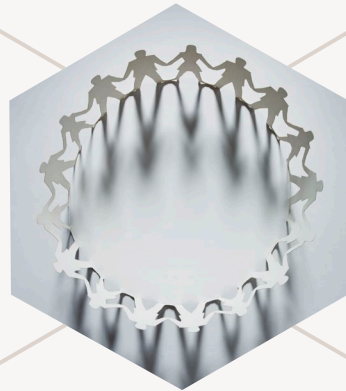
Medical Care

Health care for pregnancy, labor & delivery, post-partum and newborns



Substance Use Treatment

Addiction counseling (CADCs) & treatment, including medications



Weekly groups

Drop-in groups meet weekly, offering education & support



Peer Support Specialists

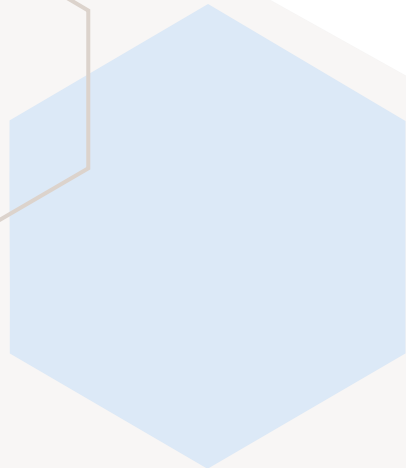
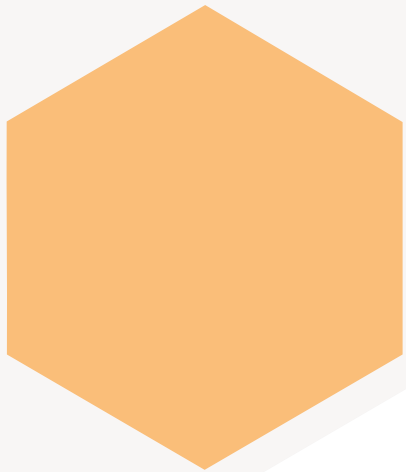
Peer recovery support & doula support in labor



Social Services

Case management and advocacy, resource assistance

← Harm reduction & Trauma informed care →



Implementation



First pilot site: CODA & OHSU

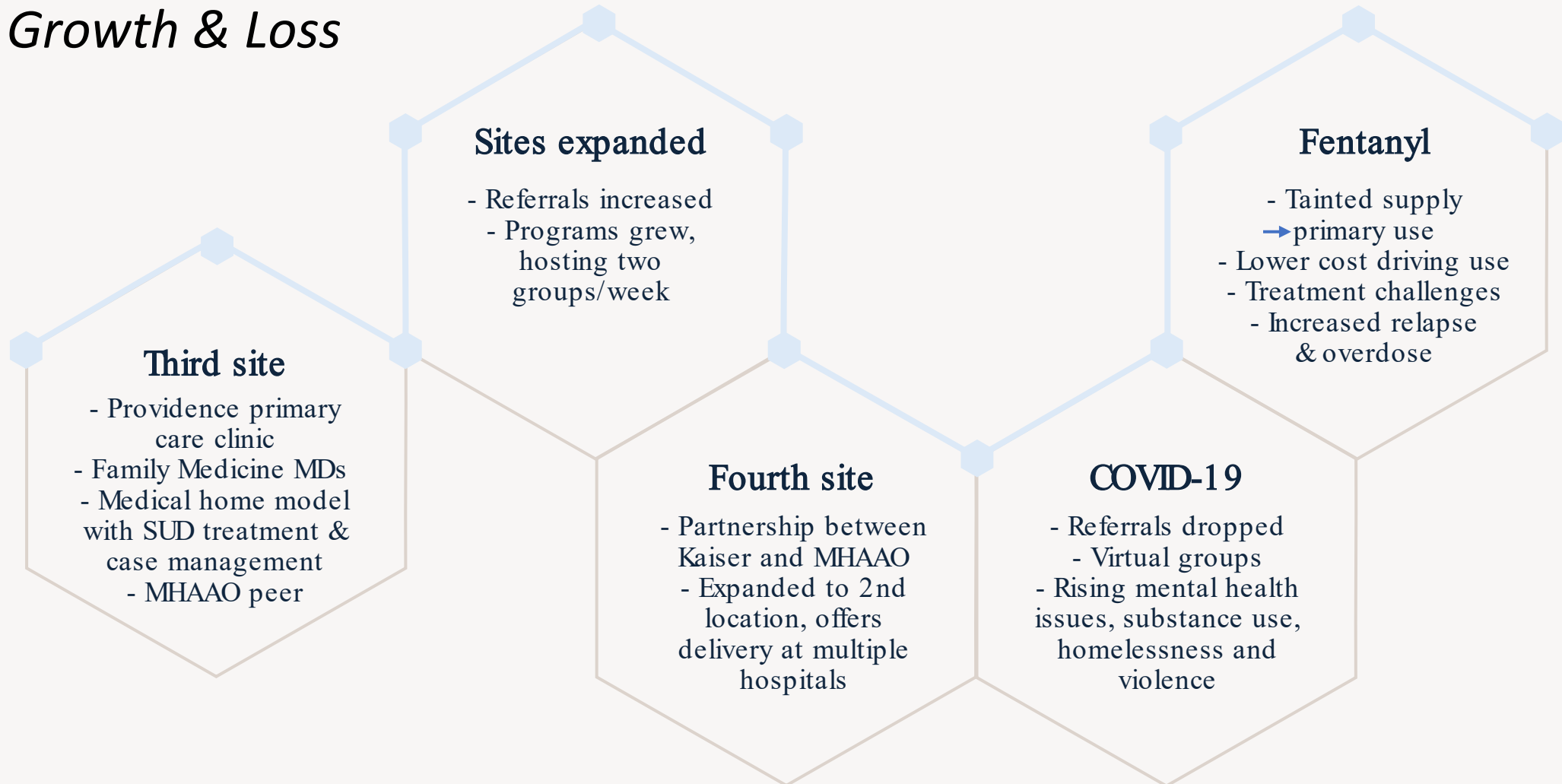
- Located in existing opioid treatment program at CODA
- Medical care by OHSU Family Practice MDs at CODA
- Community Doulas contracted to provide peer support

Second pilot site: Legacy & Lifeworks NW

- Located at Legacy Midwifery Clinic
- CADC and groups at Legacy, additional treatment services at Lifeworks NW
- Peer/Doula hired and integrated into clinic

Project Nurture

Growth & Loss



Project Nurture

Outcomes



Improved Medical outcomes

- Increased prenatal care visits
- Decreased newborn hospital length of stay



Improved parenting outcomes

- Decreased foster care placements
- Less child maltreatment
- 92% parenting one year after delivery



Improved substance use recovery

- 92% maintained sobriety one year after delivery

Project Nurture

Expansion & growing pains



Nurture Oregon

- 2020 Rural expansion
- 5 counties; more sites in the future
- Implementation: based in Behavioral Health programs



Financial challenges

- Sustained funding challenges (beyond initial pilot)
- Reimbursement model for integrated care



Uncertain future

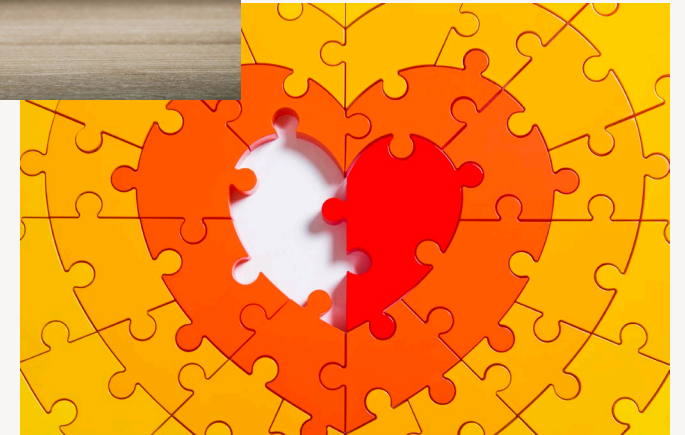
- Bigger challenges with fewer resources
- Staffing shortages/hiring freezes
- Unable to meet demand

Brooke

PROJECT NURTURE PARTICIPANT



Image: Getty Images



Brooke

The beginning...

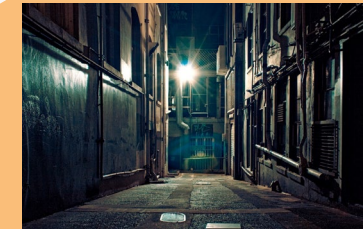
Chaos



Sorrow



Loneliness



Brooke

A journey toward
connection...

“They don't make you feel ashamed at all. They welcome you with open arms, and they provide so much support between the doctors, the nurses, the doula and the social workers... they'll do anything they can to help you.”



Brooke

A place to
call home...



“I definitely feel more stable and I feel like this is our home now. It's provided a lot of stability, and it's just nice to have a place to call home and know that we're safe here.”

Brooke & Luella

New beginnings...

"They saved my life!"





Collective Impact thru *connection*

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<https://www.healthshareoregon.org/health-equity/project-nurture>