



An Introduction to the EMPOWERED Program

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Pregnancy is a Time for Change!



Pregnancy offers a unique opportunity for intervention

- Individuals are more willing to seek care & remain in treatment



Problem/Associated Effect

Problem

- Drug-induced deaths are the leading cause of death for reproductive-age women in the U.S.
 - Surpasses motor vehicle accidents, gun violence & homicide



Associated effect

- NAS = Neonatal Abstinence Syndrome
 - Results from the sudden discontinuation of fetal exposure to substances that were used or abused during pregnancy
 - 82% of all NAS births are funded by Medicaid

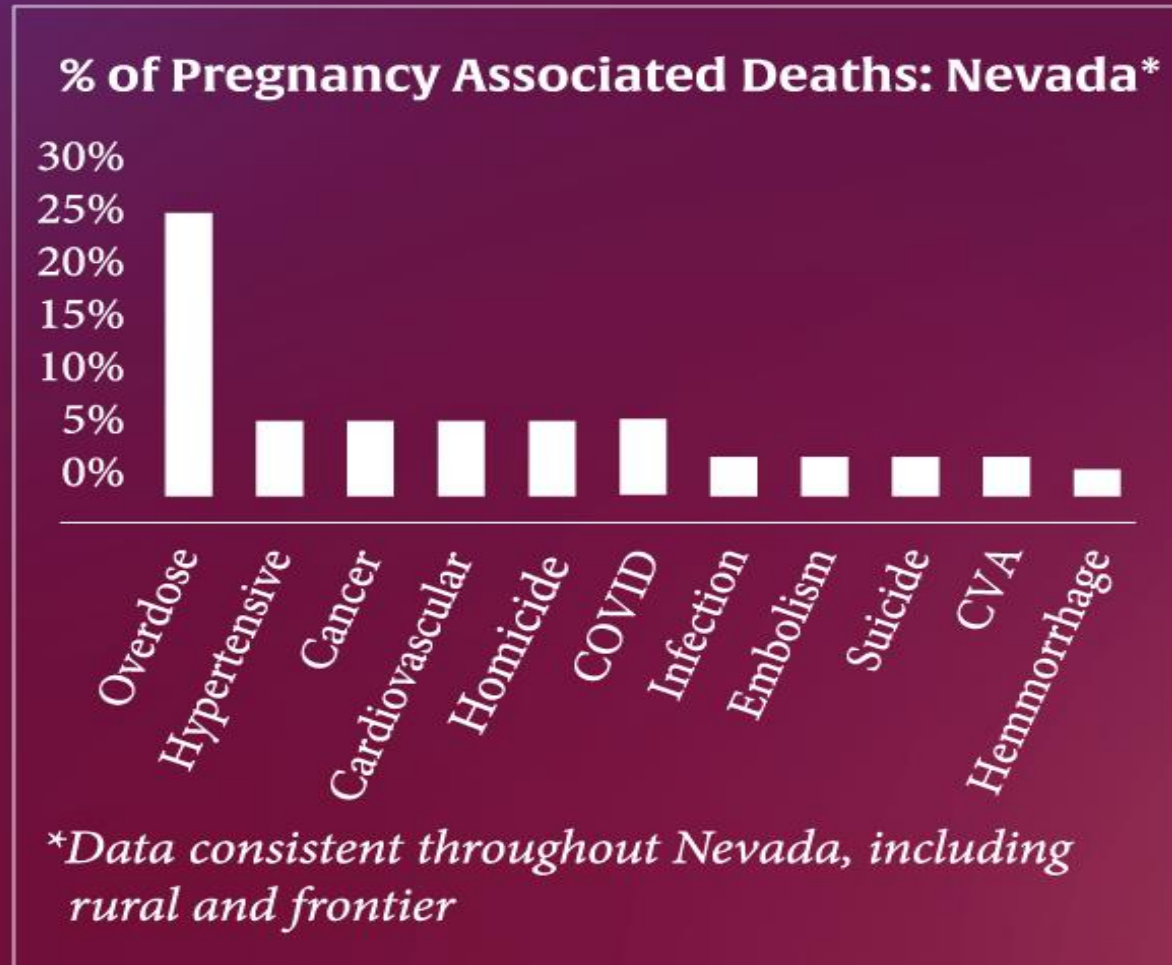
Centers for Disease Control and Prevention. Annual surveillance report of drug-related risks and outcomes—United States, 2017. In: Vol surveillance special report 1. Atlanta (GA): Centers for Disease Control and Prevention, U.S. Department of Health and Human Services; 2017. 18.

Smid MC, Stone NM, Baksh L, et al. Pregnancy-Associated Death in Utah. *Obstetrics & Gynecology*. 2019;133(6):1131–1140. doi: 10.1097/AOG.0000000000003279. 1

ASTHO Experts, States consider neonatal abstinence syndrome prevention and treatment. February 4, 2020



Nevada Trends in Women of Childbearing Age



Maternal Mortality & Overdose Rates

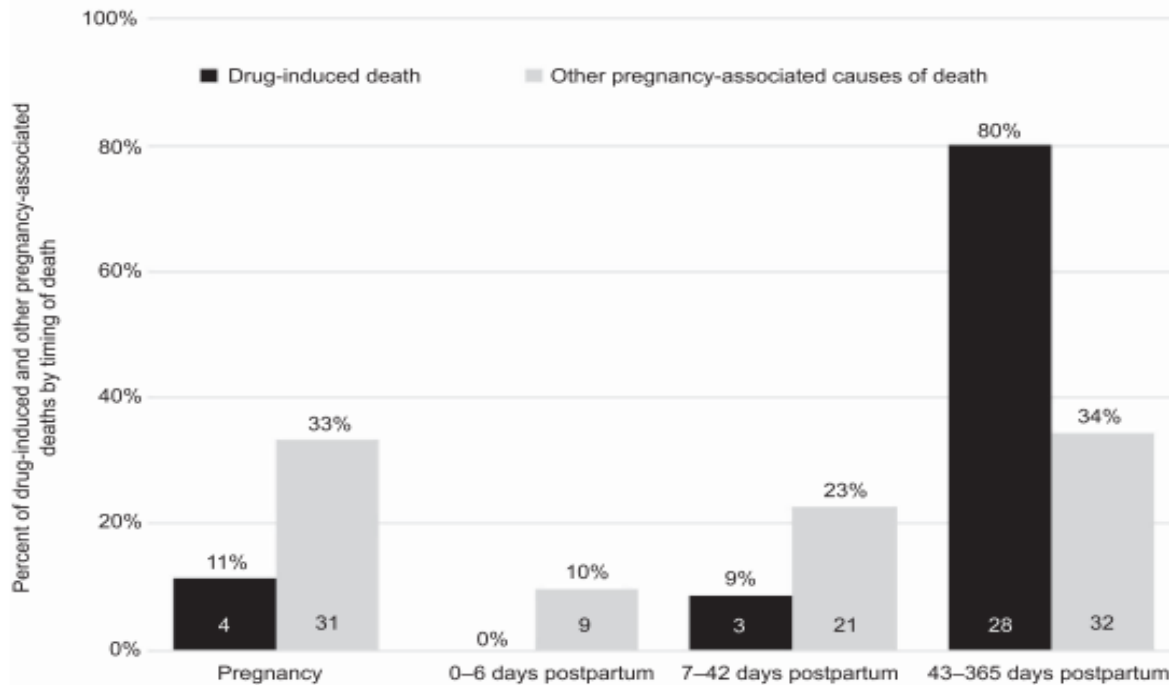


Fig. 1. Proportion of pregnancy-associated, drug-induced deaths vs all pregnancy-associated deaths, 2005–2014 (N=136). Smid. *Pregnancy-Associated Drug-Induced Deaths in Utah. Obstet Gynecol* 2019.



**What is being done to
mitigate the effects of
maternal substance use
disorder (SUD) & NAS?**



Solution: EMPOWERED

Mission

EMPOWERED supports pregnant and postpartum individuals who use or have a history of using opioids for any reason with a tailored, person-centered approach, focused on the four dimensions of recovery, designed to empower individuals to be prepared for the birth of their infants and to thrive as a caregiver.



4 Major Dimensions of Recovery

COMMUNITY

Have relationships and social networks that provide support, friendship, love and hope.

HEALTH

Make informed, healthy choices that support physical and emotional well-being.

HOME

Have a stable and safe place to live.

PURPOSE

Have meaningful daily activities and independence, income, and resources to participate in society.



EMPOWERED: Core Services

Core Service	Intervention
Personalized Care Plans	Addresses the client's most urgent need and develops a personalized care plan which connects them to community resources to address the social determinants of health
Counseling Services	Individual and group therapy offered
Peer Support	Provides support from someone who has knowledge of substance use disorder from their own lived experience
Health Education	Promotes overall wellness which helps prevent against relapse





**Expansion of services
made possible by FRN**



Peer Support Services

Peer Recovery Support Specialists have been provided with the opportunity of working to the top of their practice scope through the following activities:

- Individual sessions
- Group sessions
- Accompaniment
- Home visitation
- Care navigation



Implementation of Stage-Based Activities

Stage-based services enhance core services by providing differentiated, stage-based interventions that group clients together based on shared points of focus

Pregnancy

0-12 months
Postpartum

12-24 months
Postpartum



Stage-Based Community-Building Activities

Stage-based peer support groups

- Increases the relevance of peer-to-peer experienced

Stage-based sober social activities

- Increases the development of supportive relationships
- Examples
 - Yoga
 - Safe sleep and car seat safety
 - Health eating



Stage-Based Health Education

Education developed specific to stages

- Pregnancy
 - Focus on prenatal care, medications for an opioid use disorder (MOUD) and NAS mitigation
- 0-12 months postpartum
 - Focus on addressing barriers, triggers, parenting skills & sustained recovery
- 12-24 months postpartum
 - Focus on building resiliency, ongoing social supports, life skills and self empowerment



Stage-Based Health Education

EMPOWERED's stage-based health education curriculum incorporates the 4 dimensions of recovery to assist clients on their journey to becoming RESILIENT

Builds a sense of **COMMUNITY** & establishes strong relationships when conducted in a group setting

Educates & empowers clients on how to better manage their overall **HEALTH** & recovery for them AND their families

Educates clients on how to create safer **HOME** environments to prevent relapse

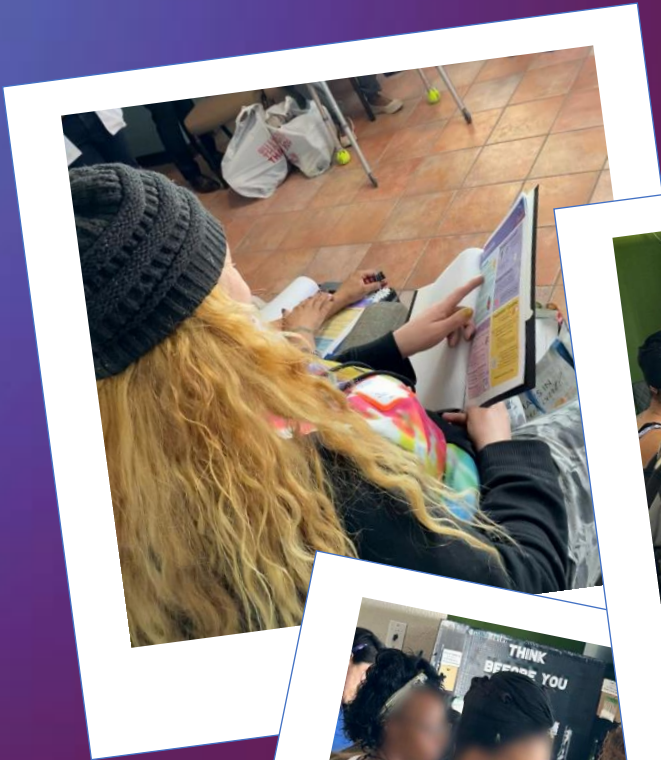
Opportunities focused on mindfulness, stress management, educational/vocational training job readiness & the value of their story promotes a sense of **PURPOSE**



EMPOWERED Snapshot

- 75 active clients participating in FRN activities
 - Pregnant clients: 15
 - 0-12 months postpartum clients: 44
 - 12-24 months postpartum clients: 9
 - >24 months postpartum: 7
- Interventions
 - Case management sessions: 376
 - Peer support sessions: 259
- Supports a network of 65 community partners





Questions...

