

# Comprehensive Treatment for Pregnant and Postpartum Women and their Families

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PROTOTYPES

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# PPW Grant Program

- SAMHSA/CSAT PPW Grant Program
  - Supports comprehensive residential treatment for women and their families
  - More than 3,000 women and 400 children since FY03
  - More than 100 babies born to women in treatment
- PROTOTYPES is one of eight grantees funded FY06 by SAMHSA/CSAT
  - CSAT funded prior cohort of PPW programs in FY03
  - Earlier PPW/RWC initiative in 1990's



# PROTOTYPES' Mission

- PROTOTYPES is a non-profit organization established in 1986 to promote health and psychological well-being on an individual, family, and organizational level, through health, mental health and substance abuse services
- Our mission is to develop innovative models of service delivery to meet emerging community needs, to implement pilot tests of those models, refine the models based on research data, then disseminate the models to others through training and consultation



# About PROTOTYPES

- PROTOTYPES offers a range of services for women at risk and their families throughout Southern California
  - Substance Abuse Treatment
  - Mental Health Services
  - Domestic Violence Programs
  - HIV/AIDS Services for Women
  - Community Outreach, Prevention, and Education
  - Housing Program
  - Systems Change Center
  - Training/Technical Assistance
  - Community Assessment and Services Center
  - Programs for Adolescents and Transitional Age Youth ■



# PROTOTYPES Women's Center

- The PROTOTYPES PPW program is housed at PROTOTYPES Women's Center in Pomona, California
- PWC is on a 7 acre campus that includes Residential Treatment, Outpatient Services, and a 32 unit apartment complex
- Services are integrated for co-occurring disorders and trauma informed



# History of PROTOTYPES



PROTOTYPES Women's Center / Residential from the street



Residential Playing Field and Dormitory Buildings



View of Residential Dormitory Rooms from Outpatient Parking Lot

# Some Gender Disparities

- Women advance more rapidly from use to regular use to first treatment episode than do men
- When women enter treatment, in spite of fewer years of use and smaller quantities used, the substance use severity is generally equivalent to men
- At treatment entry, women average more medical, psychiatric, and adverse social consequences than men
- Higher rates in women than men in certain co-occurring mental health disorders: mood disorders, anxiety, eating disorders, PTSD

**Mental  
Illness**

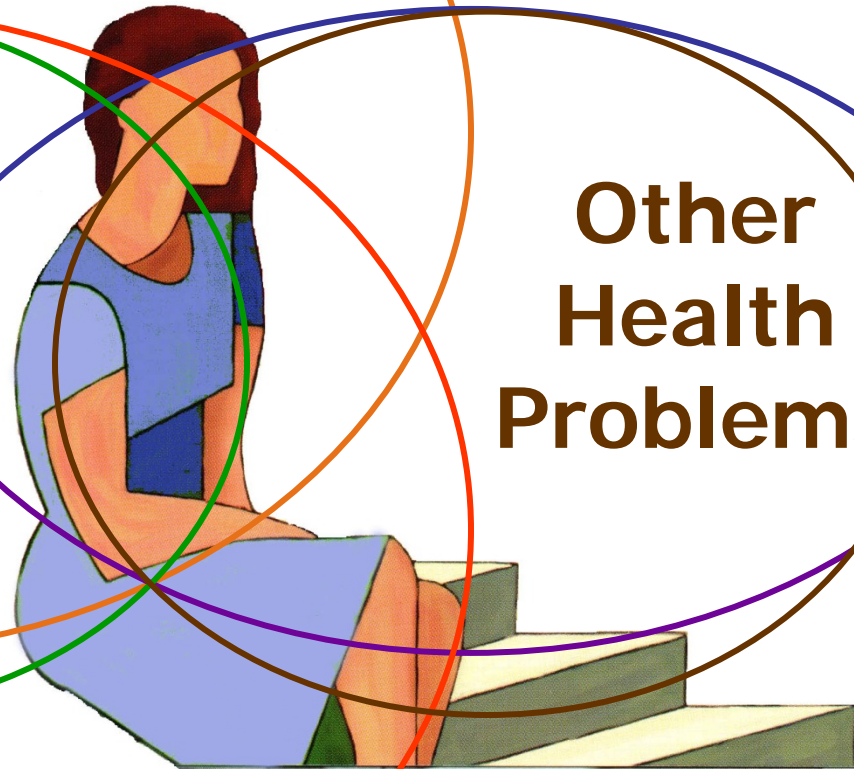
**Substance  
Abuse**

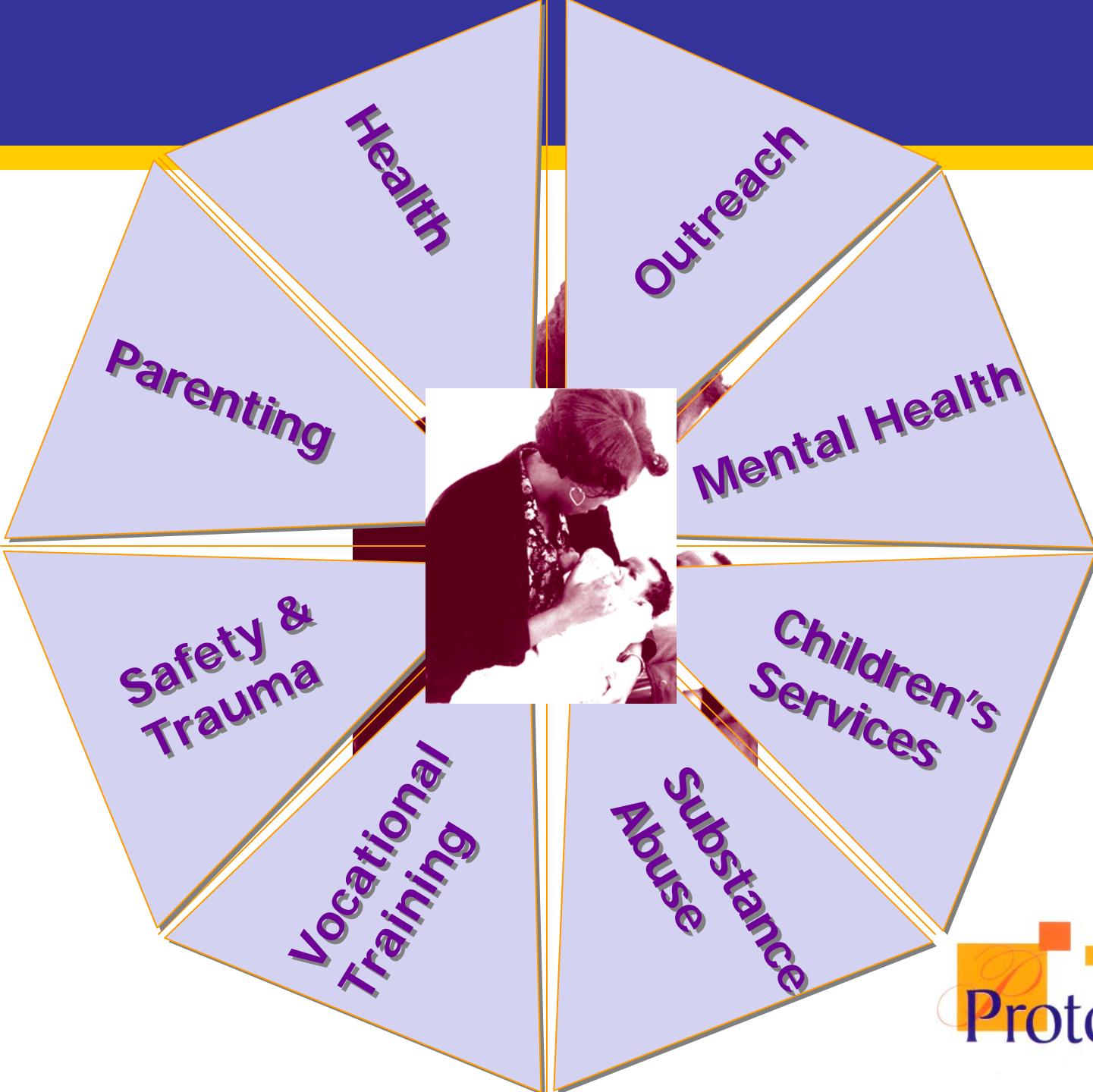
**HIV/  
AIDS**

**Other  
Health  
Problems**

**Trauma**

**Homelessness**





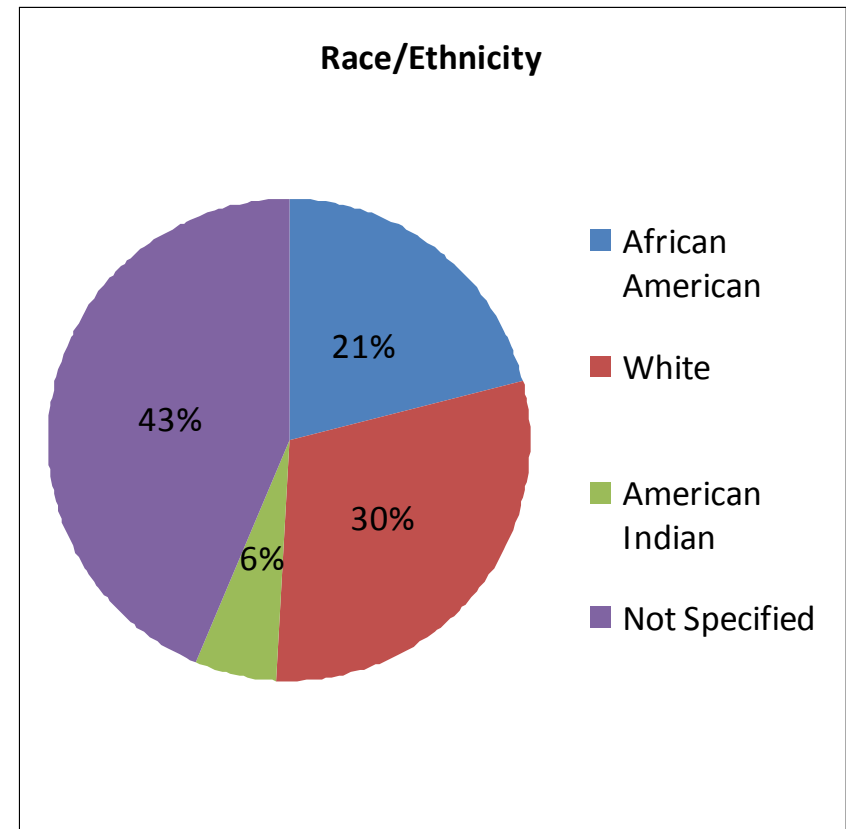
# Evidence-Based Practices

- PROTOTYPES Women's Center incorporates a number of evidence-based practices
  - Modified therapeutic community
  - Motivational interviewing
  - Seeking Safety
  - Case management
- Trauma-informed service model

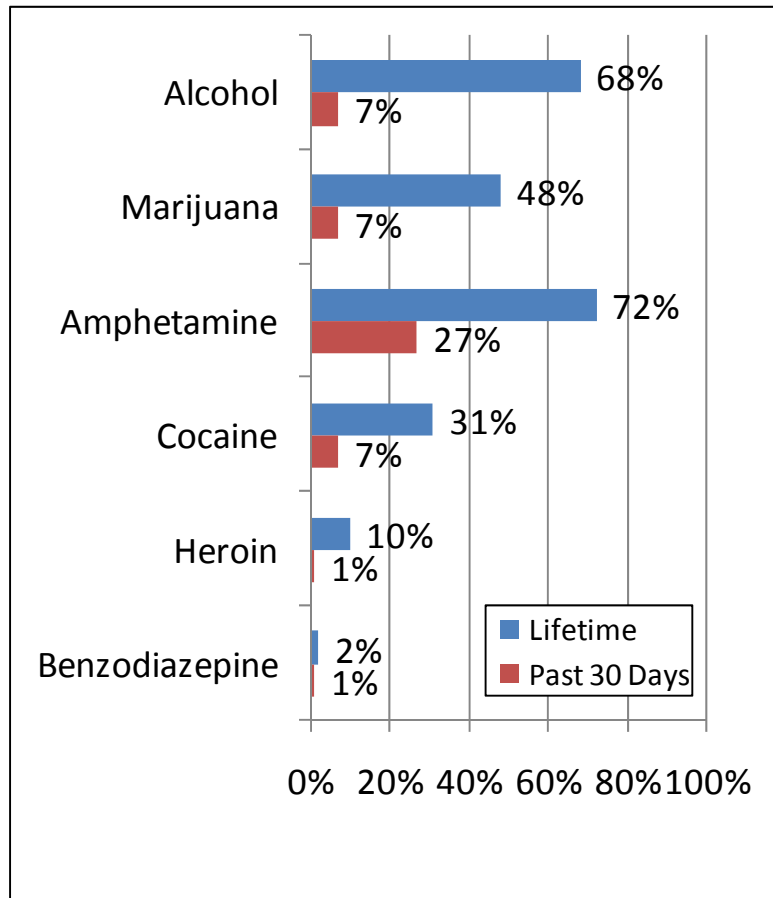


# PROTOTYPES PPW Clients

- 71 clients to date
  - 38 pregnant
  - 39 postpartum
  - 6 both
- 18 to 39 years of age
  - mean = 26.8 years
  - s.d. = 5.1 years
- 54% Hispanic/Latina
  - 82% Mexican origin



# Selected AOD History



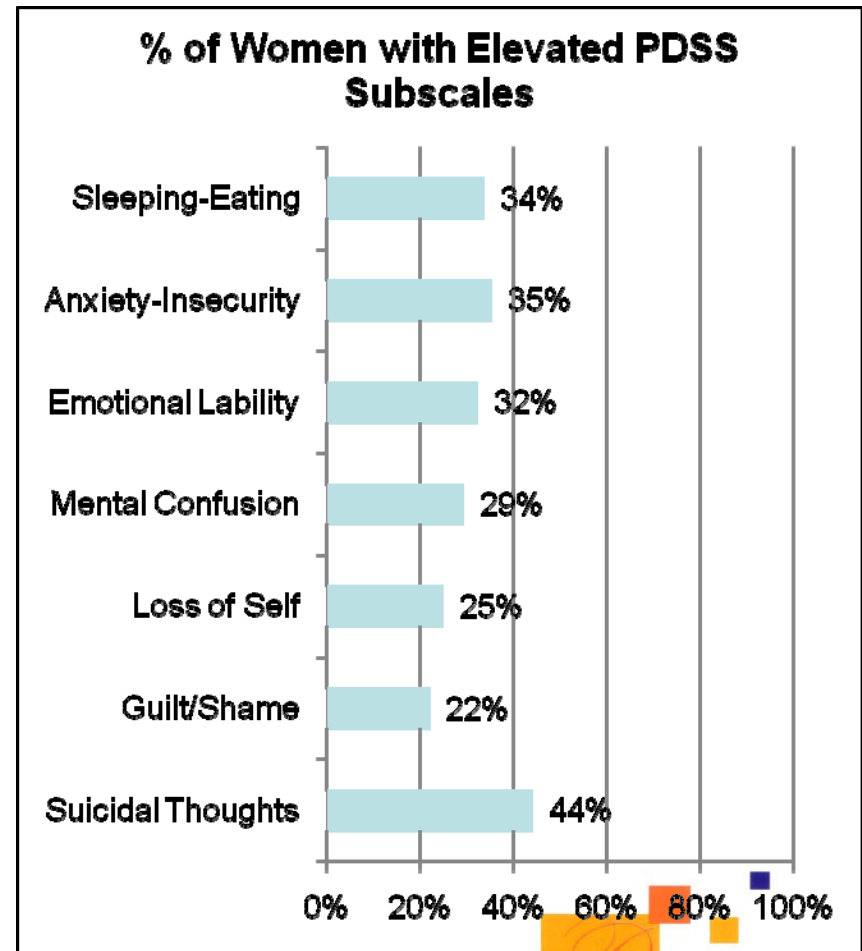
- Amphetamines most frequent presenting drug problem
- Reports of past 30 day AOD use likely underreports actual presenting drug problems when entering treatment

# Selected Mental Health Issues

- More than one woman in three reports significant mental health symptoms
- Program has major focus on co-occurring disorders
- Trauma-informed

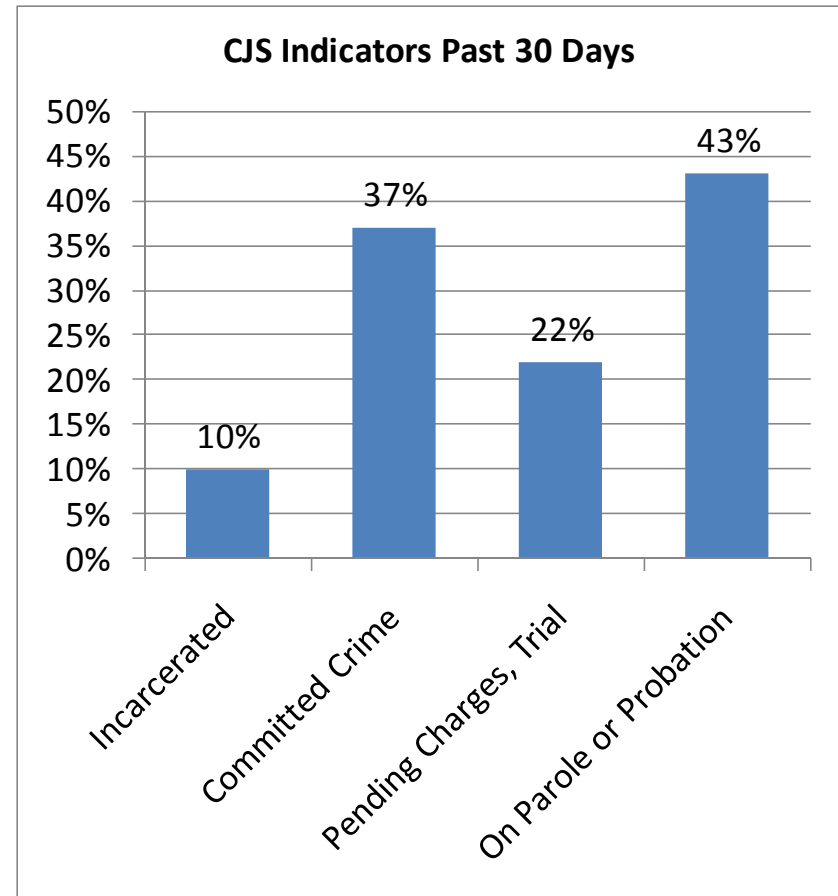
# Postpartum Depression Screening

- PROTOTYPES is also looking at postpartum depression as an issue for intervention
- Utilizing the Postpartum Depression Scale (PDSS)\* (Beck & Gable, 2002)
- 68 women screened to date
  - 40% screen positive for major postpartum depression
  - 28% scored in a range indicating significant symptoms of postpartum depression
- After 90 days from the initial assessment, severity of somatic symptoms (sleeping, eating) decreases significantly



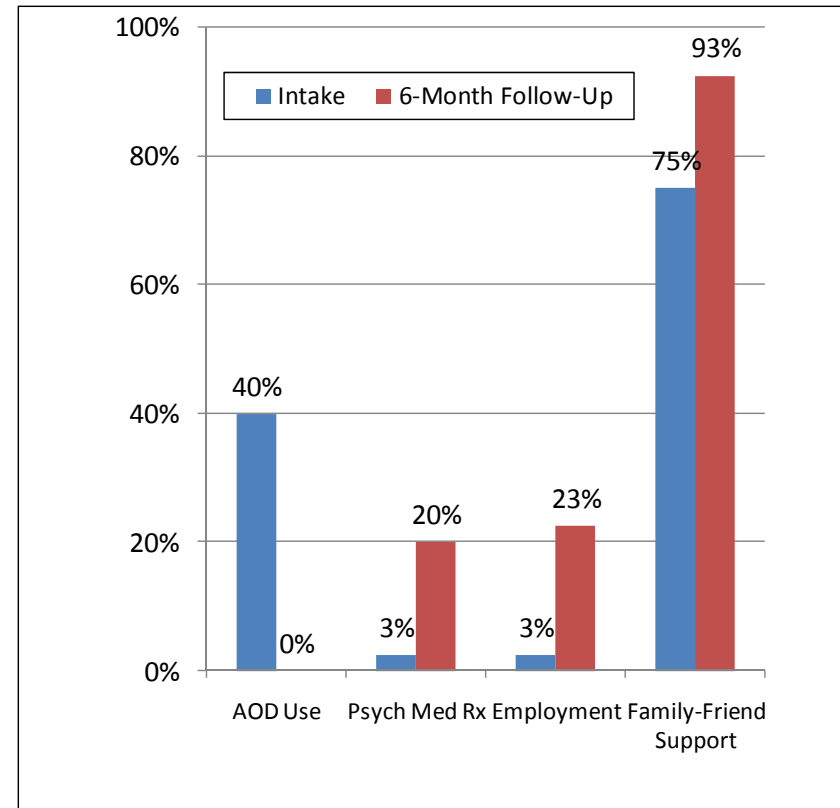
# CJS/Child Welfare Involvement

- Many of the women come to the program with CJS involvement
- 65% report having a child who is living with someone else due to a child protection court order



# Selected Major GPRA Outcomes

- No AOD use reported at 6-month follow-up
- Reduced impact of AOD use
- Significant increases in linkages to needed mental health supports
- Significant increases in employment and related activities
  - including looking for work

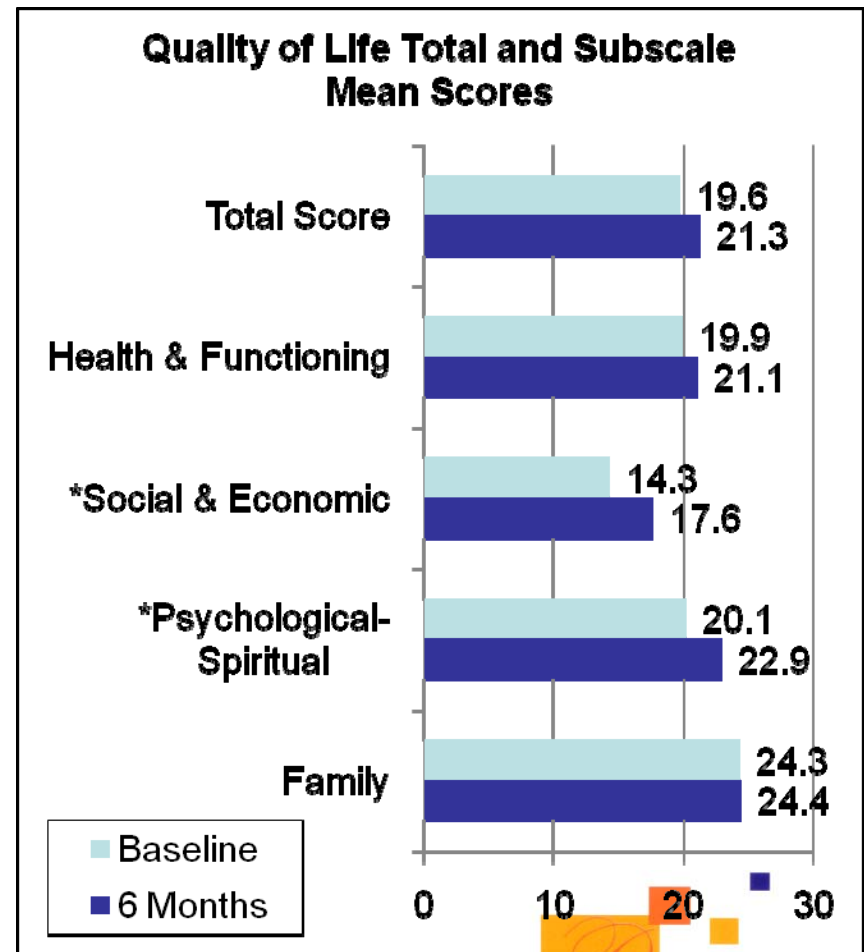


# Selected PROTOTYPES Data from PPW Cross-Site Evaluation

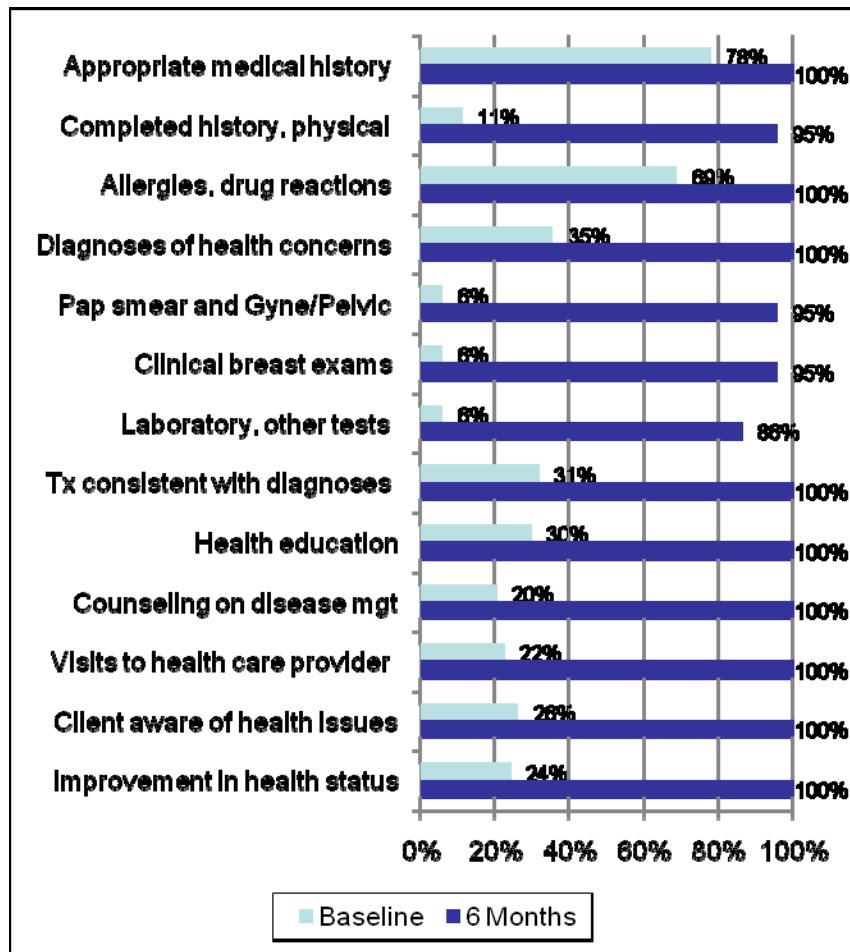


# Quality of Life

- Ferrans & Powers QOL measure
- Considerable variation in QOL at baseline
  - Lower QOL in Social/Economic Domain compared to total score, other subscales
  - Relatively higher quality of life with respect to family
- Significant increases in QOL over 6 months
  - Social & Economic
  - Psychological-Spiritual



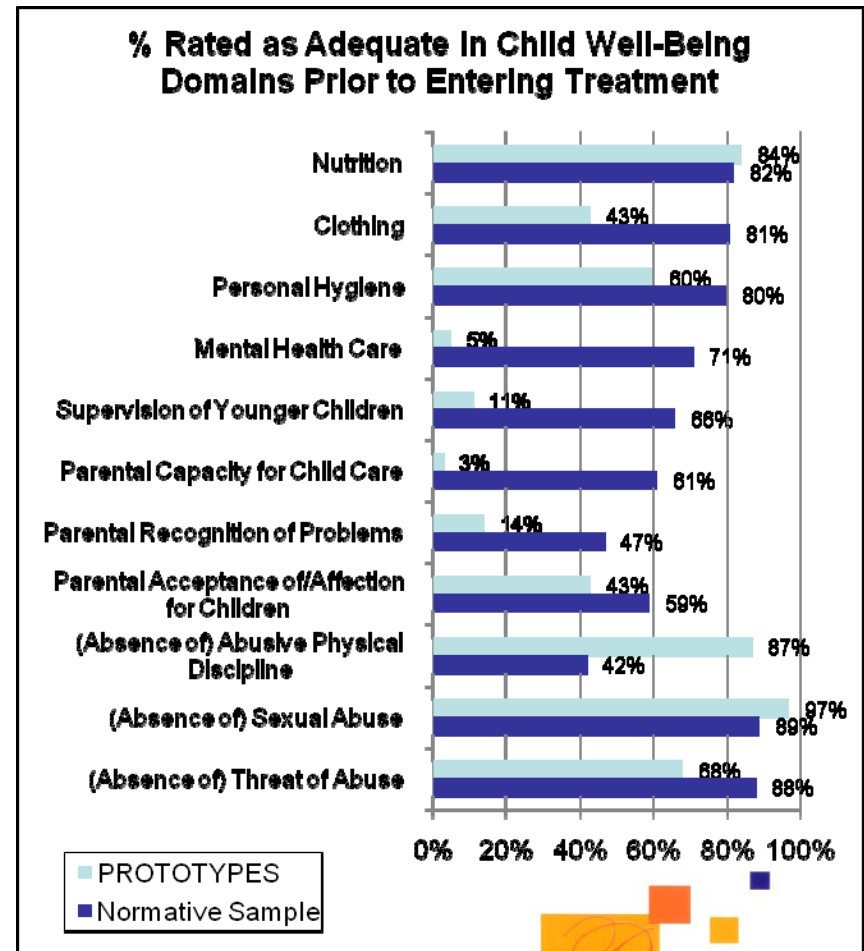
# Access to Medical Services



- There are notable increases in the presence of medical information in the women's records from baseline to 6-month follow-up
- Evidence that women are being linked to care

# Child Well-Being

- Child Well-Being Scales (Child Welfare League of America)
  - Rated by program staff
  - Reflects status prior to intake
- PPW clients show relatively greater need in terms of
  - Mental health supports
  - Parenting skills interventions
  - Adequate clothing for children
- PPW clients less likely to use physical discipline
- Significant improvements in personal hygiene and parental recognition of problems from intake to 6 months



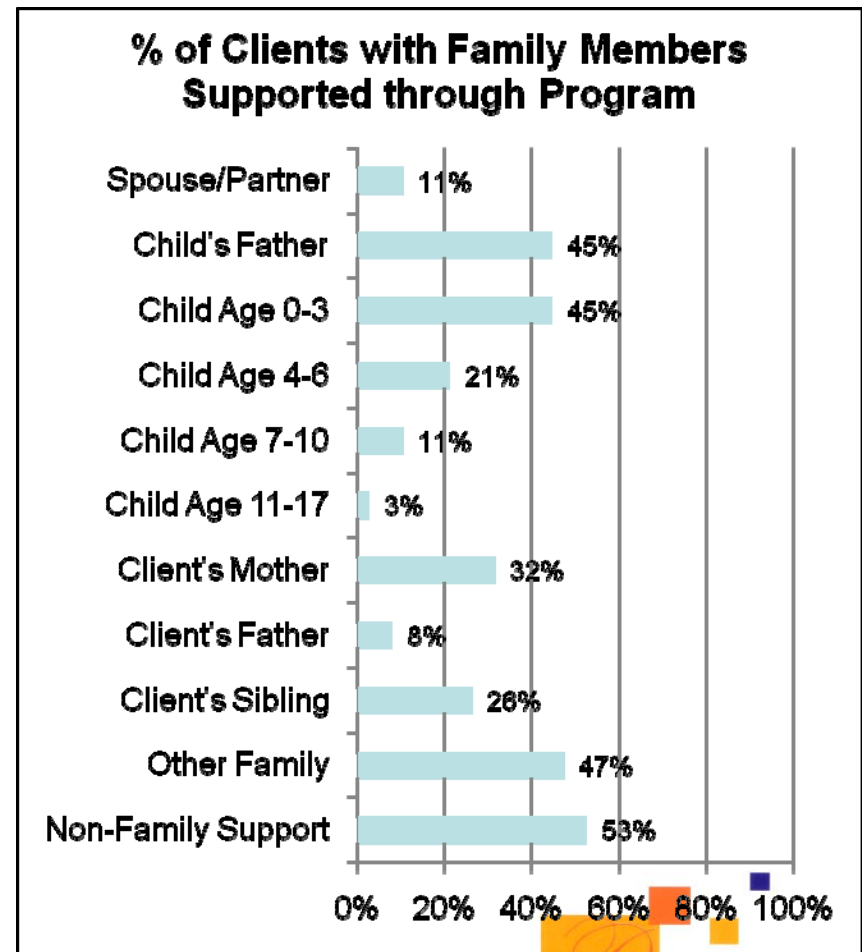
# Developmental Screening

- As part of the PPW Cross-Site Evaluation, children age 0-6 years are screened for developmental delays
  - At baseline, 44% of the children screened to date had a result considered to be “suspect”
  - PROTOTYPES uses this information from the evaluation to make referrals to the Regional Center for more extensive developmental assessment



# Family Involvement

- An especially valuable contribution of the PPW program is added capacity for connecting family and other sources of client support to the program
- Staff work to engage family with the treatment process
- Linkages made to family strengthening and other related services



# CSAT Goals for the PPW Program

- The PROTOTYPES PPW program has demonstrated a number of important outcomes for pregnant and postpartum women and their children
- Halfway through the grant period, there are already demonstrable improvements in the five areas targeted by CSAT for the PPW Program
- As additional data become available, we hope to be able to further support the achievements of the PROTOTYPES PPW program and its clients in terms of these overarching goals



# Decrease AOD Use

- At 6-month follow-up, 100% of the pregnant and postpartum women served by the PROTOTYPES PPW substance abuse treatment program report no use of alcohol or other drugs in the 30 days prior to follow-up

# Improve Birth Outcomes

- Children born to PPW clients demonstrate positive birth outcomes
- Examples:
  - All newborns born to women in the program have Apgar scores of 8 or 9, which are in the normal, healthy range
  - 90% of the babies to date have been born with negative drug screens
  - Only 20% of babies born to clients in treatment premature
    - Less than 37 weeks gestational age

# Improve Mental/Physical Health

- According to data from a number of sources, the women and children demonstrate significant improvements in mental and physical health
- Examples:
  - At 6-months post-intake, women report significant decreases in symptoms of depression and anxiety
    - BASIS-32 measure
  - At approximately 90 days post-delivery, women who were assessed for postpartum depression demonstrated significant reductions in sleeping and eating disturbances
    - Postpartum Depression Screening Scale

# Improve Family Functioning/QOL

- Participants in the PROTOTYPES PPW substance abuse treatment program demonstrate significant improvements in family functioning, economic stability, and quality of life
- Examples:
  - PPW participants report significant strides towards employment from the time of treatment entry to 6-month follow-up
  - Preliminary data already show significant improvement in Psychological/Spiritual Quality of Life
    - Ferrans & Powers Quality of Life Index



# Decrease Crime & Violence

- Preliminary data show that program participants successfully decrease recidivism and improve other important outcomes in this domain
- Example:
  - At the time of the 6-month follow-up, none of the women reported having been arrested or having been in prison within the past 30 days

# Conclusions

- Integrated, multi-system approach needed to serve PPW women and their families
- Family involvement critical to ensure support for continued/sustained recovery
- Evidence-based practices important basis of treatment for PPW and their families
  - Array of appropriate EBPs
  - Document adaptations to EBPs to ensure appropriateness for target population