Neonatal Opioid Withdrawal Syndrome (NOWS) Restoration Pilot Project

March 22, 2019

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Director of Clinical Operations
Office of Behavioral Health
Session Objectives

Obj. 1 • Gain knowledge about treatment options for Pregnant Women with Opioid Use Disorders (OUD).

Obj. 2 • Understand the impact of Neonatal Withdrawal Syndrome (NOWS) on Pregnant women with OUD.

Obj. 3 • Gain insight on Louisiana’s NOWS Restoration Pilot Project to address the Opioid Epidemic.
Support implementation of the 1st Neonatal Opioid Withdrawal (NOWS) Restoration Program, through the creation of specialty beds for pregnant women with Opioid Use Disorder (OUD).

Identify ASAM Level 3.3 (Clinically Managed High Intensive Residential) Treatment Provider to serve women and their infants.

Partner with DCFS & CAHSD to plan, implement and execute a comprehensive Hub & Spoke Model (Vermont’s Model) of care for pregnant women and infant with NOWS.
The Model - Vermont’s Hub and Spoke Model

The hub and spoke model

SPOKES
Nurse-counselor teams w/ prescribing MD

HUB
Assessment
Care coordination
Methadone
Complex addictions
Consultation

SPOKES
Corrections
probation & parole

Family services

Residential services

Mental health services

Inpatient services

Substance abuse outpatient treatment

Pain management clinics

Medical homes

SOURCE: American Society of Addiction Medicine
The Proposal


- Provide Medication Assisted Treatment and intensive SUD counseling services to Pregnant Women, including wrap around services.

- Provide therapeutic interventions to infants born with NOWS.
MAT Definition:

Medication-Assisted Treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies to provide a “whole-patient” approach to the treatment of substance use disorders.

TIP:63
Neonatal Opioid Withdrawal Syndrome (NOWS) is a withdrawal syndrome of infants after birth caused by in utero exposure to opioid drugs of dependence including heroin.

“Every 15 minutes a baby is born suffering from opioid withdrawal”

NIDA
Signs and Symptoms of NOWS

- NOWS may occur when a pregnant woman uses drugs such as heroin, codeine, oxycodone and oxycontin. The severity of the withdrawal symptoms in the neonate is dependent upon the route of administration used by the mother (injection vs inhalation).

- Symptoms often begin within 1 to 3 days after birth, but may take up to a week to appear.

- Symptoms vary depending on which substances were used. A history of substance abuse in the mother before the birth increases the likelihood that the infant will develop symptoms of withdrawal.
Other Signs and Symptoms of NOWS

- Irritable
- Jittery,
- Feeding problems,
- Diarrhea
- High pitched crying
- Exaggerated reflexes, tremors, tight muscles
- Sleep disturbances
- Sweating, fever, yawning
- Respiratory distress (nasal stuffiness and rapid breathing)
Understanding Treatment Options

Why the Need for Medication Assisted Treatment for Pregnant Women
## Substance Exposed - State/Parish Data

<table>
<thead>
<tr>
<th>Region</th>
<th>SFY 2013</th>
<th>SFY 2014</th>
<th>SFY 2015</th>
<th>SFY 2016</th>
<th>SFY 2017*</th>
<th>SFY 2018*</th>
<th>% Change from 2013 to 2018</th>
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<tbody>
<tr>
<td>Greater New Orleans</td>
<td>157</td>
<td>167</td>
<td>209</td>
<td>236</td>
<td>249</td>
<td>289</td>
<td>58.60%</td>
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<tr>
<td>Baton Rouge</td>
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<td>153</td>
<td>221</td>
<td>255</td>
<td>312</td>
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<td>Covington</td>
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<td>82</td>
<td>89</td>
<td>126</td>
<td>114</td>
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<td>65.22%</td>
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<tr>
<td>Lafayette</td>
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<td>257</td>
<td>260</td>
<td>299</td>
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<tr>
<td>Lake Charles</td>
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<td>72</td>
<td>79</td>
<td>90</td>
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<td>Alexandria</td>
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<td>201</td>
<td>251</td>
<td>228</td>
<td>215</td>
<td>107.27%</td>
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<tr>
<td>Shreveport</td>
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<td>124</td>
<td>150</td>
<td>137</td>
<td>136</td>
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<tr>
<td>Monroe</td>
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<td>115</td>
<td>120</td>
<td>151</td>
<td>73.91%</td>
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<tr>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>1,076</strong></td>
<td><strong>1,239</strong></td>
<td><strong>1,331</strong></td>
<td><strong>1,663</strong></td>
<td><strong>1,692</strong></td>
<td><strong>1,855</strong></td>
<td><strong>57.25%</strong></td>
</tr>
</tbody>
</table>

*SFY 2017 has one Pending Alleged Victim; SFY 2018 has 68 Pending Alleged Victims.*
Understanding Treatment Options

NOWS RESIDENTIAL PROGRAM
NOW Restoration Program (Reality House)
NOW Restoration Pilot Project Staff

- Soundra T. Johnson
  - Executive Director

- Shawn Langston, LPC
  - Clinical Director
N.O.W.S. Project
Neonatal Opioid Withdrawal Syndrome
"A Restoration Process"
Call Us, We Can Help!
(225) 343-3438 or (225) 927-0770

Who will benefit from these Services?
- Pregnant Women with Opioid Use Disorder
- Women with Opioid Use Disorder Babies born with NOWS

Benefits of the NOWS Project
- Provide techniques to reduce the risk of SIDS
- Identify & Help obtaining Increased Prenatal Care
- Instruction Using Evidence Based Parenting Skills
- Provides Transportation to MAT Distribution Sites
- Facilitates Access to Child Development Specialist
- Focused Training in Swaddling/Skin to Skin Contact

(Reality House)
Louisiana Hub and Spoke Model Concept

- CAHSD
- Pediatric Groups
- Community OBGYN
- DCFS
- MCO's
- Drug Courts/Probation
- Women's Hospital/Other Birthing Hosp.
- Baton Rouge Treatment Center
NOWS Pilot Project

MAT Access
- Pregnant Women with OUD

Capacity
- (8) Specialty Beds

Model of Care
- Integrated care to include pharmacotherapy and behavioral therapy, medical and prenatal care

FDA Approved Prescription
- Offers MAT
This NAS program provides specialized intensive residential treatment for pregnant and postpartum women, to include but not limited to:

- screening,
- comprehensive assessment,
- medication assisted treatment,
- group counseling,
- individual, family,
- care coordination,
- parenting skills,
- trauma informed care,
- prenatal and postpartum interventions etc.
NOWS Project Services

SERVICES FOR MOMS
- MAT Education and Training
- NOWS Education and Training
- Prenatal Care
- MAT Service Transportation
- Breast Feeding Education
- Adverse Childhood Events Questionnaire (ACE)

THERAPEUTIC TECHNIQUES (INFANTS)
- Controlling the Environment
- Introduction of Stimuli
- Swaddling
- The C-Position
- Head-to-Toe Movement
- Vertical Rock
- Clapping
- Feeding
- Kangaroo Care
Program Expected Outcomes - Women

- Increase access to MAT for pregnant women with OUD – Persons served
- Reduce contraindicated detox in pregnant women
- Increase prenatal health care
- Increase parenting skills
- Increase safety of children with NAS through therapeutic handling techniques
- Reduce rate of infant deaths
- Increase breast feeding
Program Expected Outcomes - Child:

- Birth Defects
- Placental abruption
- Premature birth
- Low birth weight
- Stillbirth
- Sudden infant death syndrome
- Increase APGAR scores to normal range of 7 and or above by discharge.
- Decrease the percentage of substance exposed newborns
Current Outcomes - YTD

- 14 women with OUD - 6 children
- 5 Pregnant women with OUD
- 5-women have received prenatal care
- 1 born with NOWS
- 2-women are now breastfeeding.
Mommy and Baby Story!