



Maternal Health & Substance Misuse

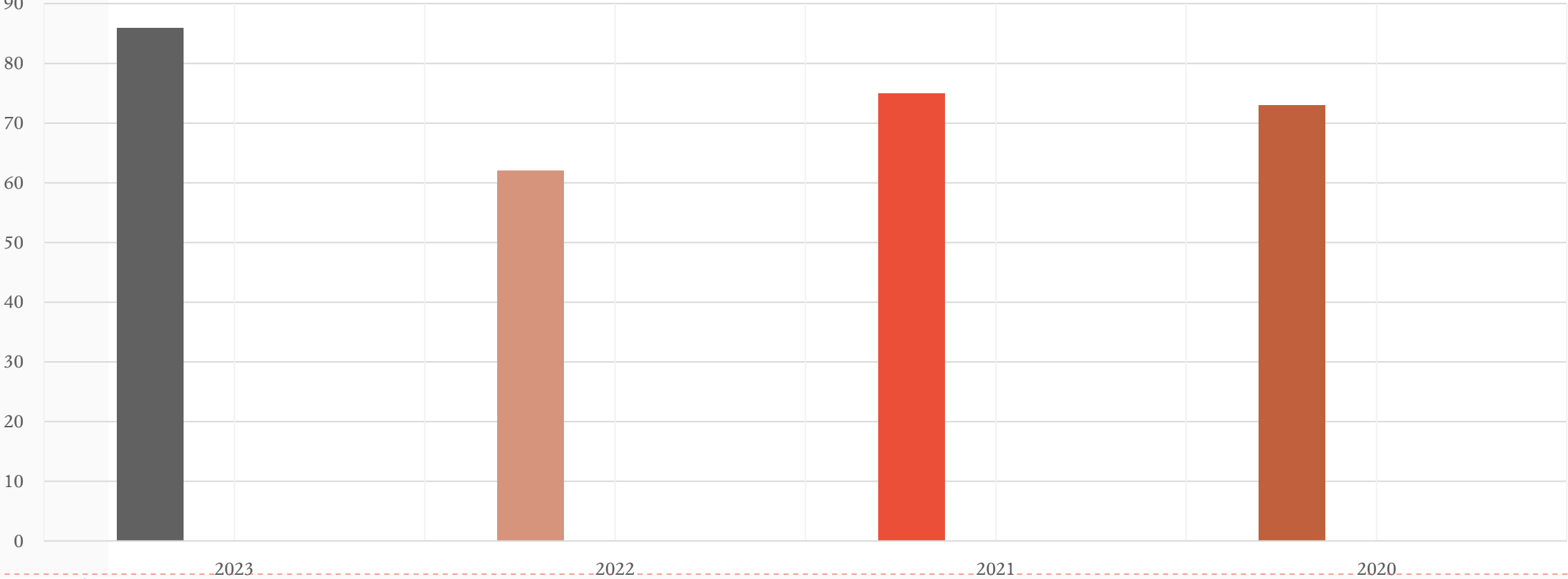
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Public Health Department for Woodbury, IA

Drug Exposed Infants 2020-2023

Woodbury County



THC- Marijuana & Hemp Derived

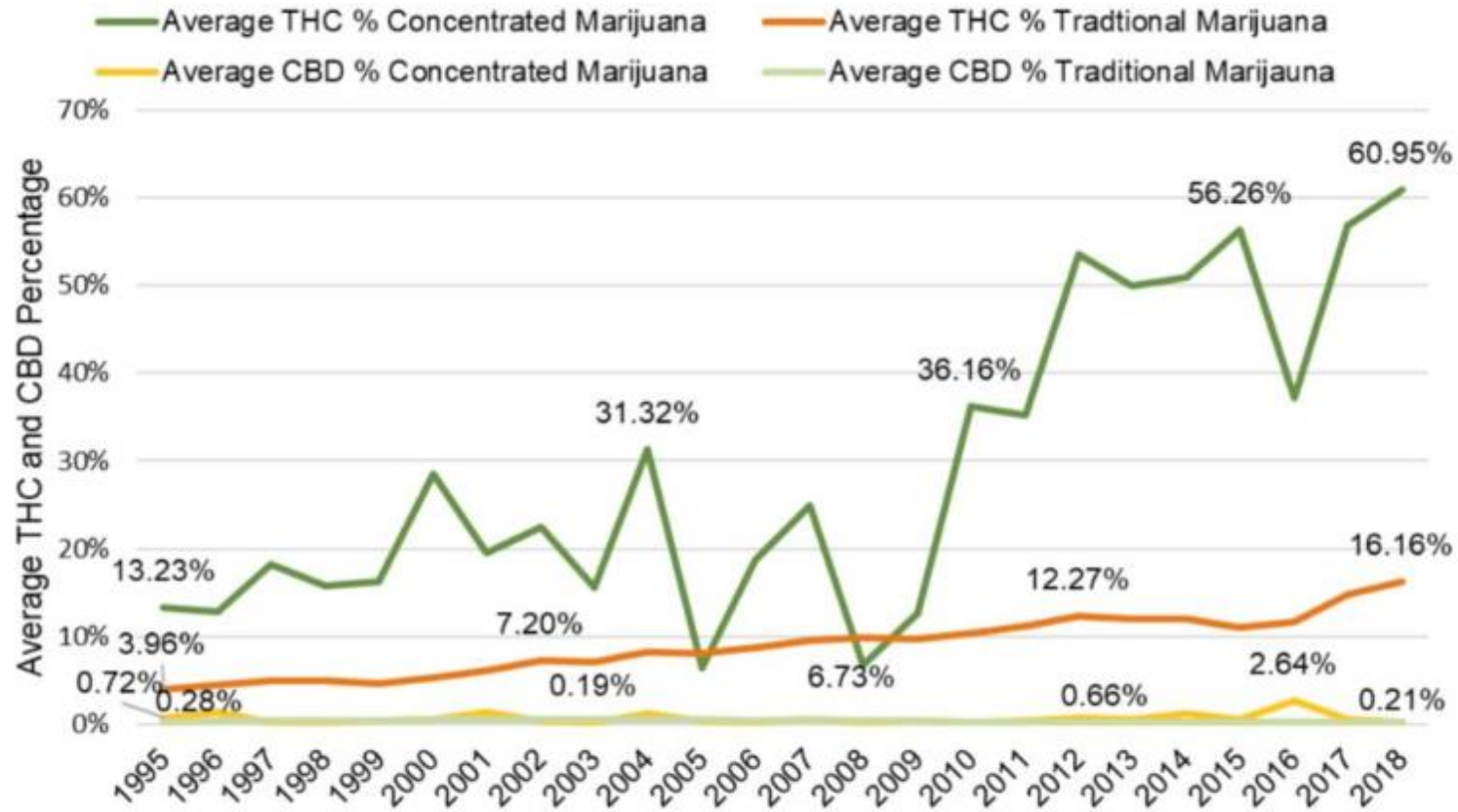
Marijuana & other THC products including hemp derived have been seen as safe to use during pregnancy due to fact that they are considered “natural”.

- THC affects fetal brain development which can result in poor cognitive function and other long-term consequences.
- THC can lead to low birth weight and premature birth.
- While breastfeeding, it is important to know that breastmilk can contain THC for up to six days after use. THC in breastmilk can also affect your baby's brain development.
- CBD can cause liver toxicity.
- CBD that contains THC or is contaminated with other substances are harmful for both mother and baby.
- High doses of CBD can possibly also lead to problems with the reproductive system in male fetuses.



THC & CBD Potency

Figure 71. Average THC and Cannabidiol Potency of Traditional and Concentrated Marijuana, 1995 – 2018



Source: University of Mississippi

Tobacco & Pregnancy

PREGNANT WOMEN



Iowa experiences higher rates of maternal tobacco use.

Iowa is among the top 15 states for maternal smoking:

10% of women in Iowa smoke while pregnant **compared to 5% of pregnant women nationwide.**

Smoking while pregnant leads to a higher likelihood of ...

BRAIN AND/OR LUNG DAMAGE

SMALLER BIRTH SIZE

STILL BIRTH/ PREMATURE DELIVERY

COLIC

SUDDEN INFANT DEATH SYNDROME (SIDS)



MORE THAN

20% of all SIDS cases can be linked to maternal smoking.

25% of new mothers reported a healthcare provider **DID NOT** ask them if they smoke cigarettes in the 12 months before pregnancy.



It's never a bad time to quit using tobacco. **Quitting at any time during pregnancy is a healthier day for both baby and parent.**

IDPH
IOWA Department
of PUBLIC HEALTH

Tobacco & Pregnancy-Vaping & Nicotine Pouches



Vaping devices and other products that contain nicotine are a health danger for pregnant women and can damage a developing baby's brain and lungs.



Alcohol

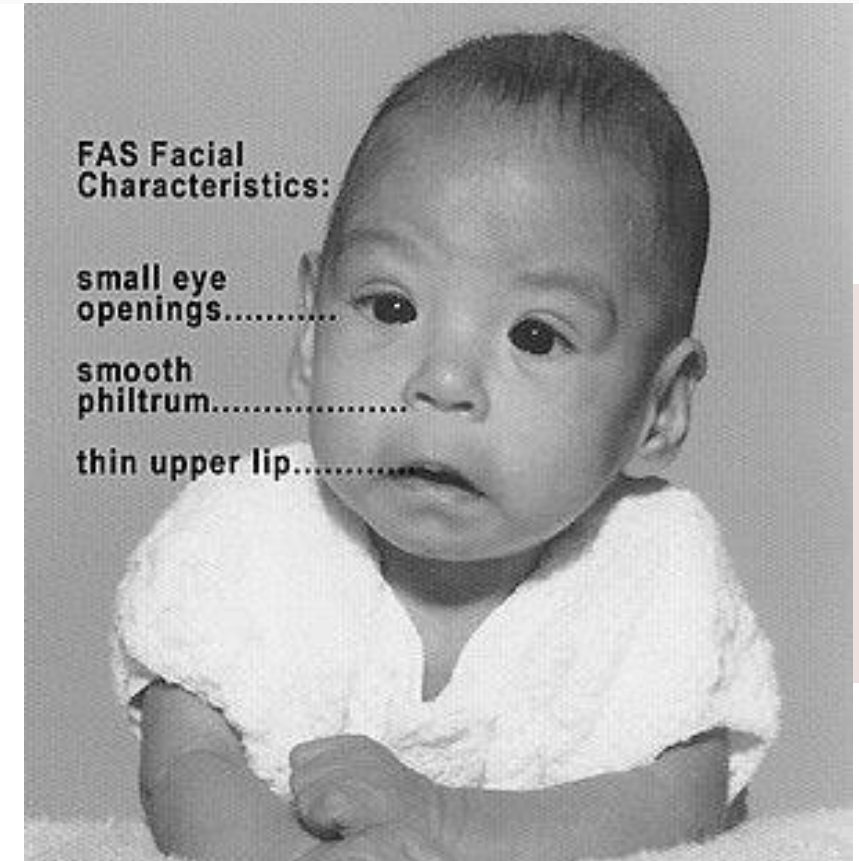
NO AMOUNT OF ALCOHOL IS SAFE DURING PREGNANCY

It can cause:

- ♦ Serious issues with brain development
- ♦ Miscarriage
- ♦ Stillbirth
- ♦ Fetal Alcohol syndrome

Fetal Alcohol Spectrum Disorder (FASD)

- **Abnormal facial and physical features**
- **Learning disabilities**
- **Intellectual disabilities or low IQ**
- **Speech/language delays**
- **Poor memory and reasoning skills**
- **Vision, hearing, heart, kidney, and/or bone problems**





Illicit Drugs

Use of illegal/illicit drugs like cocaine, heroin, meth, etc., during pregnancy can lead to:

- **Health risks in mother including infections & anemia**
- **Cognitive and behavioral problems in the baby**
- **Miscarriage, premature birth, or stillbirth**
- **Growth defect and low birth weight**
- **Sudden Infant Death Syndrome (SIDS)**



Opioid & Prescription Drugs

- ♦ **Opioids- A class of drugs used to manage pain but can lead to addiction. Use during pregnancy has been linked to:**
 - ♦ **Preterm birth**
 - ♦ **Stillbirth**
 - ♦ **Maternal mortality**
 - ♦ **Neonatal Abstinence Syndrome (NAS)**

It is important for pregnant women to talk to their medical providers about all prescription drugs.

Importance of Substance Screenings

- In the US, 40% of persons with a lifetime drug use disorder and 26% with a combined alcohol and drug use disorder during the prior year are women.
- The most frequently used substances in pregnancy are tobacco, alcohol, and marijuana, followed by cocaine and opioids.
- Universal screening is recommended, with access to effective interventions if indicated. However, pregnant women who use substances often feel stigmatized, and barriers to evidence-based treatments exist.

an: _____ Case #: _____
 Name: _____ Date: _____
 Birth: _____ Race: _____ Age: _____
 s: _____
 's Phone #: _____

		Provide Domestic Violence Assessment	Provide Substance Abuse Prevention Education	Provide Tobacco Intervention and/or Substance Abuse Assessment
ts	Did either of your parents have any problem with drugs or alcohol?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	Does your partner have any problem with drugs or alcohol?	<input type="checkbox"/> No	<input type="checkbox"/> Yes	
er	Is your partner's temper ever a problem for you?	<input type="checkbox"/> No	<input type="checkbox"/> Yes	
	Have you ever felt out of control or helpless?	<input type="checkbox"/> No	<input type="checkbox"/> Yes	
	Does your partner threaten to hurt you or punish you?	<input type="checkbox"/> No	<input type="checkbox"/> Yes	
my	Have you ever drunk beer/wine(wine cooler)/daiquiri/liquor?	<input type="checkbox"/> No	<input type="checkbox"/> Yes	
	Have you ever felt down, depressed or hopeless?	<input type="checkbox"/> No	<input type="checkbox"/> Yes	
	Have you lost interest in things that used to be fun to you?	<input type="checkbox"/> No	<input type="checkbox"/> Yes	
my	In the month before you knew you were pregnant, how many cigarettes did you smoke?	<input type="checkbox"/> None		<input type="checkbox"/> Any
	In the month before you knew you were pregnant, how much wine/beer/liquor did you drink?	<input type="checkbox"/> None		<input type="checkbox"/> Any

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Upstream 2015. Sample form. Not for distribution or reproduction without written consent. if Yes, complete the follow-up questions

Follow-up Questions to 4Ps Plus

Sometimes a woman feels depressed, nervous, or stressed out. When this happens to you, do any of the following help you feel better or to relax?

1. Talk things over with friends or relatives? No Yes

2. Smoke cigarettes? No Yes

3. Smoke marijuana or pot? No Yes

4. Have a drink of beer, wine or other alcohol? No Yes

5. Take some type of pill or medication? No Yes

6. Last month, about how many days a week did you usually drink beer, wine, a daiquiri or liquor?
 Did not drink Every day 3 to 6 days a week 1 or 2 days a week Less than 1 day a week

7. Last month before you knew you were pregnant, about how many days a week did you usually use marijuana?
 Did not use any drug Every day 3 to 6 days a week 1 or 2 days a week Less than 1 day a week

8. Last month before you knew you were pregnant, about how many days a week did you usually use any drug such as cocaine or meth?
 Did not use any drug Every day 3 to 6 days a week 1 or 2 days a week Less than 1 day a week

9. Last month, about how many days a week did you usually use marijuana?
 Did not use any drug Every day 3 to 6 days a week 1 or 2 days a week Less than 1 day a week

10. Last month, about how many days a week did you usually use any drug such as cocaine, heroin, or meth?
 Did not use any drug Every day 3 to 6 days a week 1 or 2 days a week Less than 1 day a week

11. Last month, about how many days a week did you usually smoke cigarettes?
 Did not smoke Every day 3 to 6 days a week 1 or 2 days a week Less than 1 day a week

Intervention and Referrals Made: Check all that apply

Substance Abuse Treatment	Referral Accepted?	Date: _____ Signature: _____ Circle: MD RN MSW LPN NP MA RD BCSAC Other: _____ Screening Site: _____
Perinatal Health	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Domestic Violence	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Tobacco Cessation	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Substance Abuse Treatment	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Perinatal Health	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Refer for further evaluation

Screening Tools-4P's Plus NTI Upstream

- Behavioral Health Screening tool for pregnant women.
- Screens for alcohol, tobacco marijuana, illicit drug use, depression and domestic violence.
- Licensing & Data Management Fees.
- Admin time: 3-5 Min.
- Training provided by Upstream

<https://www.ntiupstream.com/4psabout>



Screening Tools-5P's

- Adapted by the Massachusetts Institute for Health and Recovery in 1999.
- Screens for alcohol, tobacco marijuana, and illicit drug use,
- FREE
- Admin Time- 2-3 minutes

<https://www.wsha.org/wp-content/uploads/5-Ps-Screening-Questions-wit-8.17.2022.pdf>

5Ps Prenatal Substance Abuse Screen for Alcohol, Drugs and Tobacco

Develop a comfortable rapport with the client. Advise the client that the responses she provides are confidential and may only be used for her evaluation and treatment. Let her know that if she has discomfort with any topic on the questionnaire "No Answer" is an acceptable response. We recommend this so that women don't feel pressured and will return for further prenatal care

1. Did any of your *parents* have a problem with using alcohol or drugs?
 - a. Yes
 - b. No
 - c. No Response
2. Do any of your friends (*peers*) have problems with drug or alcohol use?
 - a. Yes
 - b. No
 - c. No Response
3. Does your *partner* have a problem with drug or alcohol use?
 - a. Yes
 - b. No
 - c. No Response
4. Before you knew you were *pregnant*, how often did you drink beer, wine, wine coolers or liquor or use any kind of drug?
 - a. Not at all
 - b. Rarely
 - c. Sometimes
 - d. Frequently
 - e. No Response
5. In the *past* month, how often did you drink beer, wine, wine coolers or liquor or use any kind of drug?
 - a. Not at all
 - b. Rarely
 - c. Sometimes
 - d. Frequently
 - e. No Response
6. How much did you *smoke* before you knew you were pregnant?
 - a. Don't smoke
 - b. 1/2 pack/day
 - c. 1 pack/day
 - d. 1-2 packs
 - e. No response

Screening Tools- ASSIST

- Alcohol, Smoking, and Substance Involvement Screening Test.
- Developed for WHO by a group of researchers and clinicians.
- Free to Use.
- Admin time: 10-20min.
- FREE
- <https://www.who.int/publications/i/item/978924159938-2>



Local Resources

- Siouxland Cares Evaluation Referral- Guide that lists organizations, types of evaluations offered, access timeframe, evaluation times, and payment structure.
<http://siouxlandcares.org/helpfultools/resources-links/>
- Growing Community Connections Guide- Online guide for Siouxland where you can search for a variety of resources including substance use assistance, mental health, housing, utilities, food, etc. <https://gccrg.org/>
- Mental Health Provider List for Siouxland- List of mental health providers, hours of operation, payments & insurance info, therapies provided.
<https://www.siouxlanddistricthealth.org/community/community-involvement-and-coalitions/mental-health-provider-referral-guide>

Additional Resources

- Quitline Iowa- Tobacco/Vaping cessation
 - Special Pregnancy program- incentives offered
 - Free
- Your Life Iowa
 - Alcohol, Drugs, Gambling, Suicide, Mental Health
 - Free
- Mother To Baby
 - Provides evidence-based information on safety of medications and other exposures during pregnancy while breastfeeding.



Need to Know:

How different
substances affect
you & your baby
during pregnancy



Thank You

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Molina Value-Added Services



Healthy Rewards – Get rewarded for healthy activities!

Healthy Rewards are set dollar amounts you earn by taking care of your health.

Over \$200
in rewards
for completing
preventive
services*

What Can I Buy?

Food

- Any item approved for purchase with EBT/Food Stamps

Over-the-counter health and wellness items

- Allergy sinus cold & flu
- Oral health Diabetes care
- Digestive health
- Eye care
- First aid Foot care
- Incontinence products
- Pain relief
- Sun & skin care
- Support, braces, & wraps
- Vitamins



Baby items (Maternity Bonus Rewards)

- Infant diapers
- Toddler pull-ups
- Baby wipes
- Baby formula
- Pack-n-play*
- Car seat*

*Can only be purchased online or in-store at Walmart

Gas at the pump

Access to Health & Wellness



Over-the-counter Medications – OTC Nations

Get up to \$120 worth of over-the-counter items per year.



Meals after high-risk hospitalization

High-risk members may qualify for home delivered meals after being discharged from the hospital. Case manager referral needed.



Weight Management

Get a no-cost WW[®], formerly Weight Watchers, membership for qualified members.



Smoking Cessation

Quitline will provide nicotine replacement therapy and coaching sessions for qualified members.

Transportation VAB

Get 4 one-way rides per month per member to medical/vision/behavioral health appointments, foodbanks, grocery stores, farmers markets, Women, Infants, and Children (WIC) appointments, public assistance appointments, job training, interviews,, and more!

Call Access2Care at
(866) 849-2062
to schedule a ride.



It is important to call **2 business days** in advance of an appointment to schedule a free ride.

Education and Learning

Pass and
get a
\$25 gift
card!

High School Equivalency Diploma (HiSET) Exam

Further your education with a free voucher to take the HiSET exam. Voucher can be utilized once while enrolled with Molina.

Youth Membership



Can Play membership Can Play offers adapted and no-cost sports and recreation programs in Polk, Dallas and Johnson Counties for Medicaid waiver members 19 years old and younger.

Coming August 2024 **YMCA Membership** – changes are being made to make this a greater value-add for members!

Pregnant Members and Babies Health



Early Prenatal Visit

Pregnant members who visit their doctor in the first trimester (or within 42 days of enrolling with Molina) can earn a \$75 healthy benefits reward. Plus, earn rewards for postpartum and well-child visits.



Baby Showers

Pregnant or postpartum members are invited to join our baby showers. You can earn a \$100 healthy benefits reward plus a chance to win giveaway items!



Count the Kicks

A no-cost app used to track baby's movement during the last months of pregnancy to ensure the baby arrives safely.

Doula Support



Women experiencing health disparities, or have a high-risk pregnancy, doula services from a trained pregnancy expert can help support you and your family before, during and after birth.

Meal delivery for high risk pregnant and postpartum members

For qualified members, Molina will provide up to no-cost meals delivered to your home. Members can use this benefit while pregnant and up to one year after delivery.

How to Claim Rewards?



Call Member Services at **(844) 236-0894**



Contact your **Case Manager**



Login to the **My Molina** app/Member Portal

Questions?

Email: MEInquiries@MolinaHealthcare.com OR
Julie.Baker@MolinaHealthcare.com



Thank You

