



WOMEN, INFANTS & THE OPIOID
EPIDEMIC

Women and Alcohol and Drug Use

- Each year, over 200,000 American women die as a result of alcoholism and drug dependence.
- More than 4 million women are in need of treatment for their addiction.
- Among girls ages 12-17, the nonmedical use of prescription painkillers, alcohol, methamphetamine, and most other illicit drugs now matches or exceeds that of boys.

Women and Substance Use Disorder

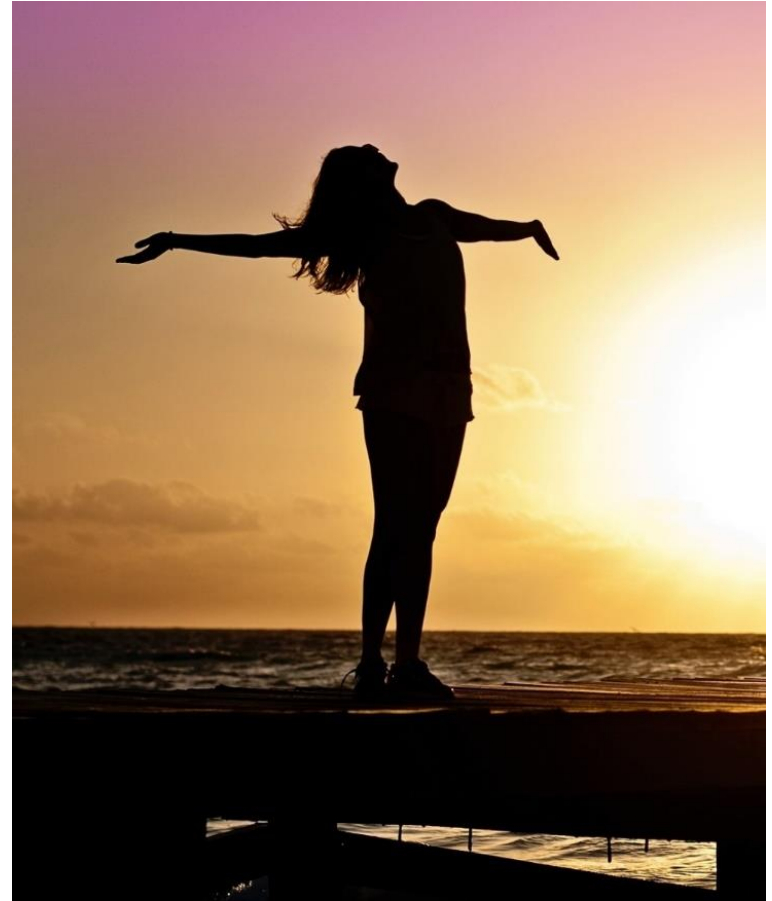
- While addiction is an equal opportunity disease, women become addicted differently. They...
 - Start using for different reasons
 - Progress faster
 - Recover differently
 - Relapse for different reasons than men
- Women progress faster than men into addiction, even when using a similar or lesser amount of substances.
- The beginning of women's drug-use is often related to their relationships.

Women and Drug Use

- Women with addiction are...
 - More likely than their male counterparts to have sexual and physical abuse histories.
 - Twice as likely as men to suffer from mood disorders, such as depression, along with their addiction.
- Addicted women face tremendous stigma that keeps many from getting the help they need.

Pregnant and Parenting Women and Chemical Using Pregnant Women Programs

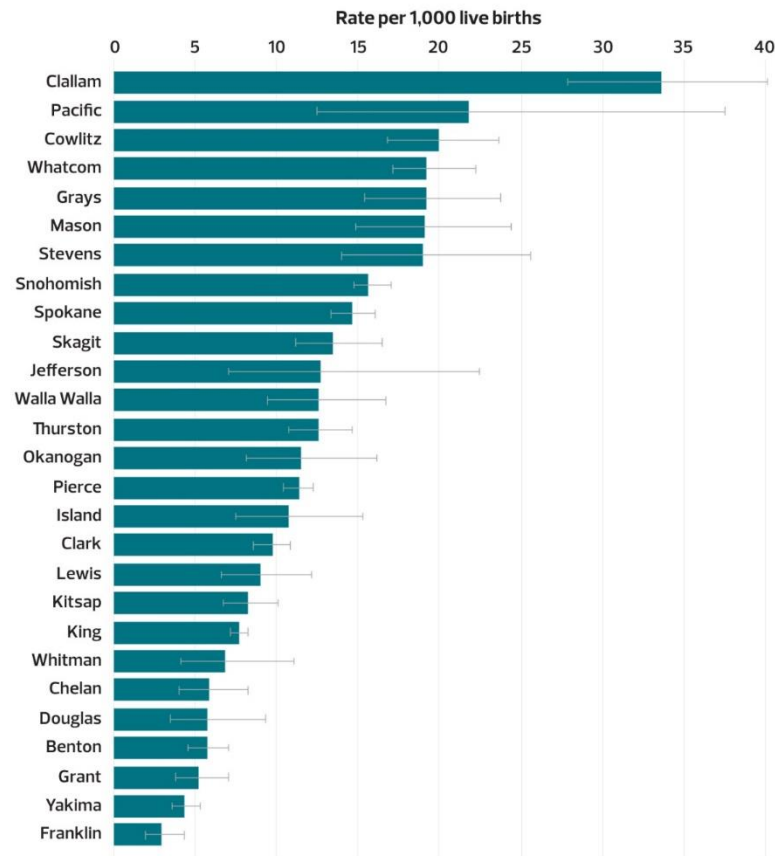
- **Pregnant and Parenting Women Programs:**
 - Residential Treatment Centers that allow women to bring their children with to inpatient treatment.
- **Chemical Using Pregnant Women Programs:**
 - A Medicaid funded inpatient hospital-based intensive detoxification and medical stabilization program.



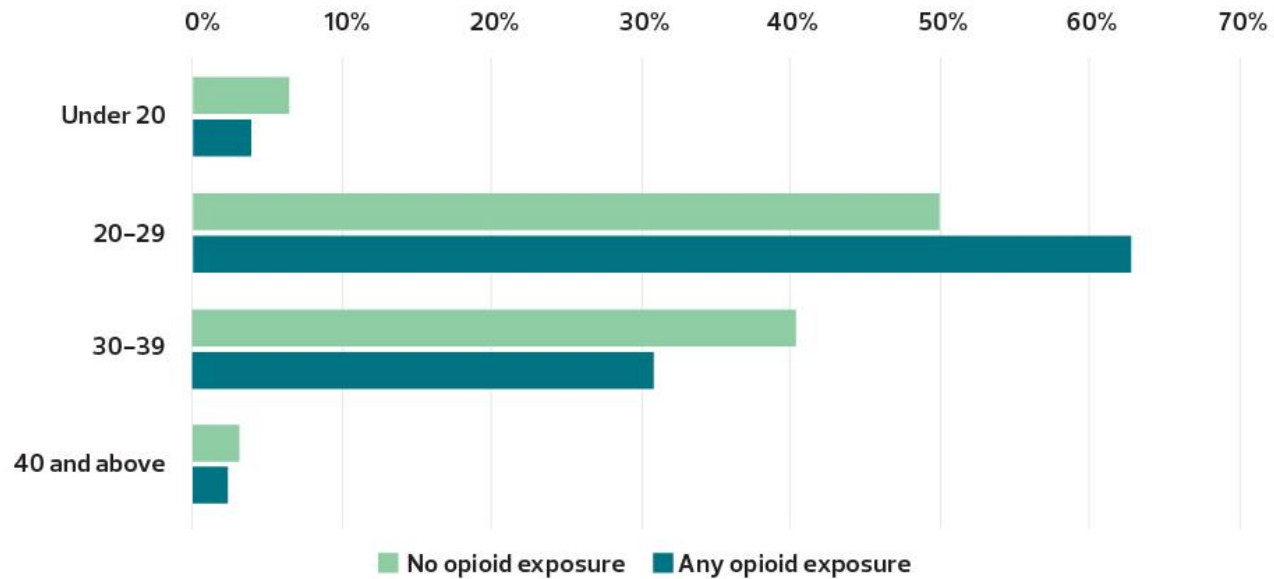
Parent Child Assistance Program

- During 2014-2017, 1,234 enrolled and 165 left (moved, disengaged, requested to leave)
 - 110 women were on a waiting list
 - 74% had been beaten by a partner
 - 64% were abused as children
 - 63% used heroin or opiates
 - 44% had unstable housing
 - 38% were beaten while pregnant
 - 29% had CPS involvement when they were children
 - Average Adverse Childhood Experience score in 2017: 5.4

Women exposed to any opioid at birth hospitalization, rate per 1,000 live births in each county*, Washington, 2009-2014

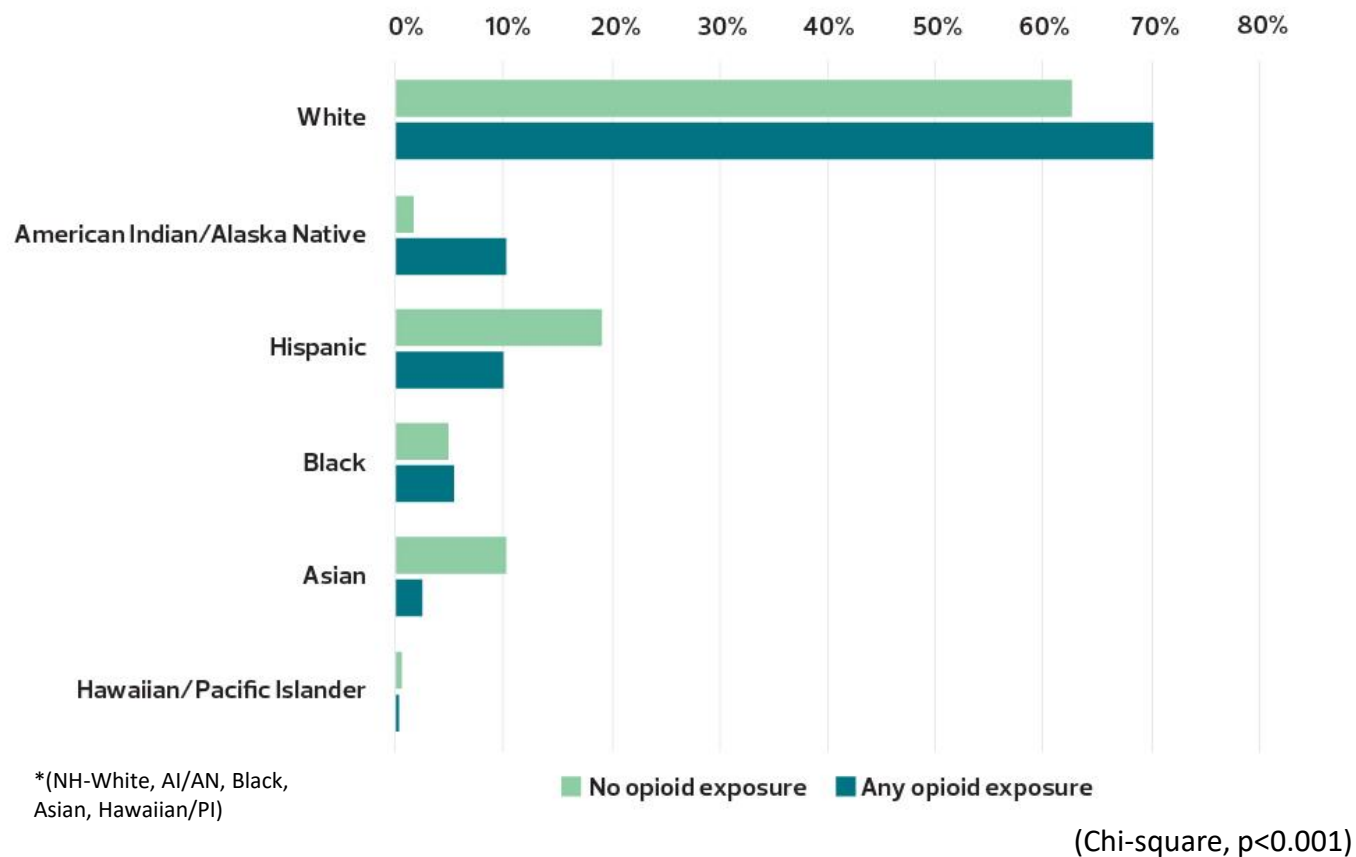


Percentage of women at birth hospitalization by age (years),
Washington, 2009-2014

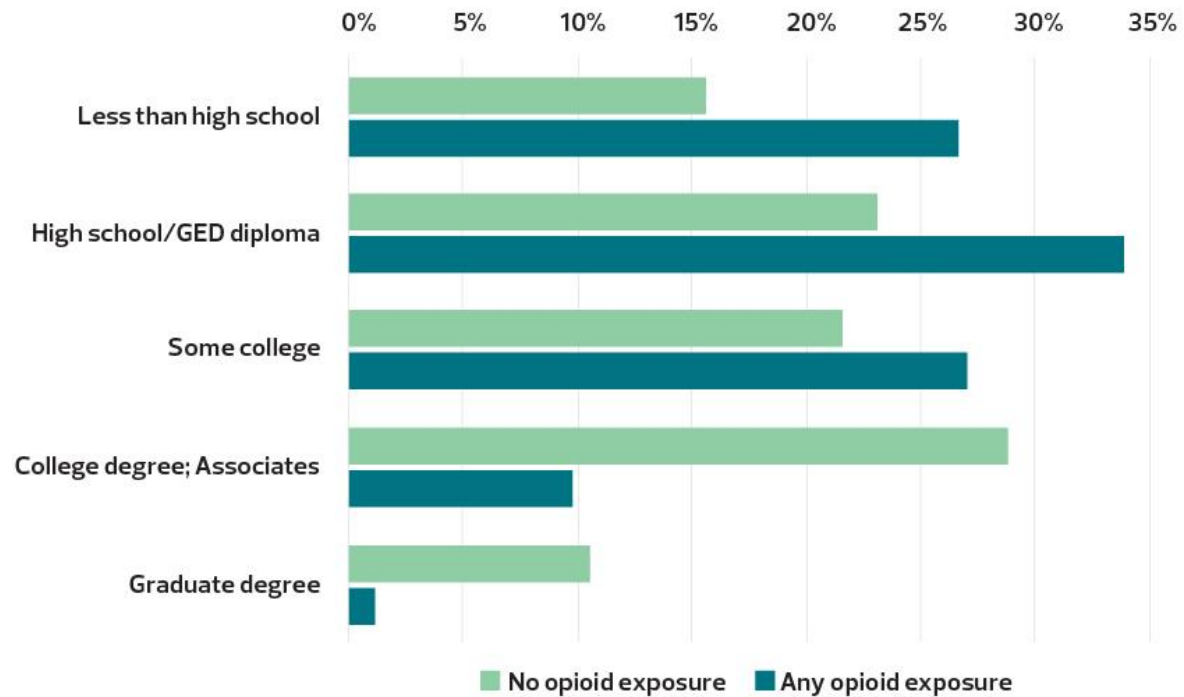


(Chi-square, $p < 0.001$)

Percentage of women at birth hospitalization by race-ethnicity, Washington 2009-2014

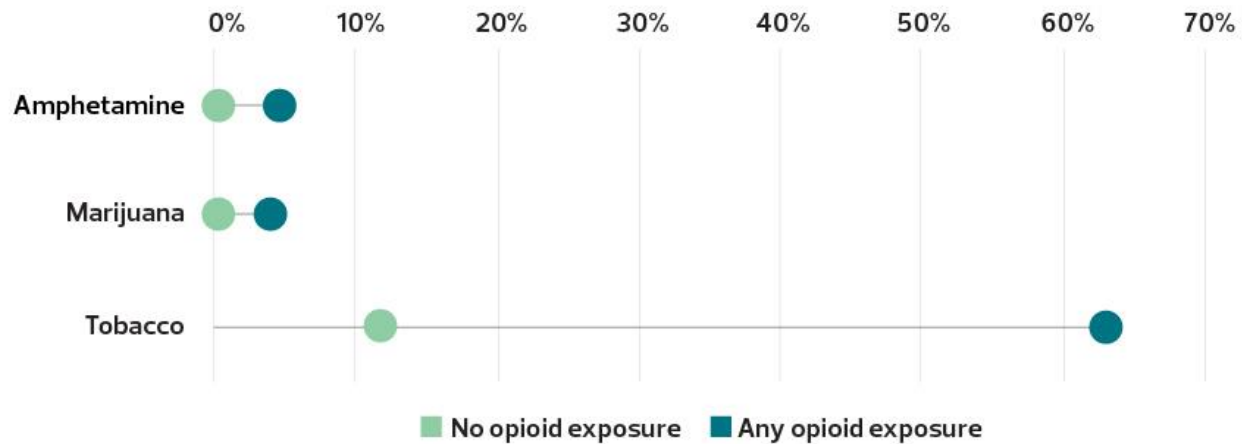


Percentage of women at birth hospitalization by education level,
Washington, 2009-2014

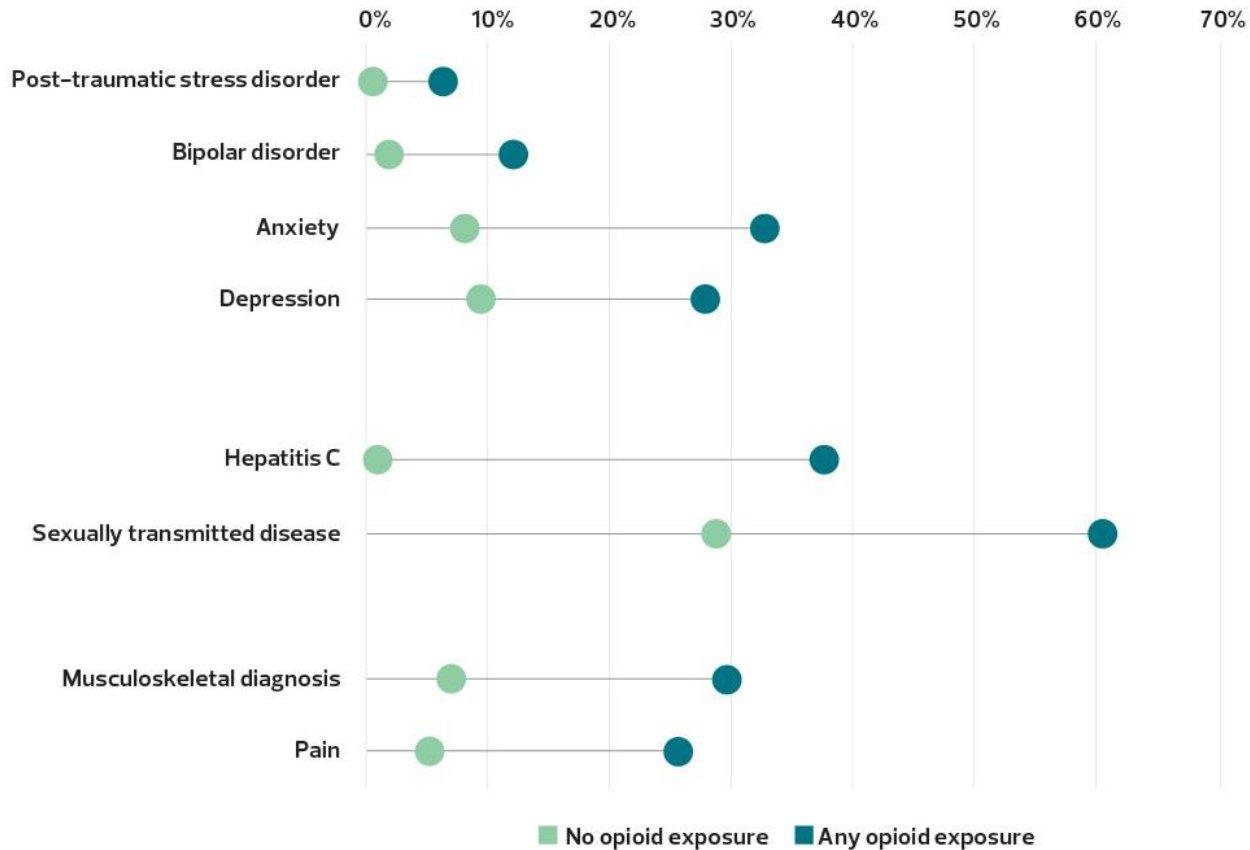


(Chi-square, $p < 0.001$)

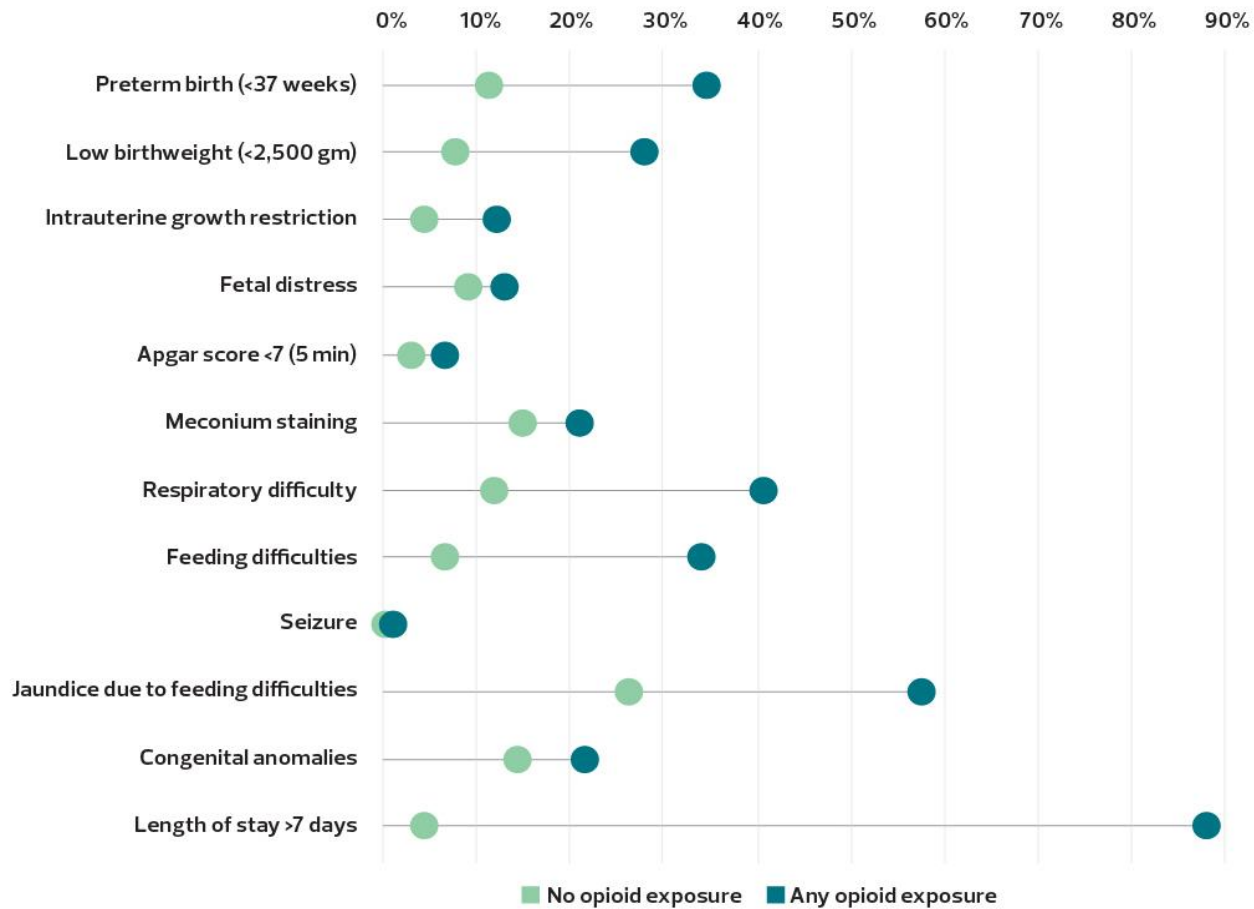
Percentage of women who use other substances,
at birth hospitalization, Washington, 2009-2014



Percentage of women with other co-occurring medical conditions at birth hospitalization, Washington, 2009-2014



Percentage of women by fetal and newborn outcomes at birth hospitalization, Washington, 2009-2014





In a 2010 study,
86%
of women who
gave birth while
misusing opioids
said the
pregnancies
were
unintended.

Preventing Unintended Pregnancies

Needle Exchange and Family Planning

- Program sustainability
- Access to start and discontinue method

Pregnancy Intention Screening

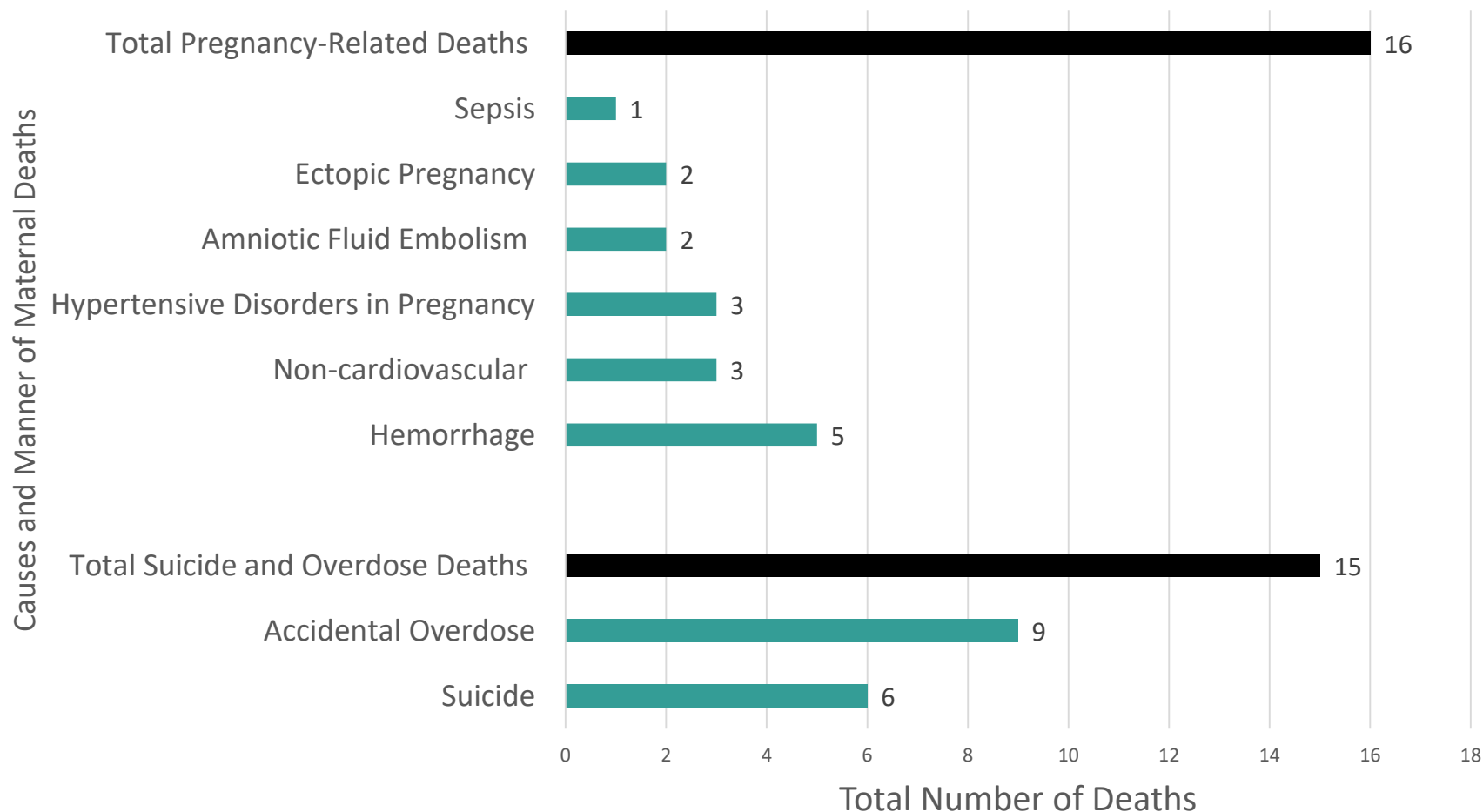
- Expand clinics that routinely ask women if they want to get pregnant

Immediate Postpartum LARC

- Expand the number of hospitals that offer this service.



Comparing Maternal Deaths: Pregnancy-related, Suicide, Overdose



Washington State Maternal Deaths 2014 & 2015.

Maternal Care

Prenatal providers

- Train and support providers
 - Medication assisted treatment
 - Group prenatal care
 - Hub-and-spoke model with medical directors

Clinician bias

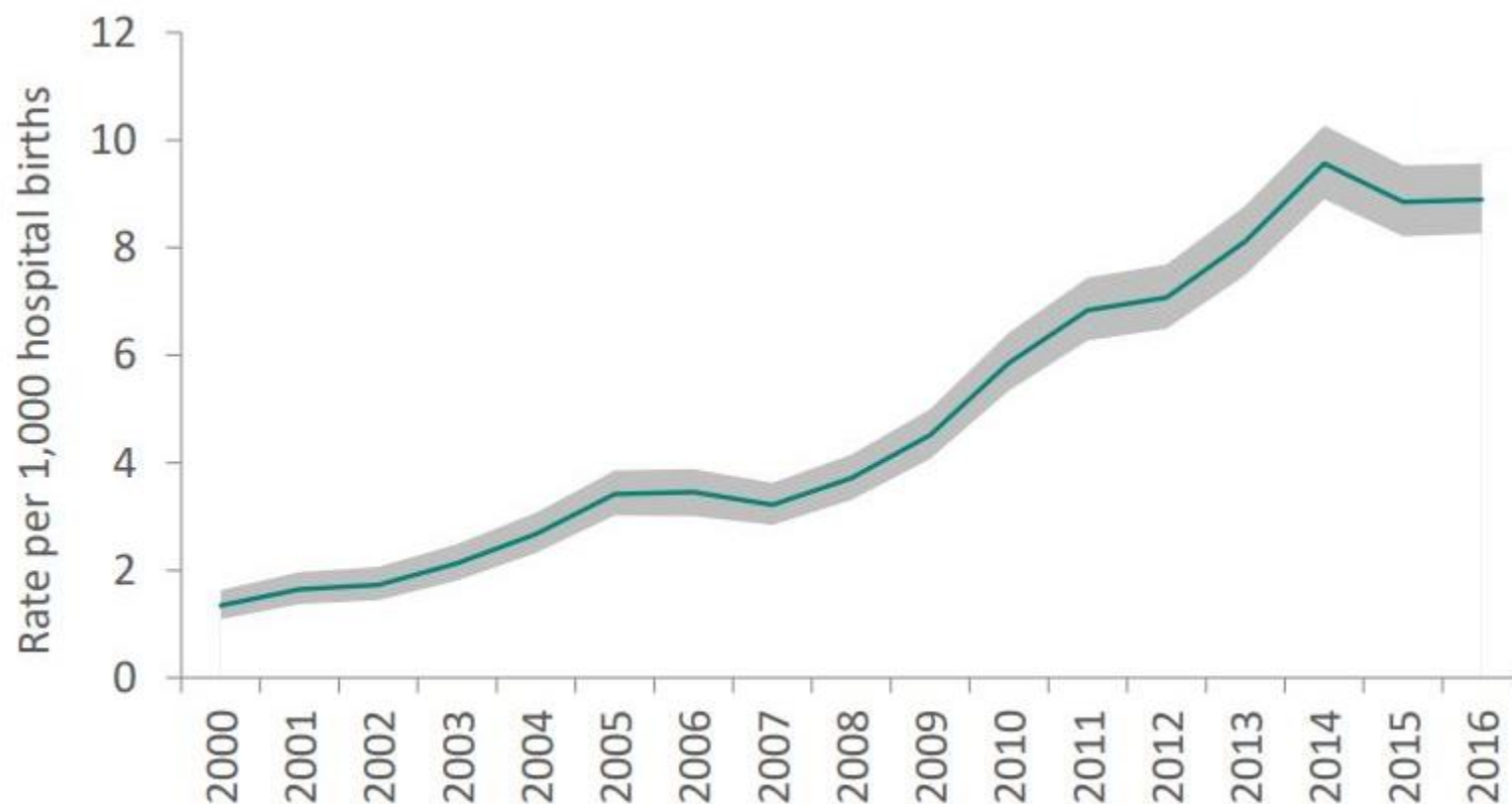
- Quality improvement efforts
- Conference with women who are in recovery

Coordinate services

- Between agencies and those providing care.
- Link pregnant women to programs



Rate of Babies Diagnosed with Neonatal Abstinence Syndrome in Washington State



Source: DOH Comprehensive Hospital Abstract Reporting System

Note: Includes infants born to mothers receiving appropriate treatment for drug use, receiving prescriptions for other health conditions, or misusing drugs. Use of opioids, benzodiazepines, antidepressants, barbiturates and/or alcohol can result in infant drug withdrawal. Excludes infants born with NAS after release from birth hospitalization.

Definition: 2000-Q32015 ICD9CM diagnosis code 779.5; Q42015-2016 ICD10CM diagnosis code P96.1

Infant Care



Develop policies to promote mothers rooming-in with babies in withdrawal

- Look at billing metrics
- Work with WSHA and hospitals for QI

Quality Improvement with social services

- Partner with Children's Administration to increase consistency in child removal practices.

Breastfeeding quality improvement

- Clarify best practice standards
- Clinician education

Link postpartum women to community programs

References

- Center for Disease Control and Prevention. (2018). Child abuse and neglect: risk and protective factors. Retrieved from: <https://www.cdc.gov/violenceprevention/childabuseandneglect/riskprotectivefactors.html>
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- National Council and Alcoholism and Drug Dependence. (2015). Alcoholism, drug dependence and women. Retrieved from: <https://www.ncadd.org/aboutaddiction/addiction-update/alcoholism-drug-dependence-and-women>
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