



Healthy MOMS Program

Maria Kolcharno MSW, LSW Director of Addictions Services
Marcella Bicksler, MBA, Lead Healthy MOMS Case Manager

There's No Wrong Door

Healthy MOMS Entry Points

The Healthy MOMS Program brings together a collection of local experts to form a care network for expectant mothers who are facing Opioid Use Disorder (OUD).

Together with each mom-to-be, our Healthy MOMS team develops a care plan that connects mothers with the comprehensive support that they – and their baby – need.



A Comprehensive Approach with Wrap-Around Services

Healthy MOMS provides intensive case management services to pregnant women with SUD throughout their pregnancy until their youngest child is two years old. The program is aimed at stabilizing this high-risk population and allowing them to receive the necessary support to manage their chronic condition in conjunction with pregnancy and the postpartum period. Many mothers in the program are considered high-risk pregnancies because of their prescribed MAT (buprenorphine, methadone).

The intensive case management service works to provide an array of services by linking this high-risk population with collaborative community partner resources.

Areas addressed throughout the program include:

- MAT (if necessary) or linkage to inpatient treatment programs (if necessary)
- referrals to and monitoring of family planning services, including OB, high-risk Maternal Fetal Medicine, LARC after birth, as well as social services like WIC, referrals for both mother and child health needs, including PCP, pediatrician, Hep C, and any required specialists.
- services aimed at supportive housing to promote safe, permanent, sober housing
- services aimed at eliminating barriers to transportation so that mother and child can attend all necessary appointments consistently
- services aimed at coordination of social services (CYS, legal issues)
- A Certified Recovery Specialist is also part of the case management team to provide peer support towards the management of their chronic condition of SUD.



Barriers to Care for Pregnant Women with OUD

Stability is Critical, But Our MOMS Face Numerous Challenges and Stigma

- Fear of legal consequences
- Prejudicial treatment by healthcare professionals
- Lost/losing custody of other children
- Partner using drugs
- Fights/violence with partner
- Continuing to use other drugs (e.g., marijuana)
- Unstable or inadequate housing
- Making/keeping appointments
 - Numerous clinical visits required
 - Confusion with keeping providers straight
 - Reliable childcare
- Sense of being “checked up on”



Lessons Learned: What We Know Works for MOMS

- Common/joint release form for partners to share information
- Monthly interdisciplinary touchpoints to review individual cases
- “Team meetings” that include representatives from partners plus mom to address issues
- Safe Care Plans
- Text through website
- Social media
- Meeting them where they are
- Encouraging postpartum compliance through “Mommy Dollars” program (moms earn points redeemable for gift cards by attending appointments and support groups and providing information from other providers)
- Stacking appointments for convenience

Keep the Focus on Moving Forward:

- Development of self-reliance
- Development of connections with other women
- Prenatal and parenting education
- Planning for the future
- Putting new coping skills to use

5

Healthy
MOMS
EMPOWERED IN RECOVERY

Our team is ready to hear from you. Call us at 570.955.7821 or text **healthymoms** to 555888

HealthyMOMS.org

5

5 “Life is like riding a bicycle. To keep your balance you must keep moving.” — ALBERT EINSTEIN 5

•
•
•

Contingency Management: A behavioral strategy commonly used in substance abuse treatment that focuses on positive behavioral change, such as abstinence, by introducing reinforcement when you meet your goals in treatment and withholding reinforcements (or introducing punishments) when you participate in an undesired behavior.



Mommy Dollars Catalog



For Baby



190 points
Graco extend2fit convertible car seat, ride rear-facing longer, Gotham



60 to 70 points | **30 to 40 points**
Red Toddler bed and mattress



40 points
Bassinet



130 points
Graco nimble lite stroller | lightweight stroller, under 15 pounds, car seat compatible, compact fold, halley



60 points
Fisher-price deluxe take-along swing & seat with 6-speeds, beige



36 points and up
Baby high chair



120 points and up
Cribs



54 points
Pack and play



15 to 30 points
Safety items and gates



27 points and up
Crib mattress



25 points and up
Baby clothes



25 points
Additional to what is given
Diapers



20 points
NeatPack baby diaper backpack, grey

MOST POPULAR

50 points and up
Birthday box

Need an item not pictured here? Discuss with your case manager and get approval from the Healthy MOMS administrator.

Cleaning Supplies



50 points
Swift active baby liquid laundry detergent, 64 loads 100 FL OZ



30 to 50 points
Vacuums



20 to 40 points
Mops and brooms



20 points and up
Home cleaning supplies



20 points
10 piece set
Towels and bath items

Household Items



40 points and up
Groceries



40 points
Vicks filter-free cool mist humidifier, V4620, white



16 points and up
Depending on items
Kitchen small appliances



10 points | **11 points**
12 piece stainless | 16 piece flatware
Dishes and flatware

School Supplies



20 points and up
Depending on items

Need an item not pictured here? Discuss with your case manager and get approval from the Healthy MOMS administrator.

Healthy MOMS Active Patients Breakdown

Active Monthly Mothers only Opiate History:

$$\frac{9}{142} = 6\%$$

Active Mothers with history of Opiate and Methamphetamines/Cocaine

$$\frac{82}{142} = 58\%$$

Active Mothers only Stimulants (Methamphetamine/Cocaine):

$$\frac{17}{142} = 12\%$$

Mothers Engaged in Abstinent Care:

$$\frac{68}{142} = 48\%$$

Abstinent Mothers with OUD:

$$\frac{44}{68} = 65\%$$

Abstinent Mothers with only SUD:

$$\frac{24}{68} = 35\%$$

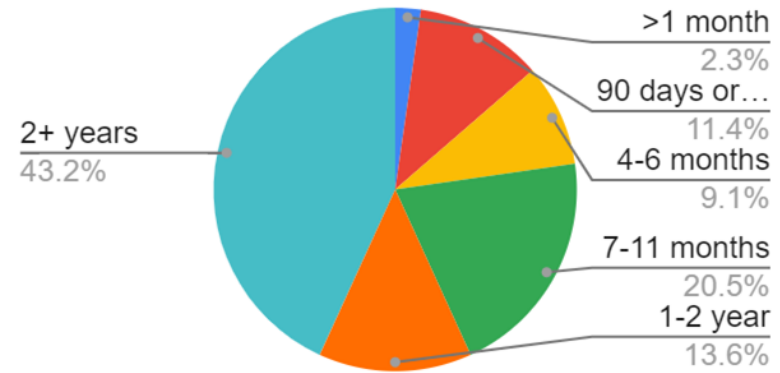
Contingency Management and Substance Use:

Shifting Trends of Stimulant Use in Conjunction with Opiates

Contingency management uses rewards, such as vouchers, to reinforce positive behaviors such as abstaining from substance use.

- **44** active mothers receiving contingency management products
- **56%** have more than a year of sobriety

Length of recovery by patients



Peer Support Services Offered

- Birthing Classes
- Breastfeeding/Lactation Support
- Baby CPR
- Parenting Classes (with Outreach)
- Recovery Support Classes
- YMCA Baby Swimming Classes
- Family Planning (in conjunction with MFH)
- Education Classes (nutrition, finance, life skills)
- Care Fair
- CRS accompaniment to 12-step programming
- Assistance with enrollment to Head Start
- Assistance with enrollment in GED classes, college classes
- Social gatherings in the community
- Mommy and Me Art Classes
- Coordination with legal assistance



Empowered in Recovery

- Recognize that pregnancy is a great window of opportunity to empower women to care for their baby and, as a result of her care of the baby, benefits herself.
- Establish your practice approach and be consistent!
- Teach Mom about recovery support systems
- Offer strategies to engage the Mom and how to overcome barriers in her life to achieve successful outcomes
- Educate the mom on what medications are appropriate during pregnancy, as well as encouraging breastfeeding!



Thank you!

Questions?

THE WRIGHT
CENTER
for
COMMUNITY
HEALTH

Healthy
MOMS
EMPOWERED IN RECOVERY