PERINATAL SUBSTANCE USE

WHAT YOU NEED TO KNOW

SUSAN ELSWORTH
PERSPECTIVES

- State
- Agency
- Individual
• 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
INOOFAS – 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
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• = 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
1 in 20

School age children may have prenatal alcohol exposure

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

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
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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“When a flower doesn’t bloom you fix the environment in which it grows, not the flower.”

- Alexander Den Heijer