

Pregnant, Postpartum & Parenting Women with Substance Use & Co-Occurring Mental Health Disorders Implications for Screening and Assessment



The Family Treatment Model

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The Family Treatment Model

- Many people are screened & assessed and served in addition to the mother
- Substance use is only one of the many things that are addressed while in treatment
- Plans and decisions are **not** based solely on the progress of the mother – relational considerations



- **Assessments, treatment planning and discharge criteria occur within the context of the relational quality of the important people in the woman's life.**
- **Collaboration among other systems is an important element**
- **Treatment strives for outcomes that involve multiple service delivery systems.**

There are Differences Between Genders

General

- Psychological growth and development
- Socialization
- Roles
- Social status
- Biology

Substance Use Experience

- Etiology
- Co-existing psychiatric disorders
- Context of use
- Patterns of use
- Problems and consequences of use –
 - Social, emotional, physical
- Treatment experience

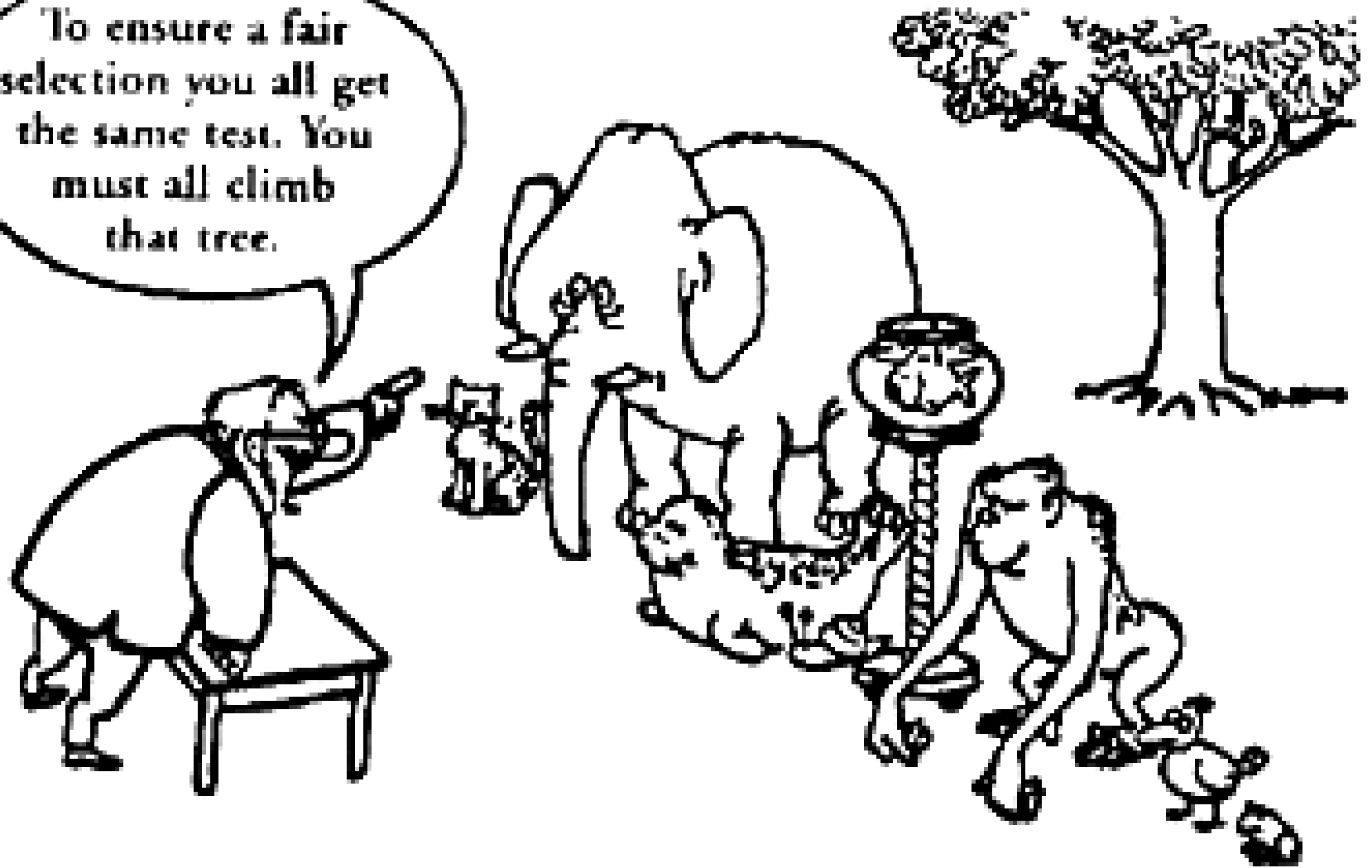
Huge Differences

Traditional assessments and therefore, interventions tend to be short on:

- **Current pregnancy status and pregnancy history**
- **Relationships with children**
- **Intimate relationships**
- **Violence and victimization**
- **Context of the real day-to-day lives of women – gender role expectations**
- **Sense of agency**

Yet, we expect equal outcomes

To ensure a fair selection you all get the same test. You must all climb that tree.



Family Treatment Model



Theoretical Underpinnings Services



The Relational-Cultural Theory of Development

- A relationship-differentiation theory of self development as opposed to the prior models of separation-individuation theories of development.
- This model traces the development of identity through specific relationships and relational networks.

Relational – Cultural Theory

- Developed based on the experiences of women and research on gender-related developmental issues
- Explains psychological development of females through the centrality of relationships
- Girls develop a sense of connection in early childhood while boys strive toward separation and autonomy
- Women define power in terms of the ability to care for and contribute to the well-being of others

Relational – Cultural Theory

- **Women's sense of self and morality are conceived as involving issues of responsibility and care for others**
- **Decision making tends to include consideration of the effects of the decision on others involved in the situation**
- **Developing mutual relationships and working to help them grow are fundamental to women's identity and sense of worth**

Research on Women and Substance Abuse

- **Women's relationships play an important role in their substance use, treatment and recovery (especially relationships with family and children)**
- **Women benefit from comprehensive treatment that addresses their perceived needs in the context of these relationships**
- **Women that enter treatment with their children are more likely to succeed**

Sense of competency in relationships, especially as a mother, is directly related to the ability to stay sober



Family Centered Treatment Assumptions

- Mothers will gain the sense of efficacy to take control of their lives through healthy relationships with their children, family, staff, peers and through the **safety, security** and **predictability** of the programming.
- Children: The source of identity and self-esteem, as well as shame, guilt and anxiety.
 - Women heal when they feel competent in their ability to mother their children
 - The children heal through their relationships with their mothers

What Else Do We Know?

When compared to their male counterparts -

Females that abuse substances:

- **Have less money**
- **Have less education**
- **Are more likely to be unemployed**
- **Are more likely to be homeless**

What Else Do We Know?

When compared to their male counterparts

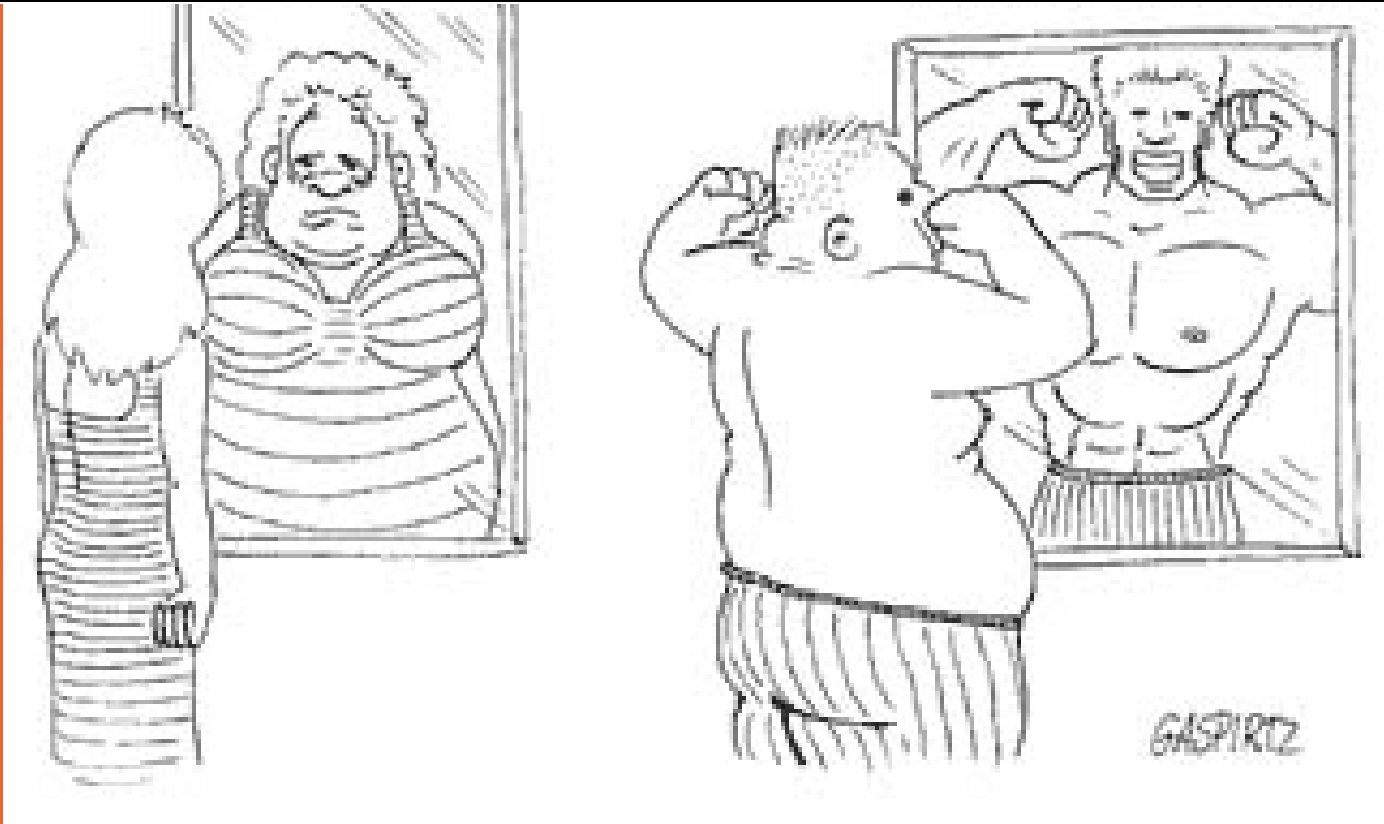
- **Be mentally ill**
- **Have histories of horrendous abuse**
- **Have serious health problems**
- **Be caring for children**
- **Have other family responsibilities**

Bottom Line

By the time women using publically funded treatment programs enter care, they are in a state of dire emergency with multiple problems and multiple barriers to successful recovery

The Self-Efficacy Factor

Gender Difference



General Gender Differences

Cause & Effect & Sense of Agency

- When men succeed they take credit, but when women succeed it is due to luck or the people behind them.
- When men fail they blame others, but when women fail they blame themselves.
- Females blame themselves for failure. Males externalize their failures. (Dweck et al. 1978)

The Trauma Connection

**Childhood Sexual
Abuse and Other Violence**

**Women that abuse substances
are very likely to have
experienced childhood sexual
abuse and other violence that
has occurred repeatedly.**

**Studies on women that abuse
drugs range the connection
from 40% to 95%.**

This Trauma Defines Everything

When this kind of trauma occurs at a young age it becomes:

The defining and organizing experience that forms the core of the woman's identity

Two Reasons

- **Brain development - Neurobiology**
- **The basic tenet of Relationships – Attachment theory**

The Results of Childhood Sexual Abuse

- Once early parental relationships are violating and dangerous, all future relationships are impacted.
- Distrust all relationships and hold themselves responsible for their own victimization
- Relationships are characterized by **victim - victimizer** dynamic
- Someone is the controller and someone controls

The Stage is Set for the Assessment

- **Connections are fundamental to psychological growth and healing**
- **Childhood sexual abuse and violence causes a fundamental breakdown of connections and the individual sense of self**

Assessment is as much about engagement and engendering hope as it is about getting the necessary information for a diagnosis and treatment plan.



Relationship is essential for both genders regardless of technique

- Men: utilitarian – problem solving, tends to be the traditional approach taken by systems and programs**
- Women: feeling - warmth, compassion, understanding and safety both physical and emotional**

Assessing Women

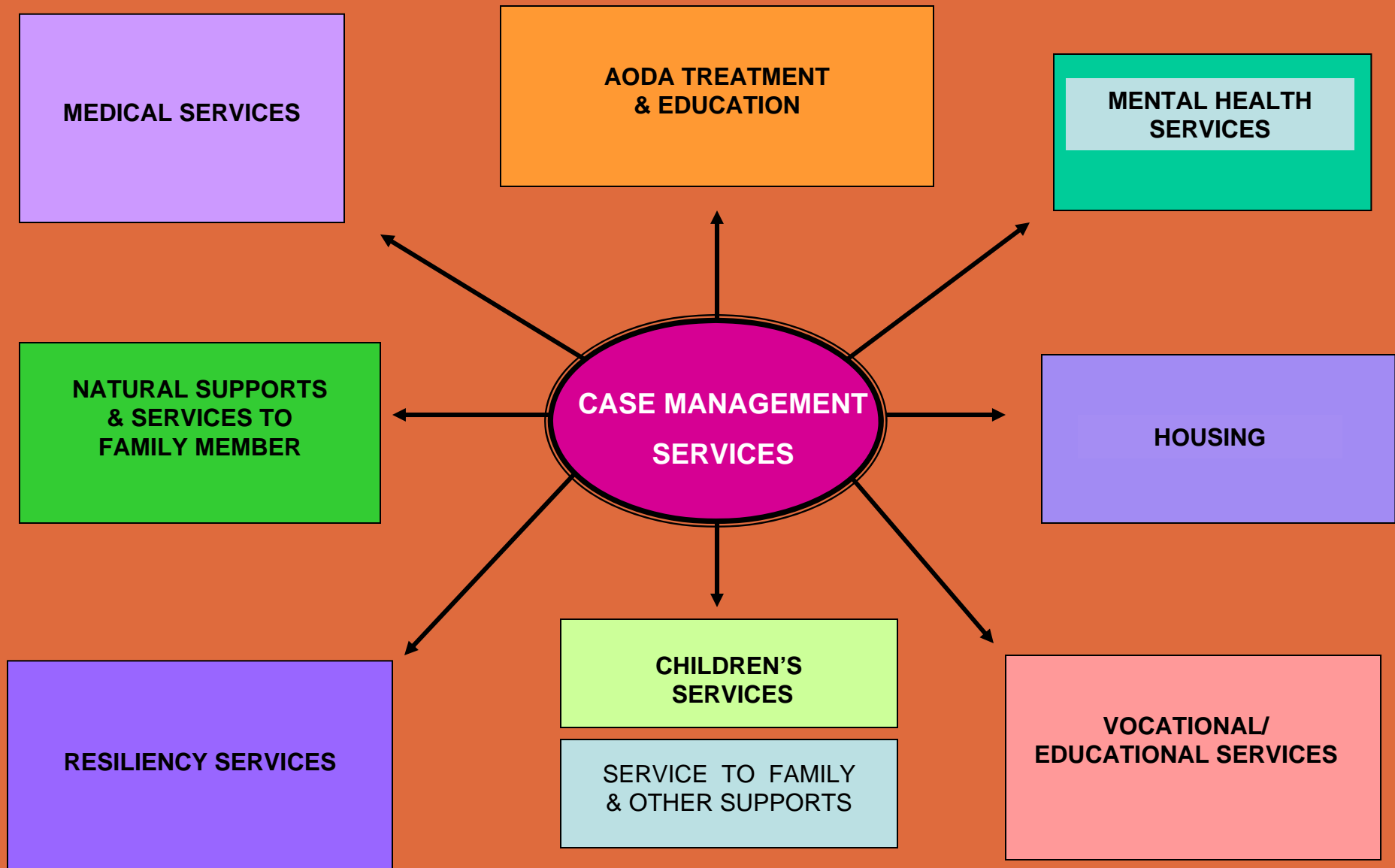
The interview:

- Looks for strengths, talents, and interests rather than a diagnostic label.
- Adequate time to disclose
- Relevant to the woman – what makes her feel healthy and likely to succeed – what might point toward relapse.
- Sensitive to her immediate needs and needs of her children
- Determine critical immediate needs, including safety, medical, prenatal care, detoxification, housing safety, food, clothing, and transportation.

Areas for Assessment

- Substance use personal and impact on children
- Health
- Risk for HIV and other infectious diseases
- Mental Health
- Safety
- Significant current relationships - Violence
- Family-of-origin and factors that might predispose to abuse substances (sexual, emotional, and physical abuse; neglect; parental addiction; and parental mental illness)
- Current parenting roles and issues, custody
- Special needs of children
- Housing
- Financial resources
- Vocational/educational/employment issues
- Legal issues
- Involvement with other systems.

Services at Meta House





Meta House



SAMHSA - CSAT
Services Grant Program for
Residential Treatment for
Pregnant and Postpartum
Women

PPW

SAMHSA PPW - Services to Women

- **Outreach, engagement, pre-treatment, *screening, and assessment***
- **Detoxification**
- **Substance abuse education, treatment, and relapse prevention**
- **Medical, dental, other physical health care services, including diabetes, hypertension, prenatal and postpartum health care; and referrals for necessary hospital services**
- **Training in parenting and life skills**
- **Education, screening, counseling, and treatment of hepatitis, HIV/AIDS, other STDs, and related issues**
- **Mental health assessment and treatment**

SAMHSA PPW - Services to Women

- Trauma-informed services, including**
- assessment and interventions for emotional, sexual, and physical abuse**
- Employment readiness, training, and placement**
- Education and tutoring assistance for obtaining a GED and higher education**
- Childcare during periods in which the woman is engaged in therapy or in other necessary health or rehabilitative activities**
- Transportation and other wraparound services**
- Peer-to-peer recovery support activities such as groups, mentoring, and coaching**

SAMHSA PPW - Services to Children

- **Screenings and developmental diagnostic assessments regarding the social, emotional, cognitive, and physical status of the infants and children;**
- **Therapeutic interventions, including child care, counseling, play and art therapy, occupational, speech and physical therapies**
- **Pediatric health care, including immunizations, and treatment for asthma, diabetes, hypertension, and any perinatal effects of maternal substance abuse, e.g., HIV;**
- **Social services and financial supports**
- **Education and recreational services**
- **Mental health and trauma services and**
- **Substance abuse education and prevention.**

SAMHSA PPW - Services to Families

- **Engagement of the family in the treatment process including individual and family counseling/therapy**
- **Alcohol and drug education**
- **Parenting training**
- **Family strengthening and reunification**
- **Referral services for substance abuse, social, psychological, vocational and medical services**

Case Management

- **Coordination of services**
- **Assessment and monitoring of the extent to which required services are appropriate for women and children;**
- **Assistance with community reintegration, before and after discharge, including referrals to appropriate resources; and**
- **Assistance in accessing resources from Federal, State, and local programs that provide a range of treatment services, including substance abuse, health, mental health, housing, employment, education and training.**