

“What To Do When She Is Drinking/ Drugging While She Is Pregnant?”

A Presentation Before the 2010 Annual Maternal Child
Health & Immunization Conference

By

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Southcentral
Foundation



Mission and Vision



Katherine Gottlieb, MBA
President and CEO

Mission:

- Working together with the Native Community to achieve wellness through health and related services.

Vision:

- A Native Community that enjoys physical, mental, emotional and spiritual wellness.

Key Points

*S*hared

Responsibility

We value working together with the individual, the family, and the community.

We strive to honor the dignity of every individual.

We see the journey to wellness being traveled in shared responsibility and partnership with those for whom we provide services.

*C*ommitment to

Quality

We strive to provide the best services for the Native community.

We employ fully qualified staff in all positions and we commit ourselves to recruiting and training Native staff to meet this need.

We structure our organization to optimize the skills and contributions of our staff.

*F*amily Wellness

We value the family as the heart of the Native community.

We work to promote wellness that goes beyond absence of illness and prevention of disease.

We encourage physical, mental, social, spiritual, and economic wellness in the individual, the family, the community, and the world in which we live.



Operational Principles

RELATIONSHIPS



Southcentral
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Southcentral Foundation

Dena A Coy

Addiction and Mental Health Treatment
for Women and Children

Comprehensive, individualized addiction and mental health treatment program for pregnant, parenting and non-pregnant women.

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Southcentral Foundation

Southcentral Foundation is an Alaska Native-owned healthcare organization serving Alaska Native and American Indian people living in Anchorage, the Mat-Su Valley , and 60 rural villages in the Anchorage Service Unit.



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Dena A Coy

“The People’s Grandchildren”

DAC Philosophy:

- FASD prevention and the birth of an optimally healthy baby
- Assist substance-abusing pregnant women to remain abstinent throughout pregnancy
- Provide foundation for assisting mothers to avoid further substance abuse

Today, DAC is the only program in Alaska that provides comprehensive residential and outpatient services to meet the specific and unique needs of pregnant and parenting women.



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Dena A Coy Services

Dena A Coy programs offer the following levels of care:

- Residential Services (ASAM* PPC-2R Level III.3** – III.5***)
- Intensive Outpatient/Outpatient Services (ASAM PPC-2R Level II.1**** and
- Level I*****)

*American Society of Addiction Medicine

**Long-Term Residential

***Clinically Managed Intensive Inpatient

****Intensive Outpatient

*****Outpatient

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Residential Admission Criteria

- Women (Alaska Native/American Indian/Non-Native/Non-Indian, age eighteen (18) and older, with or without children in their custody)
- *Pregnant women under the age of eighteen (18) will be considered for residential services only and must have parental or guardian consent for participation in treatment services
- Customers must meet DSM IV diagnostic criteria for substance related disorders
- Customer must voluntarily agree to treatment services

Priority Status:

Admission priority must be given to those eligible persons with the greatest clinical need as measured by severity of personal and social consequences defined by the State of Alaska Division of Behavioral Health (DBH) including:

- Pregnant women injecting drug users
- Pregnant substance abusing women
- Injecting drug users

Waiting List as of August 2010: 2 to 6 weeks for priority clients

3 to 6 months for non-priority clients



Characteristics of the Dena A Coy Client:

- Single mother
- Average 10th grade education
- Family History of Alcohol/Drug Problems
- Intergenerational Trauma
- Victim of Sexual Abuse, Assault, or Incest
- History of Childhood Violence
- Abusive Relationships
- Multiple Homes/Foster Placements
- Uncertain Living Arrangements/Homeless
- Legal Involvement: Pending Charges/Incarceration/Probation
- Poor Parenting Skills
- Termination of Parental Rights/OCS Involvement
- Emotional trauma - removal/separation from birth parent
- Attachment issues or disorder diagnosis
- Spiritual crisis - not knowing who they are or how they fit into the world





Modalities of Treatment

- Intake/Assessments – Individualized, comprehensive biopsychosocial assessment of the customer’s substance dependence/abuse, to help guide the individualized treatment planning process.
- Mental Health Assessments – A comprehensive assessment with a mental health professional. Assessment may identify the presence/absence of cognitive, emotional, or behavioral symptoms and diagnose any psychological disorders that may be present. Other assessments and/or evaluations (psychiatric/neuro-psychological) may be conducted as needed to develop specific goals and objectives.



•**Urinalysis Screening** – Random drug screening reinforces treatment gains, as appropriate to the customer’s individual treatment plan.

•**Individual Sessions** – Customers meet individually for one (1) hour per week with an assigned mental health clinician and a case manager to provide opportunities for the customer to explore issues surrounding the problems, goals, and strategies identified in their treatment plan.

•**Process Group Counseling** – Process group counseling is an important part of treatment as an effective tool to assist customers in reaching their goals and increase the customer’s self-awareness by receiving feedback from peers. Common issues for group members are addressed, as well as specific issues relevant to each customer’s recovery.

•**Rehabilitative Groups** – Customers participate in interactive skill development groups to improve their level of functioning by supporting or strengthening intellectual, emotional, and behavioral skills necessary for self-sufficiency and recovery. Group topics include but are not limited to: Anger Management, Dealing with Addictions, Family Communications and Relationships, Grief and Loss, Life Skills, Mindfulness in Recovery, Moral Reconciliation Therapy, Nutrition, Parenting in Recovery, Relapse Prevention, Seeking Safety, Trauma-Sensitive Yoga, Pre-Natal Yoga, Baby Massage .



- Case Management Services – Services offered promote overall maintenance of the customer's survival, personal growth, community participation, and recovery from substance abuse; coordination of social, vocational, financial, and housing services.
- Milieu Therapy – Counseling and clinical monitoring to support successful re-involvement in regular, productive daily activities and successful reintegration into family living; an atmosphere of individual participation in a community of recovery.
- Leisure and Recreational Activities – Planned program activities designed to foster group living skills, develop and apply recovery skills (including relapse prevention), and promote the development of a social network supportive of recovery and reintegration into the community.
- Culturally Sensitive Groups – Participation in in-house or community cultural activities such as berry-picking, beading, skin sewing. All customers have access to pastoral services; phone contact, scheduled visits, and when appropriate, attending formal services outside of the program.
- Discharge Planning/Continued Care/Aftercare – Planning is initiated at admission to treatment with ongoing planning and revisions for successful transition into the community.



- Family Involvement/Counseling — Family members are encouraged to be actively involved in the treatment process. Orientation meetings and planned family activities are conducted. Family support services, including family counseling with the client's mental health therapist are provided. Other counseling options are offered through Southcentral Foundation's Behavioral Health Department.



Treatment Phases for Residential Program

- Phase 1 Orientation
- Phase 2 Assessment and Stabilization
- Phase 3 Program and Community



Umbrella of Services for the DAC Client While in Residential Treatment

- On-going pre-natal care with client's medical provider
- On-site nursery services for client's children from birth up to 3 years
- On-going medical care for client's other health concerns with her medical provider
- Support and coordination with Center for Drug Problems for clients in the methadone maintenance program
- Case management support for clients with pending legal, court, DOC and OCS cases
- Attendance at in-house and community-based 12-Step Meetings
- Literacy, GED, vocational, job-training classes in the community for clients in Phase 3 of treatment
- Assistance and support in obtaining WIC benefits, housing vouchers, food stamps, medical assistance, and other programs for mothers and their children.
- Educational services and support for clients with domestic violence-related issues



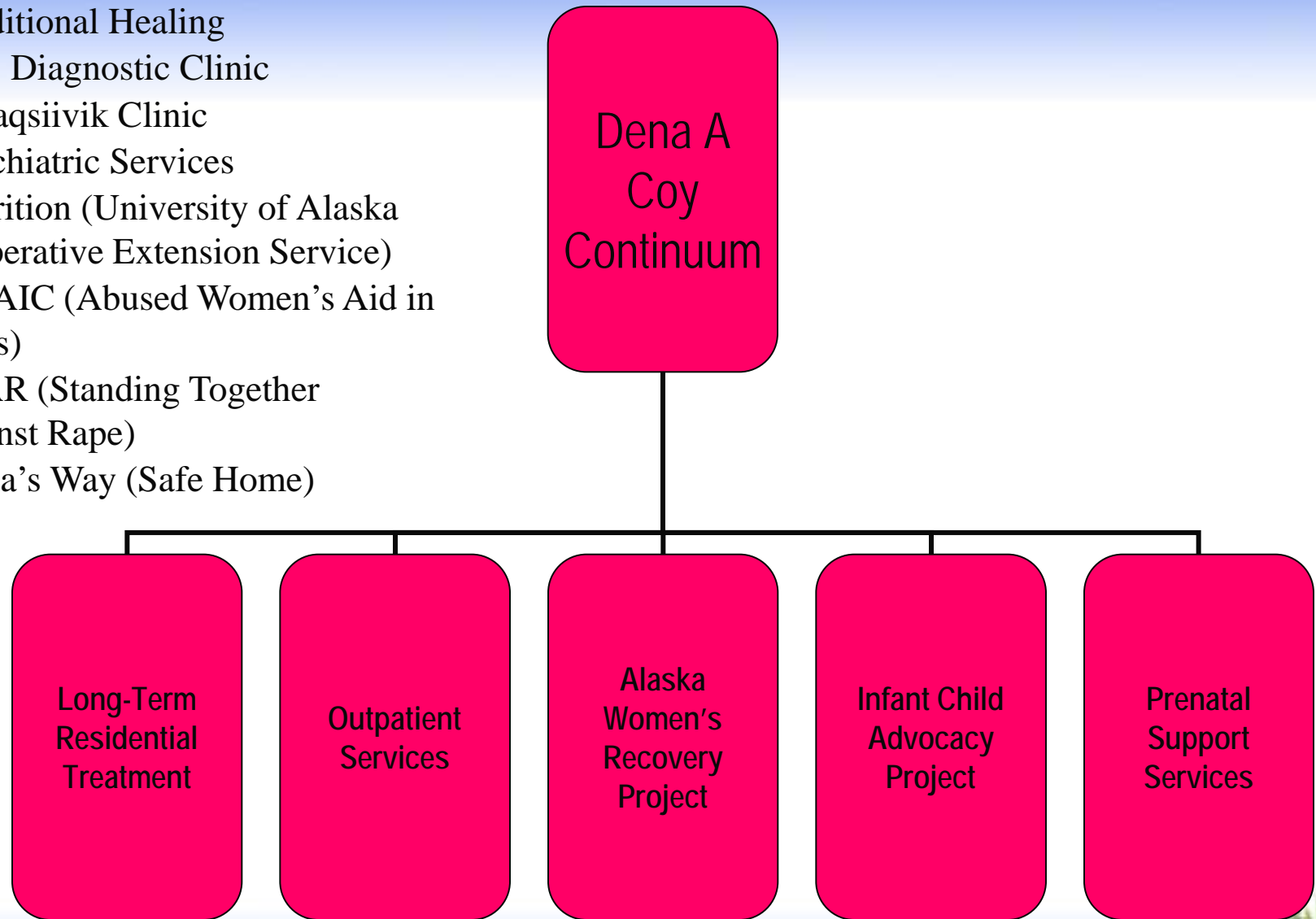
Characteristics of the DAC Client Who Successfully Completes Treatment

- Moderate to high level of motivation to change
- Focused on treatment goals and objectives
- Ability to relate with peers, treatment team members, and other staff
- Ability to organize tasks and manage time
- Level of self-awareness/ability to reconcile personal focus on recovery with unsafe environment
- Sober support from family and community
- Ability to access services in community to support ongoing recovery (12-Step meetings, schools, Alaska Women in Recovery Project, etc.)



Adjunct Services

- Safe Harbor Transitional Housing
- Traditional Healing
- FAS Diagnostic Clinic
- Nutaqsiivik Clinic
- Psychiatric Services
- Nutrition (University of Alaska Cooperative Extension Service)
- AWAIC (Abused Women's Aid in Crisis)
- STAR (Standing Together Against Rape)
- Willa's Way (Safe Home)



Recommendations for Improved Care for Pregnant and Parenting Women in Recovery

- Two-year transitional housing and case management services for clients who complete residential and after-care treatment
- Follow-up services to track progress after transitioning into the community
- On-going mental health services/counseling for those with psychiatric illnesses
- Statewide community centers offering support services for women in recovery similar to Southcentral Foundation's Women in Recovery Project



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