

PERINATAL SUBSTANCE USE

WHAT YOU NEED TO KNOW

SUSAN ELSWORTH



PERSPECTIVES

State

Agency

Individual

IPQIC – INDIANA PERINATAL QUALITY IMPROVEMENT COLLABORATIVE

- All perinatal care providers and all hospitals have an important role to play in assuring all babies born in Indiana have the best start in life.
- All babies in Indiana will be born when the time is right for both the mother and the baby.
- Through a collaborative effort, all women of childbearing age will receive risk appropriate health care before, during and after pregnancy.

PERINATAL SUBSTANCE USE COMMITTEE

29 Volunteer hospitals

Develop best practices & protocols based on data

Reduce stigma

Identify, refer and support high risk moms

Perinatal Substance Use Practice Bundle
<https://www.in.gov/laboroflove/208.htm>

Reduce infant mortality and morbidity, improve
birth outcomes and quality of life



INOFAS – INDIANA AFFILIATE OF NATIONAL ORGANIZATION FOR FETAL ALCOHOL SYNDROME

- Founded and become a 501(c) 3 in 2014
- Vision: A state where all individuals are born free of exposure to alcohol and other substances that are known to harm fetal development
- Services: Education, Training, Advocacy and Support to professionals, policymakers, families and individuals throughout Indiana

TRAININGS

- FASD 101
- Bridging Gaps with Children to Recover
- Understanding Addiction
- Stigma From a Family View
- Whose Trigger is it?
- A Conversation About Zeb



	Nicotine	Alcohol	Marijuana	Opiates	Cocaine	Methamphetamine
Short Term effects/birth outcomes						
Fetal growth	Effect	Strong Effect	*	Effect	Effect	Effect
Anomalies	No consensus on Effect	Strong Effect	*	*	*	*
Withdrawal	*	*	*	Strong Effect	*	Effect
Neurobehavior	Effect	Effect	Effect	Effect	Effect	Effect
Long Term effects						
Growth	*	Strong Effect	*	*	No consensus on effect	•
Behavioral	Effect	Strong Effect	Effect	Effect	Effect	•
Cognition	Effect	Strong Effect	Effect	No consensus on effect	Effect	•
Language	Effect	Effect	*	•	Effect	•
Achievement	Effect	Strong Effect	Effect	•	No consensus on effect	•
• = Limited Data	* = No Effect					AAP-Marylou Behnke March 2013

FASD

- **Fetal Alcohol Spectrum Disorders** is an umbrella term describing the range of effects that can occur in an individual prenatally exposed to alcohol. These effects may include physical, mental, behavioral, and/or learning disabilities with lifelong implications.

EXPLORING THE SPECTRUM

- FAS: Fetal Alcohol Syndrome was the first and most known but least prevalent on the spectrum in the United States. Often with most severe effects and facial features.
- pFAS: Includes some but not all of the characteristics of full FAS
- ND-PAE: Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure (Formerly referred to as ARND: Alcohol Related Neurodevelopmental Disorder). Central nervous system impairments in cognition, self-regulation, and adaptive functioning.
- Static Encephalopathy: Permanent brain damage

SYMPTOMS

- Inconsistent development
- Learning difficulties
- Poor impulse control
- Deficiency in higher learning
- Poor capacity for abstract language
- Problems with memory
- Struggles with time & money management

SYMPTOMS

- Sensory Integration issues
- Motor planning
- Auditory Disorders
- Difficulty in self regulation
- ADHD
- Odd eating behaviors
- Disconnect between actions & consequences

PREVALENCE



2/6/18 Dr. Phil May – <http://jamanetwork.com/journal/fullarticle/2671465>

COST

CDC estimates
lifespan cost for one
individual to be: 2M

CDC further estimates
the US spent \$5.5B in
prenatal alcohol
exposure related costs
in 2010.

<https://www.cdc.gov/ncbddd/fasd/data.html>

LIFE
EXPECTANCY –
ALBERTA STUDY

Life expectancy for
individual with FAS is
34 years

Leading cause of death,
external causes 44% which
includes 15% suicide rate

<https://www.ncbi.nlm.nih.gov/pubmed/26962962>

SUICIDE RISK IN ADOLESCENTS

- 45 year U.S. study with a sample of 54 adolescents between 13-18, with an FASD
- 35.2% reported suicide ideation
- 13.0% had at least one serious suicide attempt in the past year



WHAT YOU NEED TO KNOW

Prenatal exposure creates a very vulnerable population

Dual diagnosis

Traditional methods of therapy may not be effective

Crosses all systems of care

Stigmatizing language

Resources are available

Your work matters

CONTACT

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Reminder

“WHEN A FLOWER DOESN'T BLOOM
YOU FIX THE ENVIRONMENT IN
WHICH IT GROWS, NOT THE FLOWER.”

- Alexander Den Heijer