Supporting Recovery

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Case Management Conference 2019
Collaboration is Key!
Collaboration

- Importance of maintaining the continuum of care
- Long term, spanning all levels and intensity of care
- Therapeutic Intervention versus Punitive
Regional Perinatal Quality Collaboratives
Quality Improvement Projects

Upper Peninsula (1)

Northern Michigan (2 & 3)

West Michigan (4)

Mid-Michigan (5)
Michigan Collaborative Quality Initiative

- Voluntary Hospital Collaborative
- 20 Hospitals with Neonatal Intensive Care Units and 7 with Special Care Nurseries
- Neonatal Abstinence Syndrome quality work began in 2013
- Created the NAS Management Guidelines
- Finnegan Tool
- Eat, Sleep & Console: Family-Centered, Non-Pharmacologic Approach

The “Eat, Sleep, Console” (ESC) Assessment Tool and Training Materials are copyrighted by Boston Medical Center Corporation, Dr. Matthew Grossman, Mary Hitchcock Memorial Hospital, Dartmouth-Hitchcock Clinic (2017).
MATERNAL INFANT HEALTH PROGRAM (MIHP)
Maternal Infant Health Program
Overview

MIHP professional staff implement evidence-based interventions in home setting

Supplement medical prenatal and infant care and support the beneficiary in attaining health and well-being by identifying and addressing the impact of the social determinants of health

Promote health equity and provide case management and health education intervention services focusing on the mother-infant dyad
Resources
Good Care for You and Your Baby While Receiving Opioid Use Disorder Treatment

Steps for healthy growth and development

Introduction
If you have an opioid use disorder (OUD), receiving the right medicine along with counseling and recovery support services is important at all stages in your life. From pregnancy to delivery to caring for your baby, addressing your OUD and taking care of yourself is a continuous process. You will be better able to protect and care for your baby with a focus on creating and updating your treatment plan and getting the support you need. In all situations, your commitment to treatment and recovery will go a long way.

After your pregnancy, the actions you take or don’t take matter. Below are some important things to know about OUD and caring for your baby, as well as the Do’s and Don’ts for creating a healthy environment for your family.

Things to know

- Birth control is important to prevent pregnancies you do not want as well as to ensure proper space between pregnancies. Talk to your healthcare professionals about the full range of birth control options, including long-acting reversible contraception and the best birth control options while you are breastfeeding.
- Breastfeeding is healthy for you and your baby, so you should continue breastfeeding as long as possible. The amount of OUD medicine that passes into breast milk is extremely small. Talk with your healthcare professionals to find out what’s best for you and your baby.
- You may need additional treatment and support to help with your recovery. It is important to seek help early!

1. To find a treatment provider in your area, visit this website: www.samhsa.gov/find-help.
2. Join a support group: LifeRing (https://lifering.org); Mothers on Methadone (www.mathadonesupport.org/Pregnancy.html); Narcotics Anonymous (www.na.org); Secular Organizations for Sobriety (SOS; www.sossoberity.org); SMART Recovery (www.smartrecovery.org); Young People in Recovery (www.youngpeopleinrecovery.org).

Medicine Dose
Now is a good time to ask your OUD treatment professionals to check your medicine dose. An effective dose during pregnancy may be too high or too low once your baby is born. It is normal to feel tired and stressed, but if these feelings are causing you to have cravings or urges to use opioids again, tell your healthcare professionals.
Treatment Support after Delivery

What to expect when you meet with healthcare professionals about OUD treatment while caring for your baby

If your medicine is no longer working and you feel sleepy or are tempted to start using again, your healthcare professionals can help. Be honest about any cravings or urges you may have to use opioids. The stress that comes with being a new mother may increase these urges.

Your healthcare professionals can offer counseling and other support services. But before they do, they need to know if you have other medical and mental health problems. They will test you for these conditions before you leave the hospital and at your follow-up visits to make sure you get the treatment you need. They will continue to recommend support services that allow you and your baby to receive the high quality health care that you need.

Your healthcare professionals will work with you to create a birth control plan. Together, you will discuss if you want to have another child, how many children you would like to have, and how you would like to space out the births of your children. At this time, they will check in on how you are doing with breastfeeding and make sure you have the support you need.

Remember: The longer you follow your OUD treatment plan, the better your chances are of staying in recovery and strong for your baby. Counseling and support services are important to keep you and your baby safe and healthy at home.

Do you have questions for your healthcare professionals? If so, write them down and take them to your next visit.

Next Appointment Date: ________ Time: ________ Location: ________
Support with Neonatal Abstinence Syndrome (NAS)

Introduction

Many pregnant women with an opioid use disorder (OUD) worry about harmful effects of opioids to the fetus. Neonatal abstinence syndrome (NAS) is a group of withdrawal signs that may occur in a newborn who has been exposed to opioids and other substances. NAS signs may include high-pitched and excessive crying, seizures, feeding difficulties, and poor sleeping. **NAS is a treatable condition.**

The actions you take or don’t take play a vital role in your baby’s well-being. Below are some important things to know about what to expect if your baby needs special care after birth, as well as the Do’s and Don’ts for understanding and responding to your baby’s needs.
Substance Use, Problem Gambling, or Mental Health

Click a county name (or Detroit) in the list or map below for contact information to access publicly funded substance use disorder treatment, problem gambling counseling, and mental health counseling; and contact info for assessments or classes required due to a substance use related traffic offense.


https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_29887---,00.html
Shiawassee County

Substance Use Treatment Services:
Mid-State Health Network

Phone: (24-hours, 7-days) 1-844-405-3095

The above Access Management System (AMS) agency will answer questions regarding alcohol and drug use, and discuss options for those needing treatment services. If services are determined to be appropriate, the agency will assist callers in choosing a provider that meets their needs, and will make the necessary referral. Providers charge on a sliding-fee scale based on income and insurance.

Before choosing a treatment program for you, or someone you care about, you may wish to refer to A Quick Guide to Finding Effective Alcohol and Drug Addiction Treatment. Also, the following guide notes five important questions to ask when searching for a treatment program and explains what research suggests is most effective: Seeking Drug Abuse Treatment: Know What to Ask.

Services to Meet Secretary of State/Court Requirements:
Assessment and Class Providers

Assessments/Classes in Shiawassee County

Contact information with notations as to whether agencies provide Assessments and/or Classes needed to fulfill driver's license reinstatement requirements due to impaired driving/substance use traffic offenses.

Problem Gambling Treatment Services:
Problem Gambling Help-line

Phone: (24-hours, 7-days) 800-270-7117

Strictly confidential, counselors provide immediate help to address issues related to problem gambling, including screening services and referrals to treatment providers or support groups. Click for problem gambling treatment providers in Shiawassee.

Mental Health Services:
Shiawassee County CMH Authority

Phone: (24-hours, 7-days) 989-723-0710  TDD/TTY: 989-723-6791

Mental health and developmental disability services are delivered through county-based community mental health services programs (CMHSPs), which contract public funds for services. Medicaid funds, which are paid on a per Medicaid-eligible capitated basis, are contracted with CMHSPs, or their affiliations, as Prepaid Inpatient Health Plans (PIHPs).

Peer-Run Drop-In Centers provide an informal, supportive environment to assist clients with mental illness in the recovery process. Click to see if there's a Drop-In Center in Shiawassee.

For guardianship questions, contact CMHSP Customer Service, call: 989-497-1329 or 888-212-3689
Opioid Resources

Truth’s Initiatives Opioids Campaign

Michigan State Police Angel Program

Prescription Drug and Opioid Abuse Commission

Hepatitis A Outbreak in Southeast Michigan

SAMHSA Opioid Overdose Prevention Toolkit

Office of Recovery of Oriented Systems of Care

Do Your Part: Be the Solution

Alcohol and Substance Abuse Epidemiology Program

Families Against Narcotics

Drug Enforcement Administration Drug Fact Sheets

National Take-Back Initiative

Report Suspicious Online Pharmacies
MDHHS Office of Recovery Oriented Systems of Care

Peer Recovery Services & Support

Other Resources

https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_55008---,00.html
Improving MI Practices

https://www.improvingmipractices.org/
The Massachusetts Department of Public Health Bureau of Substance Addiction Services (BSAS), in collaboration with the Institute for Health and Recovery and the Center for Social Innovation, created the Journey Project.
WELCOME

Pregnancy is a great time to commit to your recovery.

In Our Own Voices: Welcome
Journey Stops

• #1 Pregnancy & Opportunity
• #2 Building Your Team
• #3 Help at the Hospital
• #4 Custody & Support
• #5 Early Parenting
Additional References

Substance Abuse and Mental Health Services Administration: Healthy Pregnancy Healthy Baby Fact Sheets

Michigan Department of Health and Human Services Treatment Resources
https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_79584---,00.html

Maternal Infant Health Program michigan.gov/mihp

March of Dimes
Questions?

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