


MOTHERS IN RECOVERY: In Our Own Words




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PRESENTERS

- Helena Girouard, MPH
- Lucy Battles, Recovery Coach Professional


- Moderator: Becky Gams, MS, APRN, WHNP-BC, C-EFM



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CONFLICT OF INTEREST STATEMENT

- The presenters have no conflicts of interest to disclose.



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OBJECTIVE(S)

- Provide a unique perspective into a patient's journey through substance use disorder in pregnancy and beyond.



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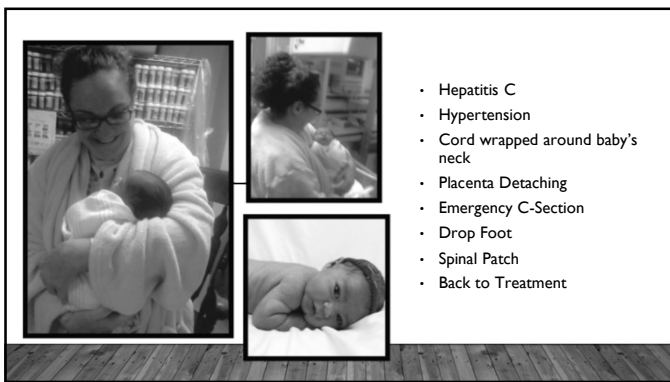
32 weeks pregnant:
I got my smile back

SBIRT



https://youtu.be/o6PjFJ5X3e7?list=PLWyd7yZ594T6JB9GwhRH_vU2HokNQwW

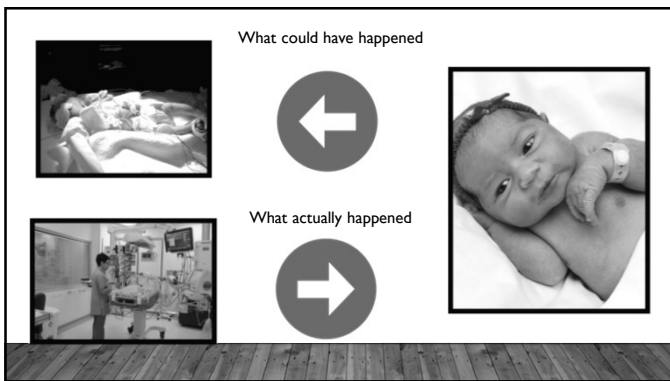
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- Hepatitis C
- Hypertension
- Cord wrapped around baby's neck
- Placenta Detaching
- Emergency C-Section
- Drop Foot
- Spinal Patch
- Back to Treatment

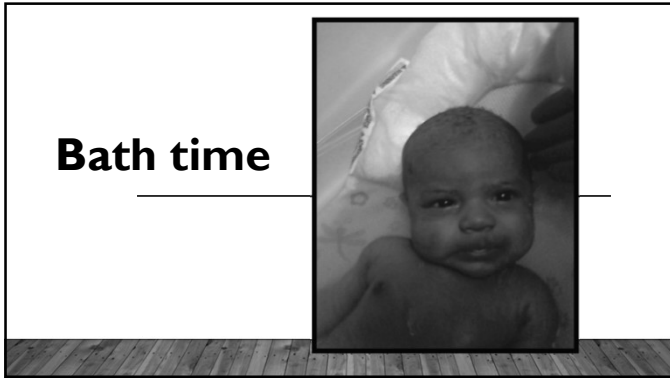
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What could have happened

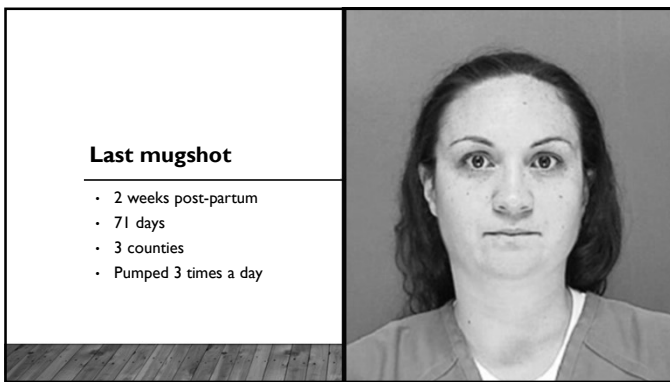


What actually happened

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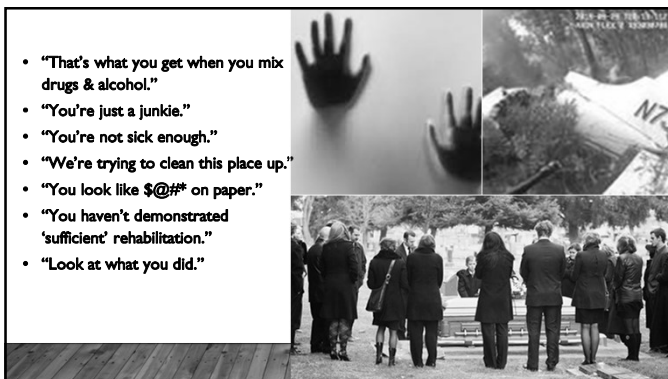
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- "You are not alone."
- "I'm so proud of you."
- "I'm going to give you a chance."
- "I can tell you're going to be a great mommy."
- "Look at the way she looks at you, she loves you."
- "You're such a great role model for your daughter."
- "Lizzy is doing great in school; I can tell you talk to her at home."
- "We are here for you."
- "You're doing such a good job."
- "Is there something more I can do to help you?"
- "Tell me more about your concerns."
- "I love you so much."

EVERY WORD MATTERS

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"You've got potential."

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LUCY'S JOURNEY

Lucy Battles (she/her)
Recovery Coach Professional





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LUCY'S JOURNEY: Barriers to attaining and sustaining recovery faced by birth parents during pregnancy and following childbirth.

Self-Denial	Health Insurance
Stigma	Verbal vs. Urine Drug Screen?
Perception of treatment	Childcare
Money	Transportation
Homelessness	Legal Barriers
Lack of Information	Lack of Resources
Fear of losing children	Privacy Concerns



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LUCY'S JOURNEY: Strategies to convey a supportive, non-judgmental attitude while caring for a birth parent in recovery.

Respecting a Mother's Autonomy


Supportive Language is Key - using recovery centric language vs. stigmatizing words

Trauma-Informed & Healing-Centered Care

Support the Mother-Child Dyad

Celebrate the Small Stuff - small victories in the medical field may be big hurdles for the mother

BE HUMAN! Authenticity & Relatability are key to building a connection



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LUCY'S JOURNEY: Describes supportive measures the health care team can provide to remove barriers to care for birth parents in recovery.


Planning for postpartum can begin at the first appointment

Refer to Volunteer Doula programs for added support throughout pregnancy

Many women with OUD experience food insecurity, unsafe or unstable housing, transportation issues; financial hardships

Debunk common misconceptions around breastfeeding, MAT during pregnancy, NAS, etc.

Provide education regarding postpartum hormonal changes and mood disorders




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LUCY'S JOURNEY: Describes supportive measures the health care team can provide to remove barriers to care for birth parents in recovery.

The Substance Abuse and Mental Health Services Administration (SAMHSA) describes four major dimensions of recovery:

1. Health: Overcoming or managing disease and living in a physically and emotionally healthy way.
2. Home: a stable and safe place to live.
3. Purpose: meaningful daily activities, such as a job, school, volunteerism and family
4. Community: relationships and social networks that provide support, friendship, love and hope.



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RESOURCES

These were from a previous panel presentation; are they still accurate? Additional resources?

- Minnesota Perinatal Quality Collaborative (<https://minnesotaperinatal.org>)
- California Maternal Quality Care Collaborative (CMQCC) (www.cmqcc.org)
- Florida Maternal Quality Collaborative (https://www.youtube.com/playlist?list=PLWdr9fyZ594T6jB9GoinRH_vU2HokNQwW)



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AUDIENCE Q&A

- Questions?
- Comments?
- Observations?



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