NetworkWebinar

Substance Use Disorders and Child Welfare

Part 2 of a 3-part series addressing Substance Use Disorders, the opioid epidemic, child welfare and a family-centered approach

April 22, 2020

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NCSACW Presenter



LEARNING OBJECTIVES

By participating in this training, you will:

- Become familiar with substance use as a disorder
- Gain knowledge around the history of the disorder and the opioid epidemic
- Learn about substance use disorder treatment and recovery processes

A THANK YOU TO OUR SPONSORS

This project is supported by Grant No. 2017-AR-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance and the Office for Victims of Crime are components of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions are those of the authors, contributors, or presenters and do not necessarily represent the official position or policies of the U.S. Department of Justice.





OVC-BJA National Stakeholder Partnership (NSP)

The content provided by this resource is made possible through participation in the Office for Victims of Crime (OVC) and Bureau of Justice Assistance (BJA) **National Stakeholder Partnership (NSP)**.

This **Partnership**, comprised of seven national organizations, leverages expertise on child and youth impacted and victimized by the nation's opioid and broader substance use crisis, with an emphasis on multidisciplinary collaborations, research, and promotion of training and education.

Members of the NSP dedicate time and resources to inform the planning, development, and implementation of OVC and BJA initiatives designed to respond to, treat, and support those impacted by the opioid epidemic, specifically young victims. In addition, members participate in informative, national conversations regarding children and youth impact and best-practice models that focus on innovative strategies and force-multiplying partnerships.

The overarching goals of this work are to advance awareness and knowledge to help mitigate the traumatization of children and youth and to advance dissemination of innovative practices throughout the field.



NCSACW PRESENTER

SARAH FOX, MA PROGRAMASSOCIATE

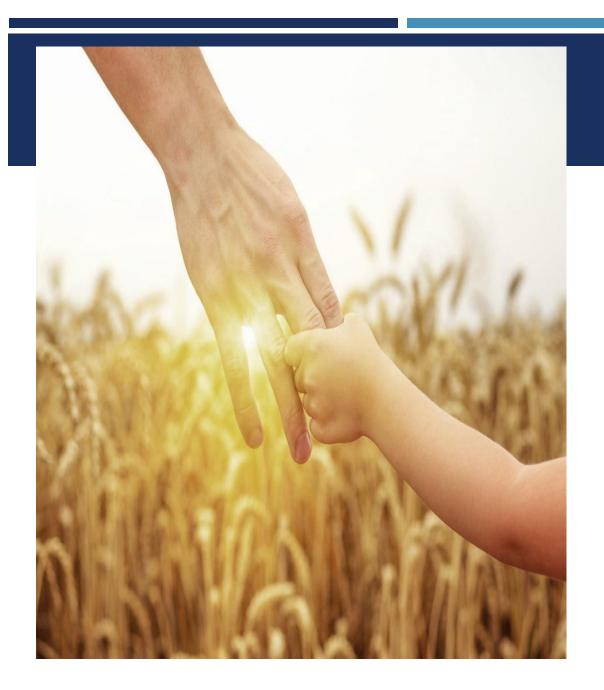
ACKNOWLEDGEMENT



A program funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Administration for Children and Families (ACF), Children's Bureau







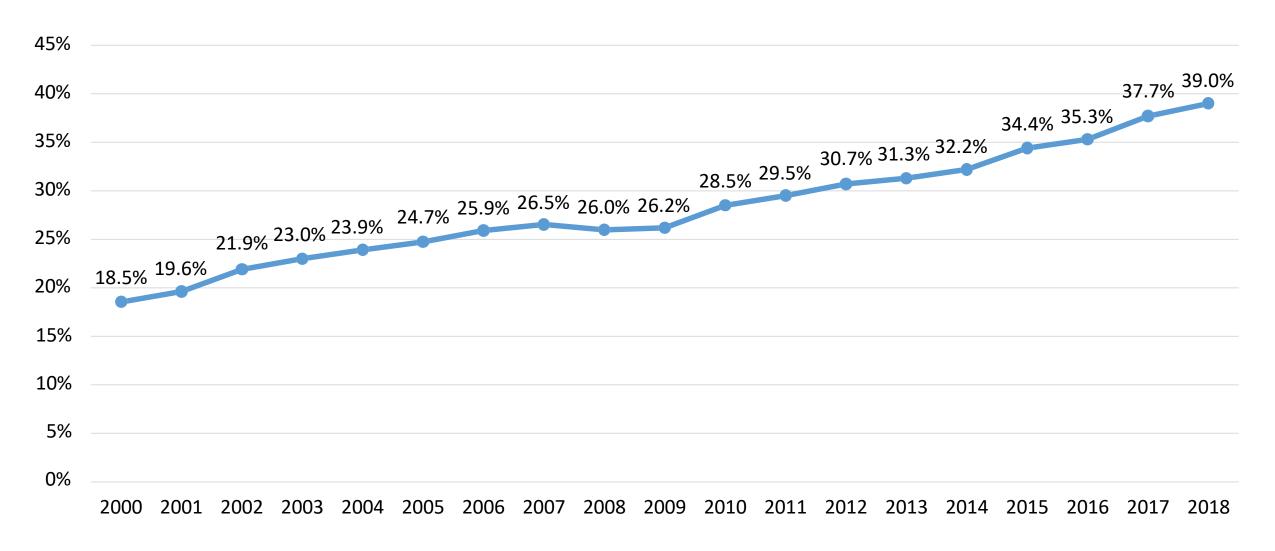
OVERVIEW

PART 2 OF 3-PART SERIES

- Substance Use Disorders and their impact on children and families
- Substance Use Disorder treatment
- Family centered approach
- Relapse, recovery maintenance and peer recovery supports



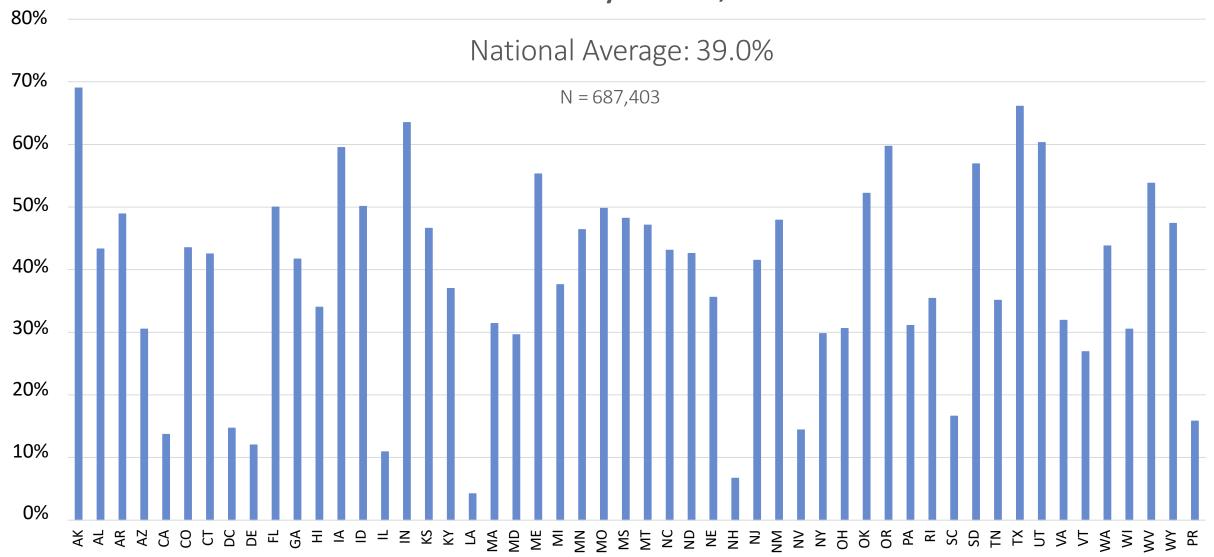
Prevalence of Parental Alcohol or Drug Abuse as an Identified Condition of Removal in the United States, 2000 to 2018



Note: Estimates based on <u>all children in out of home care at some point</u> during Fiscal Year

Source: AFCARS Data, 2000-2018

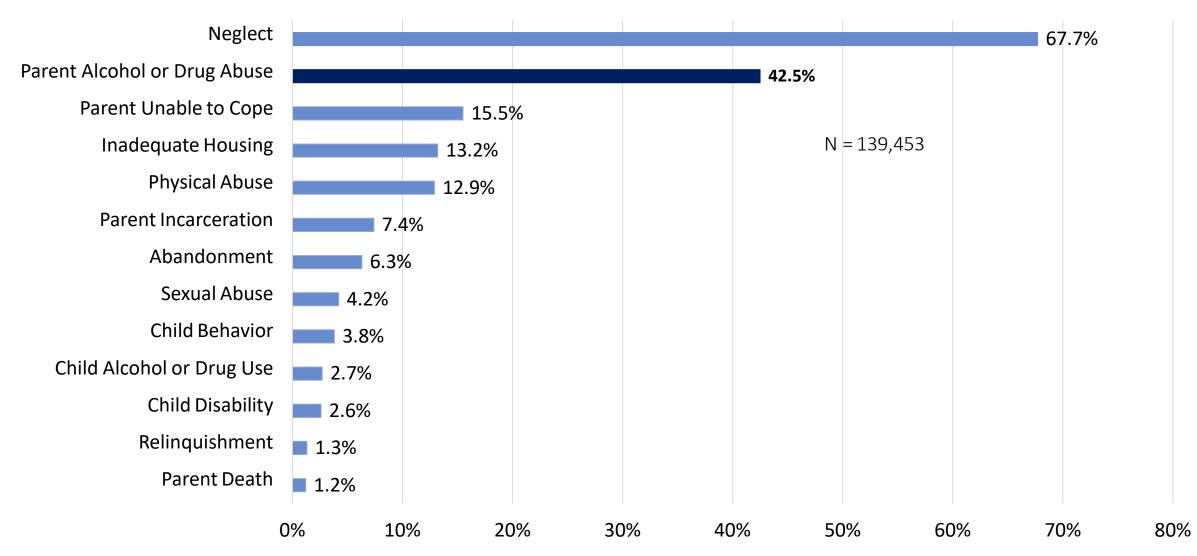
Parental Alcohol or Drug Abuse as an Identified Condition of Removal by State, 2018



Note: Estimates based on <u>all children in out of home care at some point</u> during Fiscal Year

Source: AFCARS Data, 2018 v1

Percent of Children with Terminated Parental Rights by Identified Condition of Removal in the United States, 2018



Note: Estimates based on <u>all children in out of home care at some point</u> during Fiscal Year

Source: AFCARS Data, 2018 v1

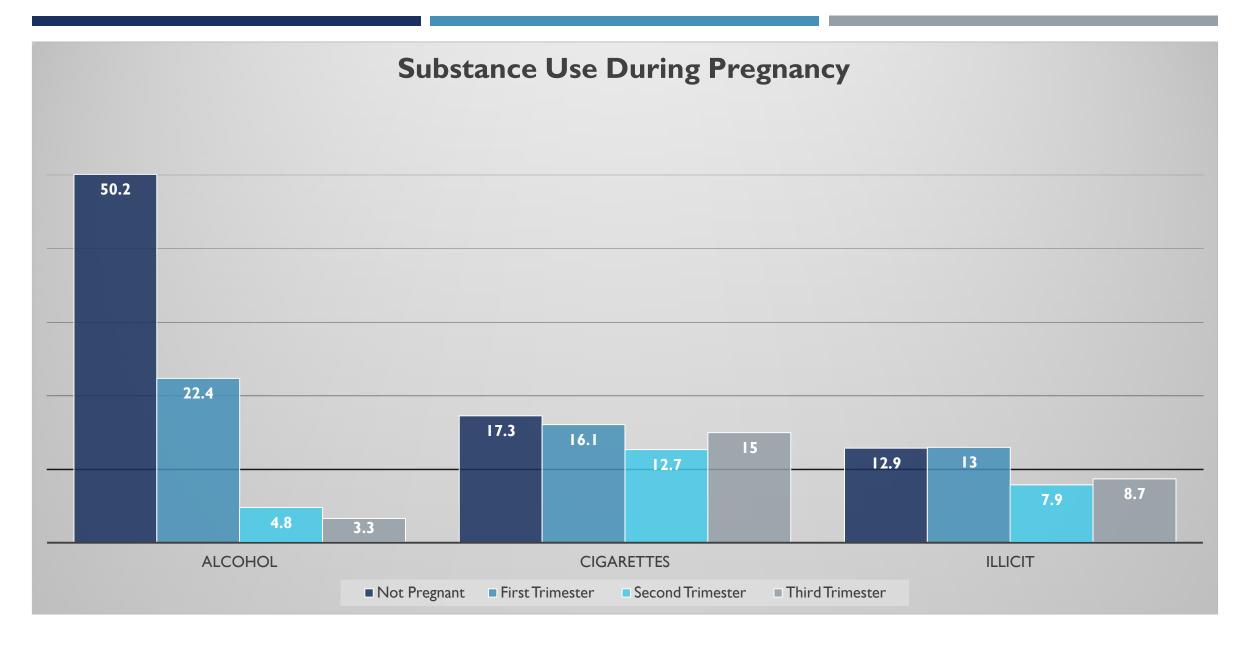


THE IMPACT OF PARENTAL SUBSTANCE USE DISORDERS ON CHILDREN



CHILDHOOD EXPERIENCES OF PARENTAL SUBSTANCE USE DISORDERS

- Prenatal Exposure
- Postnatal Family Environments



The number of women who used opioids during pregnancy increased nearly 70% between 2015 and 2017.

^{1.} Wiles JR, Isemann B, Mizuno T, Tabangin ME, Ward LP, Akinbi H, et al. Pharmacokinetics of Oral Methadone in the Treatment of Neonatal Abstinence Syndrome: A Pilot Study. *J Pediatr*. 2015; 2. Patrick SW, Davis MM, Lehman CU, Cooper WO. Increasing incidence & geographic distribution of neonatal abstinence syndrome: United States 2009 to 2012. *J Perinatol*. 2015;35(8):667; 3. Patrick SW, Schumacher RE, Bennywort BD, Krans EE, McAllister JM, Davis MM. Neonatal Abstinence Syndrome & Associated Health Care Expenditures, United States, 2000-2009. JAMA 2012. 307 (18): 1934-40; 4. Hall ES, Wexelblatt SL, Crowley M, Grow JL, Jasin LR, Klebanoff MA, et al. A multicenter cohort study of treatments & hospital outcomes in neonatal abstinence syndrome. *Pediatrics*. 2014;134(2):e527-534. 5. Tolia VN, Patrick SW, Bennett MM, Murthy K, Sousa J, Smith PB, Clark RH, Spitzer AR. Increasing incidence of the neonatal abstinence syndrome in the U.S. neonatal ICUs. *N Engl J Med*. 2015; 372(22):2118-26.



PRENATAL EFFECTS OF SUBSTANCE USE DISORDER

Methamphetamine

- Effects on the infant: Increased drowsiness, physiologic stress, and decrease in height growth trajectory
- Effects on Child Development: Increased emotional reactivity, anxiety, and depressive symptoms, attention problems and withdrawn behavior

Marijuana

- Effects on the infant: Most well-controlled studies have not implicated in utero marijuana exposure with major fetal growth or physical abnormalities.
- Effects on Child Development: Intellectual development

Tobacco

- Effects on the infant: In utero growth restriction, prematurity, low birth weight, pediatric asthma and ear infections, and greater risk of Sudden Infant Death Syndrome
- Effects on Child Development: Behavioral problems, attention deficit disorders, hyperactivity, learning disabilities, and increased risk of smoking later in life

PRENATAL EXPOSURE

Alcohol

- Effects on the infant: Abnormal facial features, cognitive and behavioral abnormalities, mental retardation, growth problems, and central nervous system problems in the infant
- Effects on Child Development: Information processing difficulties, learning disabilities, attention deficits, hyperactivity, problems with impulse control, language, memory, and social skills, and problems with heart, kidneys, bones, and hearing as a result of exposure to alcohol.

Cocaine

- Effects on the infant: Impaired attention and cognitive functioning
- Effects on Child Development: Decreased weight, height, and head circumference in addition to greater levels of anxiety, depression, and were socially withdrawn

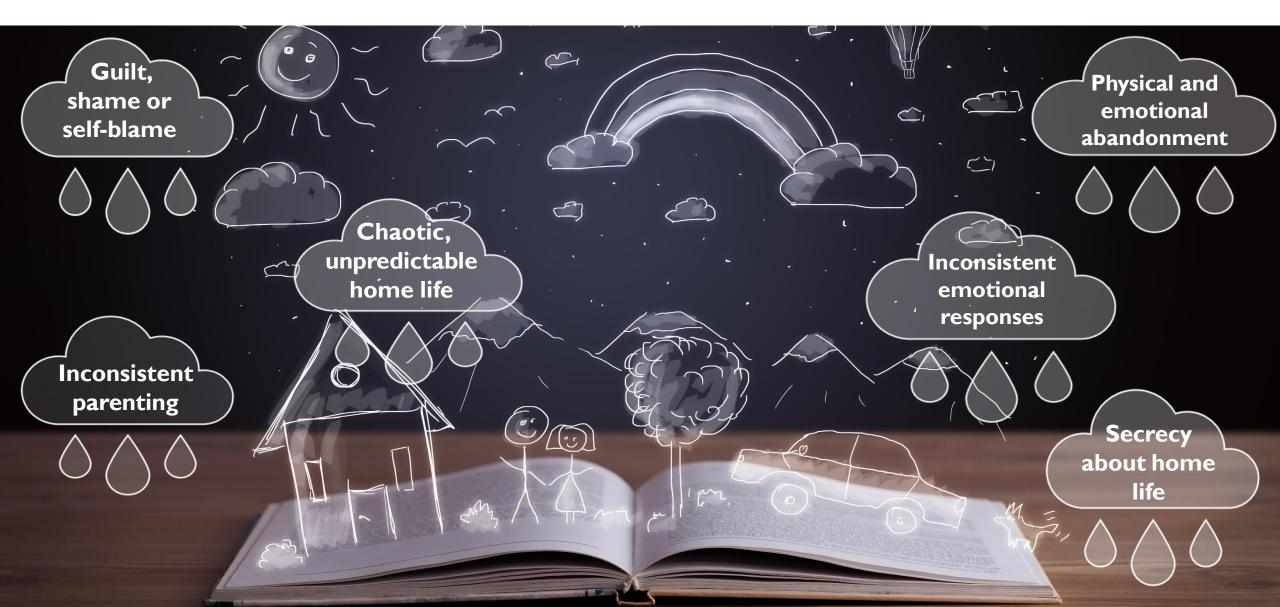
Opiates

- Effects on the infant: Neonatal abstinence syndrome (NAS), born prematurely, with low birth weight, muscle tone changes, and neurobehavioral problems
- Effects on Child Development: Psychomotor developmental delay at a young age

PRENATAL EXPOSURE

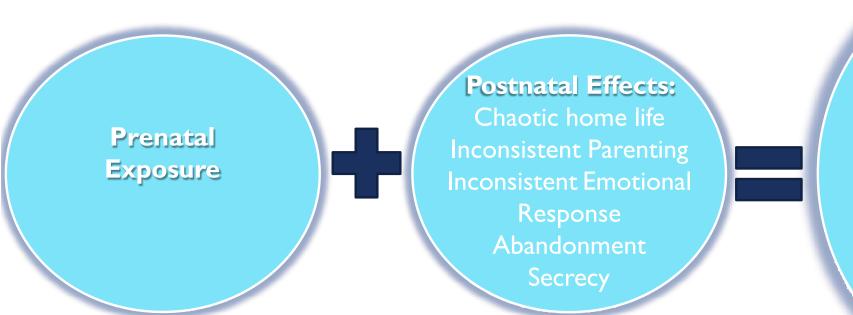


POSTNATAL EXPOSURE

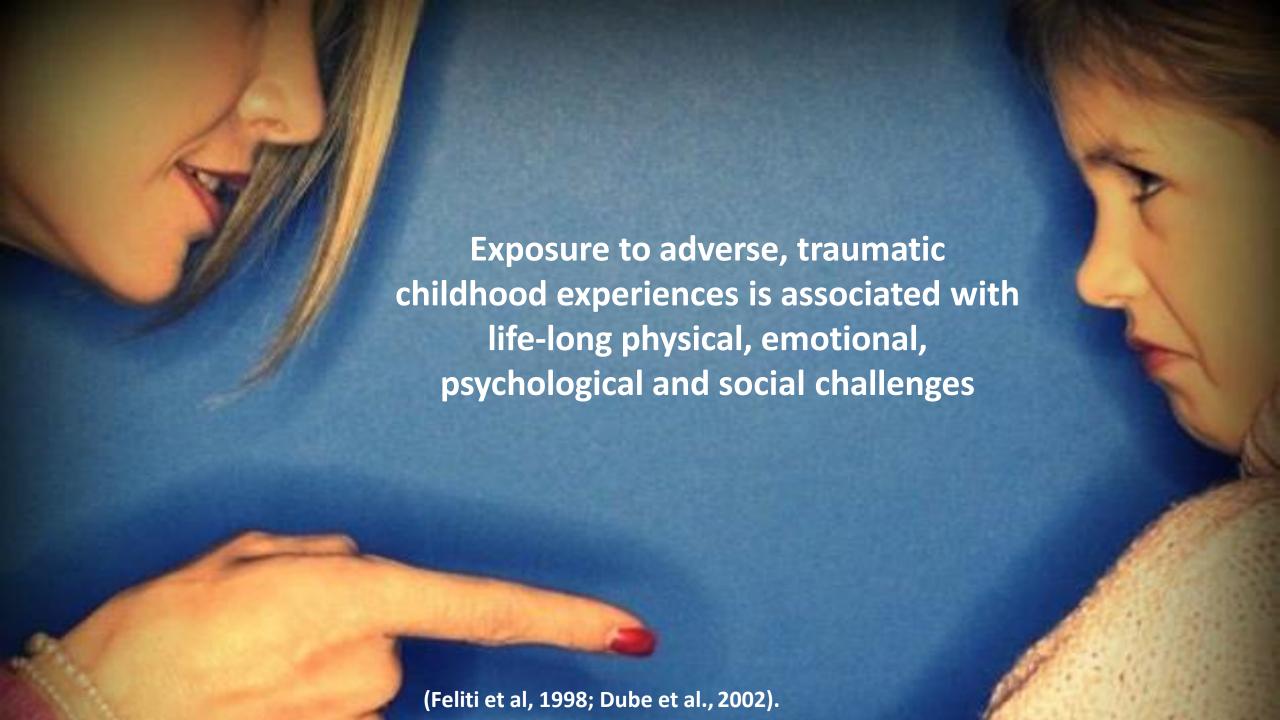




CHILD'S RESPONSE:



Lack of Trust
Insecure Attachment
Perfectionist
Low Self Esteem
Parents the Parent
Extreme shyness or
Aggressiveness



Trauma and Substance Use Disorders



Adverse Childhood Experiences (ACE) Study Classifications

- Physical abuse
- Sexual abuse
- Psychological abuse
- Emotional neglect
- Household dysfunction
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

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5+ Adverse Childhood Experiences



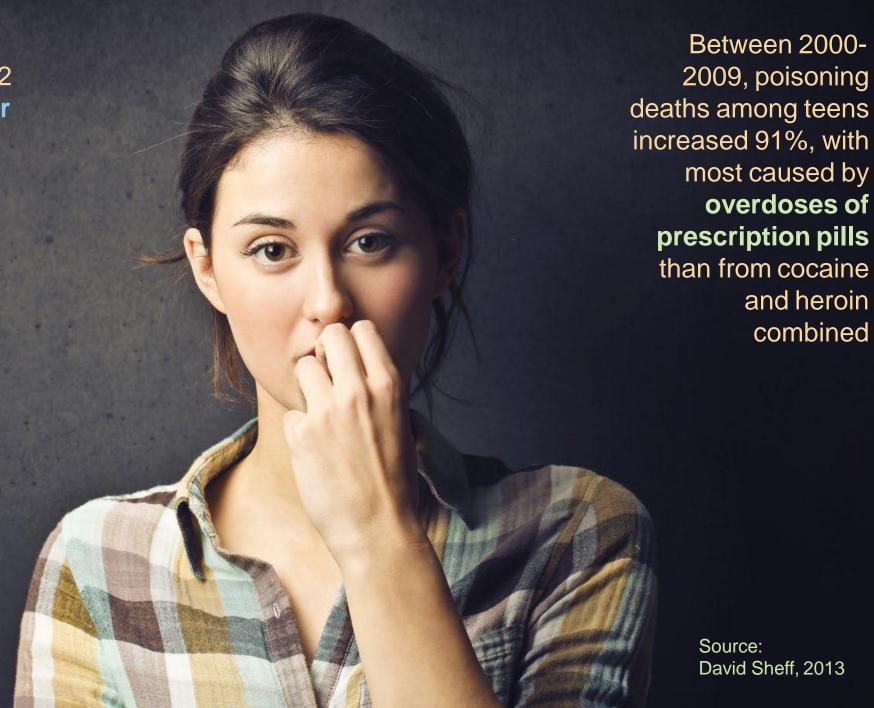
Illicit drug use problems, addiction to illicit drugs, and intravenous drug use



Alcohol Dependence

Every day an average of 8,120 people age 12 and over try drugs for the first time and 12,800 try alcohol more than 20,000 people

Life time marijuana use among teenagers is at its highest level in 30 years. Nearly a quarter of those over twelve years old, sixty million people, binge drink



Source: David Sheff, 2013

overdoses of

and heroin

combined





30-59% rate of dual diagnoses for women with SUD and PTSD

Two-thirds of men and women in substance use disorder treatment reported childhood abuse and neglect

History of physical and sexual abuse reported in $8\,\mathrm{l}\,\%$ of women and 69% of men



HOW TO TALK TO CHILDREN ABOUT THEIR PARENTS' ADDICTION





"Addiction is a disease"

"You are not the reason your parent drinks or uses drugs"

"There are a lot of children like you"

"Let's think of people who you might talk with about your concerns"

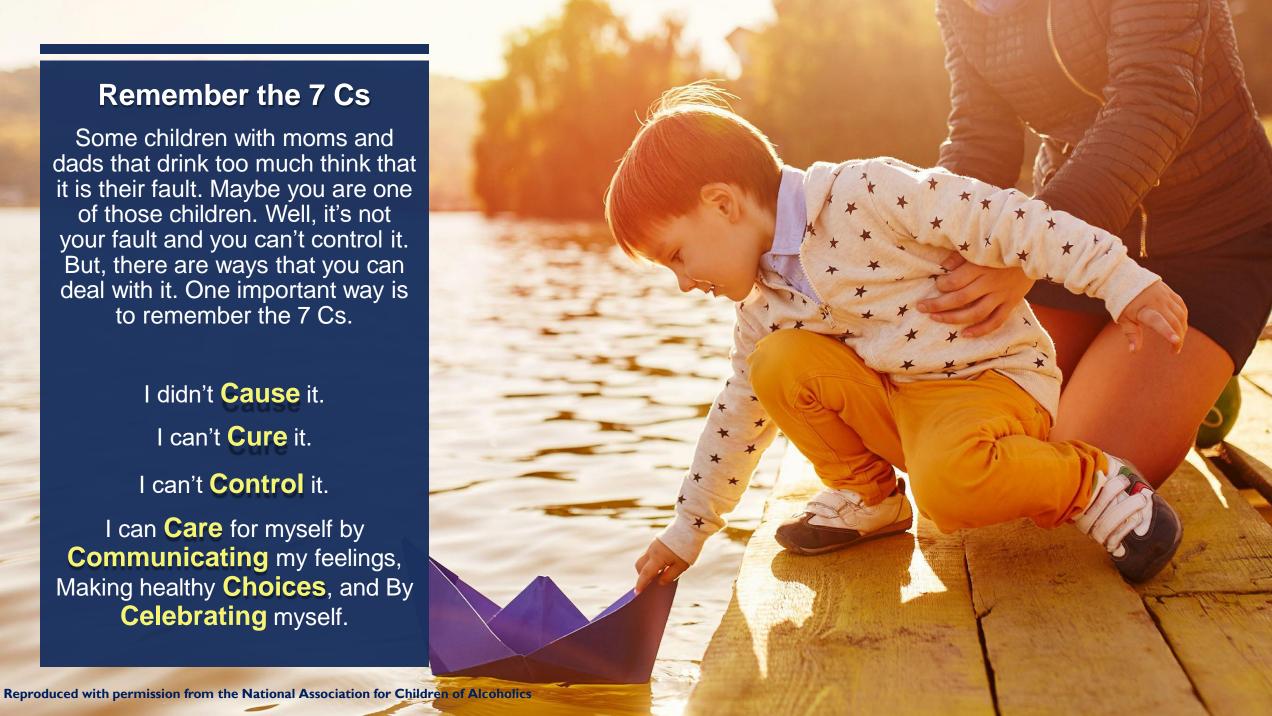
Remember the 7 Cs

Some children with moms and dads that drink too much think that it is their fault. Maybe you are one of those children. Well, it's not your fault and you can't control it. But, there are ways that you can deal with it. One important way is to remember the 7 Cs.

> I didn't Cause it. I can't **Cure** it.

I can't **Control** it.

I can **Care** for myself by Communicating my feelings, Making healthy **Choices**, and By **Celebrating** myself.





ADDICTION AS A FAMILY DISEASE

- The impact on child development is well-known: addiction weakens relationships which are critical to healthy development
- Child-well-being is more than just development, safety and permanency it's about relationships that ensure family well-being
- Impact of substance use combined with added trauma of separation due to out-home custody = severe family disruption



"Groundbreaking discoveries about the brain have revolutionized our understanding of addiction, enabling us to respond effectively to the problem"

- Dr. Nora Volkow,

- Dr. Nora Volkow, National Institute on Drug Abuse



A TREATABLE DISEASE

- Substance use disorders are preventable and treatable
- Discoveries in the science of addiction have led to advances in substance use treatment that help people stop misusing drugs and resume productive lives
- Treatment enables people to counteract addiction's powerful disruptive effects on the brain circuitry and behavior and regain areas of life function

PARENTAL READINESS TO CHANGE

What affects willingness to seek help or change?

- Past mistakes and regrets
- Early experiences
- Past successes

Note: Self-awareness is a key in readiness



(Breshears, Yeh, & Young, 2009; Chaviano et al., 2018)

Rethinking Treatment Readiness



Rethinking "Rock Bottom"

- "Tough love" in the hopes that they will hit rock bottom and want to change their life
- Collective knowledge in the community is to "cut them off, kick them out, or stop talking to them"
- Addiction is a disease of isolation



"Raising the bottom"

- Getting off on an earlier floor
- Has realistic expectations and understands both the neuro-chemical effects on people with substance related and addiction disorders and difficulties and challenges of early recovery
- Readiness
- Recovery occurring in the context of relationships



PRINCIPLES OF DRUG ADDICTION TREATMENT

A RESEARCH-BASED GUIDE

THIRD EDITION

National Institute on Drug Abuse (2012). Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition). Retrieved from www.drug-based-guide-third-drug-addiction-treatment-research-based-guide-third-edition/acknowledgments on September 18, 2014

- Addiction is a complex but treatable disease that affects brain function and behavior
- No single treatment is appropriate for everyone
- Treatment needs to be readily available
- Effective treatment attends to multiple needs of the individual
- Remaining in treatment for an adequate period of time is critical
- Behavioral therapies are the most commonly used forms of drug abuse treatment
- Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies
- An individual's treatment and services plan must be continually assessed and modified
- Many drug-addicted individuals also have other mental disorders
- Medically assisted detoxification is only the first stage of addiction treatment
- Treatment does not need to be voluntary to be effective
- Drug use during treatment must be monitored continuously as lapses do occur
- Treatment programs should test patients for infectious diseases

Treatment Services

Clinical Treatment Services



Outreach and engagement, screening, detoxification, crisis intervention, treatment planning, case management, substance abuse counseling and education, trauma services, medical care, pharmacotherapy, mental health services, drug use monitoring and continuing care

Clinical Support Services



Life skills training, parenting and child development education, family programs, educational remediation and support, employment readiness services, linkages with legal and child welfare systems, housing support, advocacy and recovery community support services

Community Support Services



Recovery management and recovery community support services, housing that encourages alcohol and drug-free living, ongoing family-strengthening services, child care, transportation, Temporary Assistance for Needy Families linkages, vocational and educational services, faith based connections

OVERVIEW OF TREATMENT PROCESS

EARLY IDENTIFICATION, SCREENING AND BRIEF INTERVENTIONS

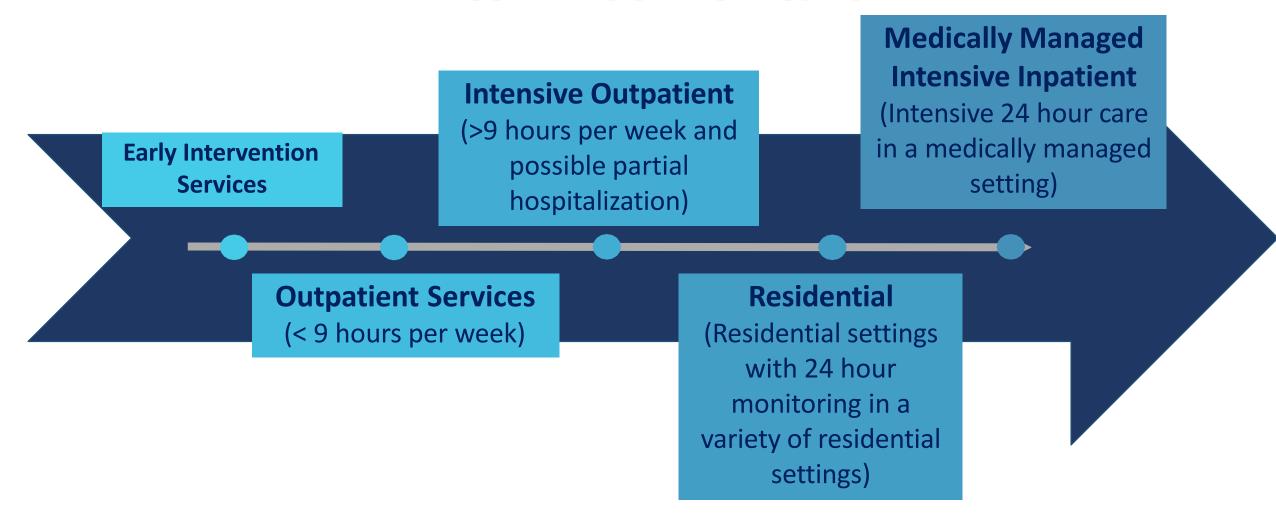
COMPREHENSIVE ASSESSMENT OF AN INDIVIDUAL'S SUBSTANCE USE DISORDER AND CO-OCCURRING HEALTH, MENTAL HEALTH AND OTHER ISSUES

STABILIZATION VIA MEDICALLY SUPERVISED DETOXIFICATION, WHEN NECESSARY

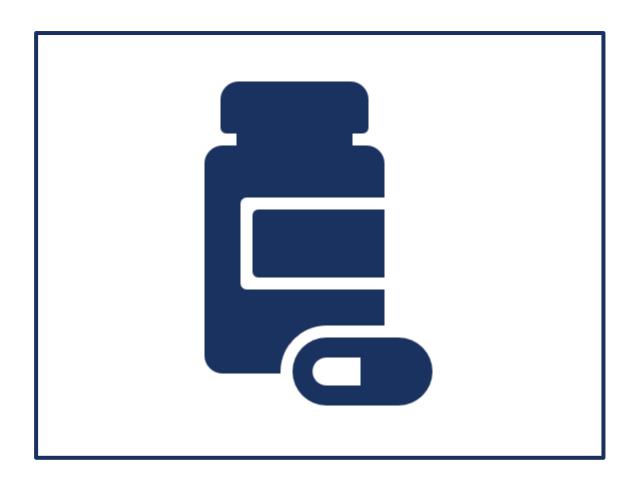
TIMELY AND APPROPRIATE SUBSTANCE USE DISORDER TREATMENT – BOTH ACUTE AND CHRONIC CARE

CONTINUING CARE AND RECOVERY SUPPORT

Levels of Treatment Services Across A Continuum of Care



MEDICATION ASSISTED TREATMENT



A variety of medications are used to complement substanceuse treatment for different types of substance use disorders including:

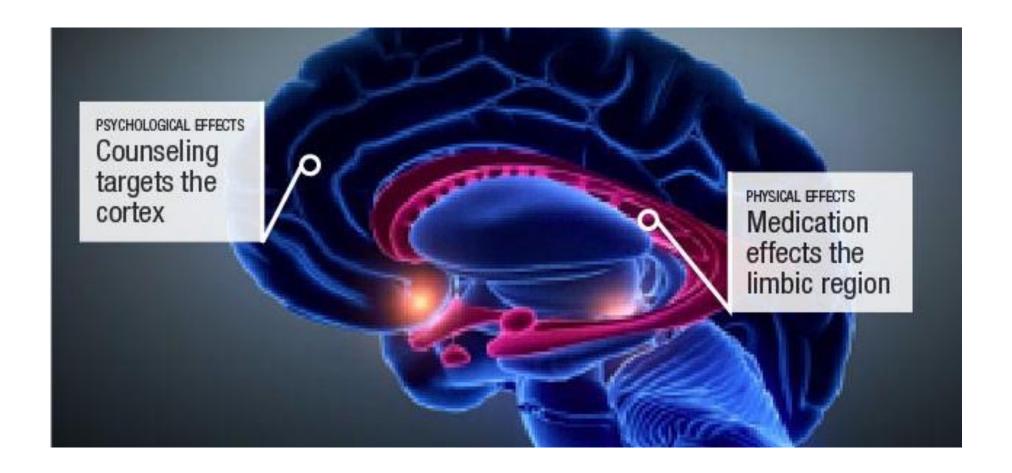
- Tobacco
- Alcohol
- Opioids

Each medication varies in its ability to:

- Prevent or reduce withdrawal symptoms
- Prevent or reduce drug craving

Medical doctors determine the appropriate type of medication, dosage and duration based on each person's:

- Biological makeup
- Addiction history and severity
- Life circumstances and needs



AS PART OF A COMPREHENSIVE TREATMENT PROGRAM, MAT HAS BEEN SHOWN TO:



INCREASE RETENTION
IN TREATMENT



DECREASE ILLICIT
OPIATE USE



DECREASE CRIMINAL ACTIVITIES, RE-ARREST AND RE-INCARCERATION



DECREASE DRUG-RELATED HIV RISK BEHAVIORS



DECREASE PREGNANCY RELATED COMPLICATIONS

Fullerton, C.A., et al. November 18, 2013. Medication-Assisted Treatment with Methadone: Assessing the Evidence. Psychiatric Services in Advance; doi: 10.1176/appi.ps.201300235

The American College of Obstetricians and Gyneocolgoists. (2012) Committee Opinion No. 524: Opioid Abuse, Dependence, and Addiction in Pregnancy. Obstetrics & Gynecology, 119(5), 1070-1076.

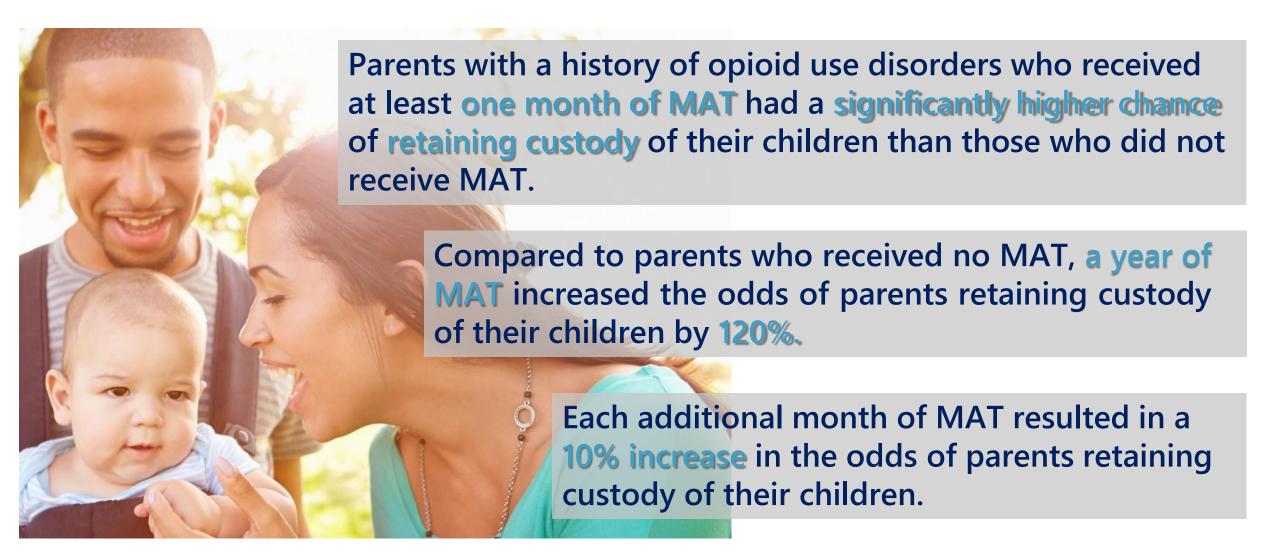
Dolan, K.A., Shearer, J., White, B., Zhou, J., Kaldor, J., & Wodak, A.D. (2005). Four-year follow-up of imprisoned male heroin users and methadone treatment: Mortality, reincarceration and hepatitis C infection. Addiction, 100(6), 820–828.

Gordon, M.S., Kinlock, T.W., Schwartz, R.P., & O'Grady, K.E. (2008). A randomized clinical trial of methadone maintenance for prisoners: Findings at 6 months post-release. Addiction, 103(8), 1333–1342.

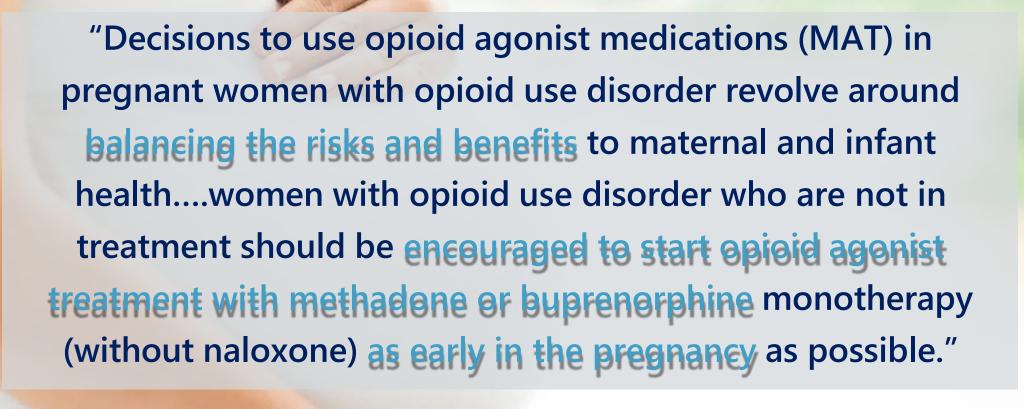
Havnes, I., Bukten, A., Gossop, M., Waal, H., Stangeland, P., & Clausen, T. (2012). Reductions in convictions for violent crime during opioid maintenance treatment: A longitudinal national cohort study. Drug and Alcohol Dependence, 124(3), 307–310.

Kinlock, T.W., Gordon, M.S., Schwartz, R.P., & O'Grady, K.E. (2008). A study of methadone maintenance for male prisoners: Three-month postrelease outcomes. Criminal Justice & Behavior, 35(1), 34–47.

Medication-Assisted Treatment for Parents



Source: Hall, M. T., Wilfong, J., Huebner, R. A., Posze, L., & Willauer, T. (2016). Medication-assisted treatment improves child permanency outcomes for opioid-using families in the child welfare system. *Journal of Substance Abuse Treatment, 71,* 63-67



Source: American Society of Addiction Medicine, National Practice Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use (2015)

UNDERSTANDING TREATMENT PROGRESS

Key factors in understanding treatment progress:*

- Participation in treatment
- Knowledge gained about substance use
- Participation in support systems
- Abstinence from substances
- Relapse prevention planning
- Treatment completion

*You can work with your local treatment providers on what information should be included on progress monitoring updates. Some jurisdictions have created templates for ongoing progress monitoring communication that the treatment providers sends to child welfare regularly.

Family Centered Approach

PARENTS

- Parenting skills and competencies
- Family connections and resources
- Parental mental health co-occurring
- Medication management
- Parental substance use
- Domestic violence
- Trauma

CHILD

- Well-being/behavior
- Developmental/health
- School readiness
- Trauma
- Mental health
- Adolescent substance use
- At-risk youth prevention

FAMILY

- Basic necessities
- Employment
- Housing
- Child care
- Transportation
- Family counseling

Focusing Only on Parent's Recovery Without Addressing the Needs of Children...



Can threaten parent's ability to achieve and sustain recovery and establish a healthy relationship with their children, thus risking:

- Recurrence of maltreatment
- Re-entry into out-of-home care
- Relapse and sustained recovery
- Additional infants with prenatal substance exposure
- Additional exposure to trauma for child/family
- Prolonged and recurring impact on child well-being

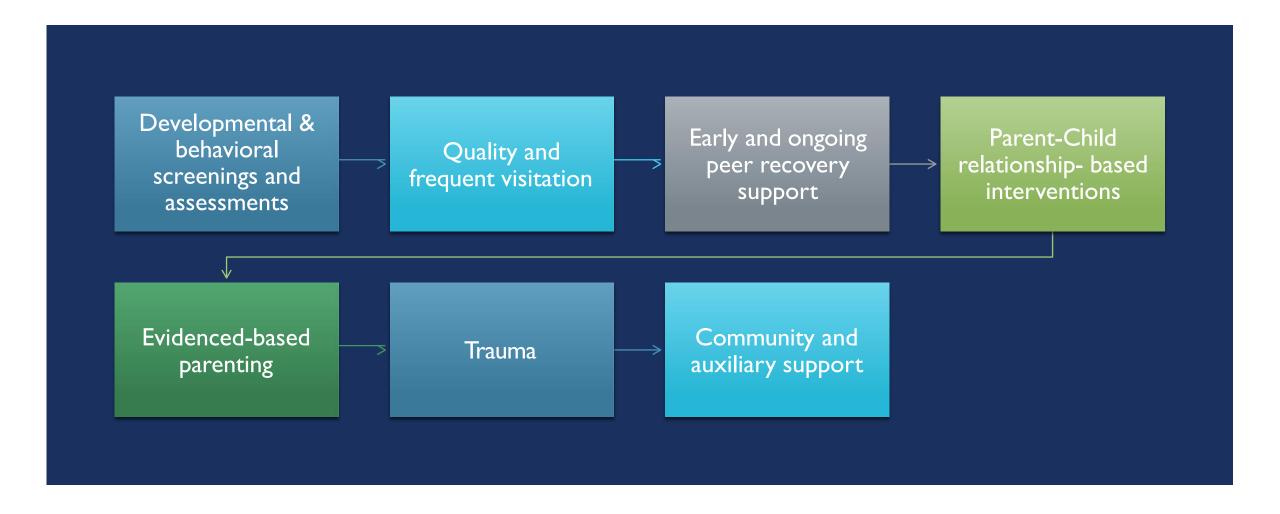
THE COST OF FOCUSING ON PARENT RECOVERY ONLY

- They are children who arrive at kindergarten not ready for school
- They are in special education caseloads
- They are disproportionately in foster care and are less likely to return home
- They are in juvenile justice caseloads
- They are in residential treatment programs
- They develop their own substance use disorders

Scope of Services

An effective cross-system response should provide the scope of services needed to address the effects of parental substance use on family relationships – *family-based and family-strengthening approaches* towards recovery.





PARENT-CHILD KEY SERVICE COMPONENTS

IMPACT OF VISITATION ON REUNIFICATION OUTCOMES

Children and youth who have **regular**, **frequent contact** with their families are **more likely to reunify and less likely to reenter foster care** after reunification (Mallon, 2011)

Visits provide an important **opportunity to gather information** about a parent's capacity to appropriately address and provide for their child's needs, as well as the family's overall readiness for reunification

Parent-Child Contact (Visitation): Research shows **frequent visitation increases the likelihood** of reunification, **reduces time** in out-of-home care (Hess, 2003), and **promotes healthy attachment** and **reduces negative effects** of separation (Dougherty, 2004)

Recovery Occurs in the Context of Relationships

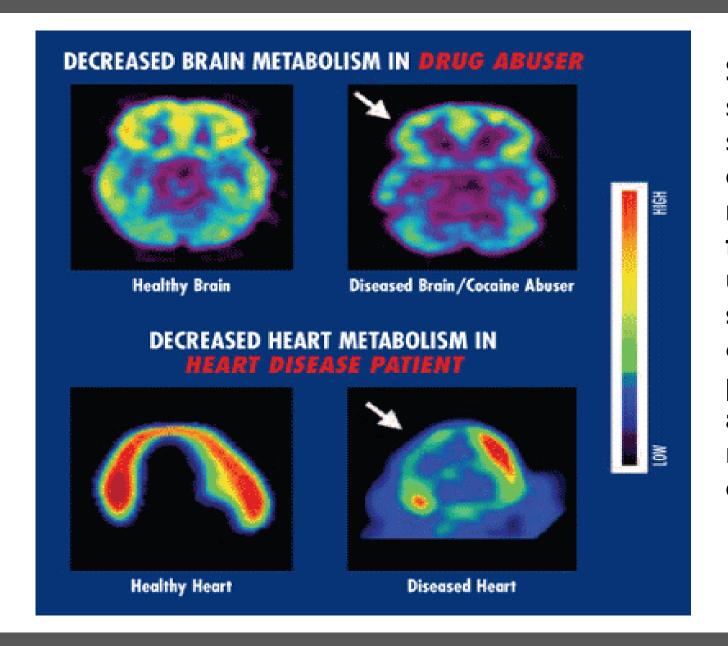


What is recovery?

SAMHSA's Working Definition

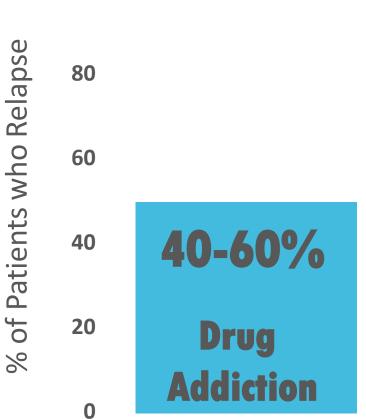
Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

Access to evidence-based substance use disorder treatment and recovery support services are important building blocks to recovery.



Substance use disorders are similar to other diseases, such as heart disease. Both diseases disrupt the normal, healthy functioning of the underlying organ, have serious harmful consequences, are preventable, treatable, and if left untreated, can result in premature death.





Comparison of Relapse





Hypertension

Asthma

Addiction and Other Chronic Conditions

Health

Home

Purpose

Community

FOUR MAJOR DIMENSIONS

Post Treatment Expectations

- Recovery as "one day at a time" for the rest of a person's life
- Relapse
- Ongoing support:
 - Economic, vocational, housing, parenting, medical, and social supports
 - Re-engagement in the recovery process, should relapse occur
 - Supporting recovery

(National Institute on Drug Abuse, 2018b)



THE IMPACT OF RECOVERY SUPPORT

- Recovery Support Specialists
- Family-Centered Services
- Evidence-Based Parenting
- SuccessfulVisitation
- Evidence-BasedTreatment
- Reunification Groups
- Ongoing Support

Functions of Recovery Support Specialists

Liaison

• Links participants to ancillary supports; identifies service gaps

Treatment Broker

- Facilitates access to treatment by addressing barriers and identifies local resources
- Monitors participant progress and compliance
- Enters case data

Advisor

- Educates community; garners local support
- Communicates with treatment team, staff and service providers







Systems-Level Policy Efforts that Support to Practice Innovations



Commitment to Shared Mission, Vision, and Goals



Efficient Cross-Systems Communication



Ongoing Cross-Training and Staff Development



Sustainability and Institutionalization of Practices



Measuring and Monitoring Outcomes

Practice Strategies and Innovations



Early
Identification of
Families in Need
of SUD Treatment



Timely Access to Assessment and Treatment Services



Recovery Support Services

Key Shared Outcomes for Families



Family-Centered Treatment Services



Frequent
Monitoring and
Responses to
Behaviors

Recovery

Parents access treatment more quickly; stay in treatment longer;

Remain at Home

More children remain at home throughout program

Reunification

Children stay less days in foster care and reunify within 12 months at a higher

Repeat Maltreatment

Fewer children experience subsequent maltreatment

Re-entry

Fewer children who reunify return back to foster care

Free Online Tutorials for Cross-Systems Learning



Understanding Substance Abuse and Facilitating Recovery: A Guide for Child Welfare Workers



Understanding Child Welfare and the Dependency Court: A Guide for Substance Abuse Treatment Professionals



Understanding Substance Use Disorders, Treatment and Family Recovery: A Guide for Legal Professionals



www.ncsacw.samhsa.gov/.org





THE USE OF PEERS
AND RECOVERY SPECIALISTS
IN CHILD WELFARE SETTINGS

Purpose: The brief offers implementation considerations that professionals can draw from when implementing peer or recovery specialist models in their communities.

Audience: Administrative and executive-level professionals from:

- Child Welfare
- Substance Use Disorder Treatment
- Courts

Key Informant Interviews

 Representatives from four programs–2 peer support programs and 2 recovery specialist programs—that have demonstrated positive child welfare and recovery outcomes for families

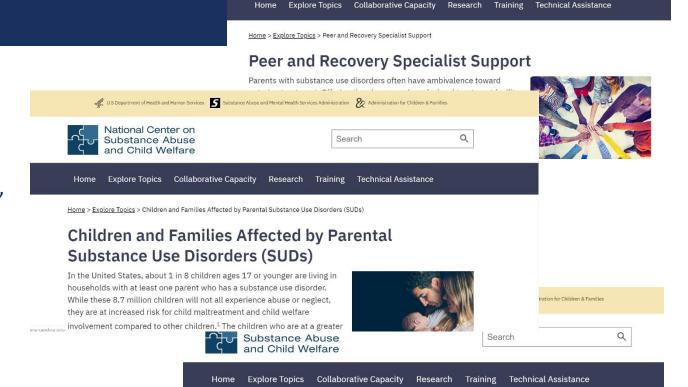
ADDITIONAL RESOURCES

Web-Based Resource Directory

- Includes research, training materials, webinars and videos, site examples and other resources
- Topics include substance use disorders and treatment, medication-assisted treatment, infants with prenatal substance exposure, and supporting families with opioid use disorders

Technical Assistance

- Identifying values and principles of collaborative practice to address differences and develop agency values', missions and mandates
- Examples of effective collaborative practice between substance use providers, child welfare and the courts



National Center on Substance Abuse

U.S Department of Health and Human Services Substance Abuse and Mental Health Services Administration Administration for Children & Families

Home > Explore Topics > Family-Centered Treatment

Family-Centered Treatment

Many adults entering treatment for a substance use disorder have children, and these children are often at risk of child abuse and neglect, developmental delays, and adolescent substance misuse. Family-centered treatment aims to meet the holistic needs of the entire family, not just the person with the substance use disorder. Research demonstrates that treatment, recovery, and family well-being outcomes improve when the complex needs of the family are met through supportive services such as





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UPCOMING WEBINARS

Date: Topic:

June 24,2020 Substance Abuse Disorders and Child Welfare, Part 3

TBD SubstanceAbuse Disorders and CASA/GALs:A Local Program Perspective

All are open to CASA/GAL staff and volunteer advocates.

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