

# Parenting And Substance Use Disorders

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**HORIZONS**  
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# Objectives

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- Review facts around Substance Use Disorders and Parenting
- Examine how substance use disorders impacts parenting
- Examine best practices in treating parents with substance use disorders.
- Examine North Carolina resources for treating parents with substance use disorders.

**This is where it  
gets.....**

**complicated.**



“The opioid epidemic is not just a criminal justice issue — every part of the court system is impacted.”<sup>3</sup>

“The Most Significant Impact of the Epidemic Involves Cases With Children and Families”<sup>3</sup>



# Facts:

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- In an average year from 2015–2019, more than 21 million children in the United States lived with a parent who misused substances, and more than 2 million lived with a parent who had a substance use disorder (SUD).<sup>4</sup>
- In NC, there's been a 20% jump in children going in to foster care.
- Parental substance use is the reason for removal in 40% of cases.
- Children, **particularly young children**, are disproportionately impacted by parental substance use disorders.
- 24% of pregnancy-related mental health **deaths** had documentation that there was removal of a child from the person's custody or Child Protective Services involvement.<sup>11</sup>

# Parenting & SUDs

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Caregiver  
without SUD



Caregiver in  
Addiction



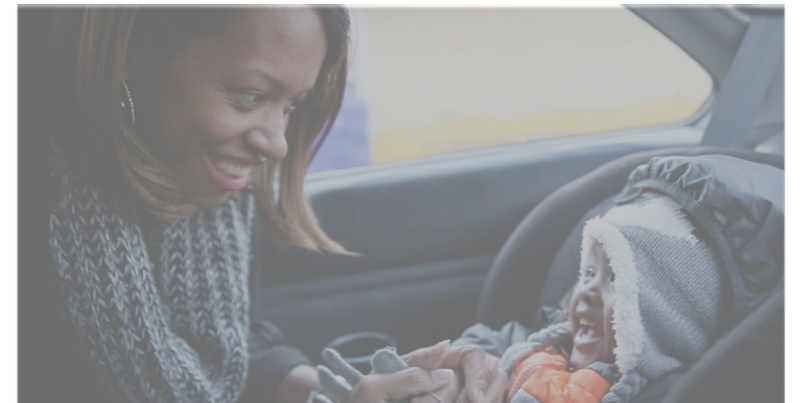
Caregiver in  
Early  
Recovery



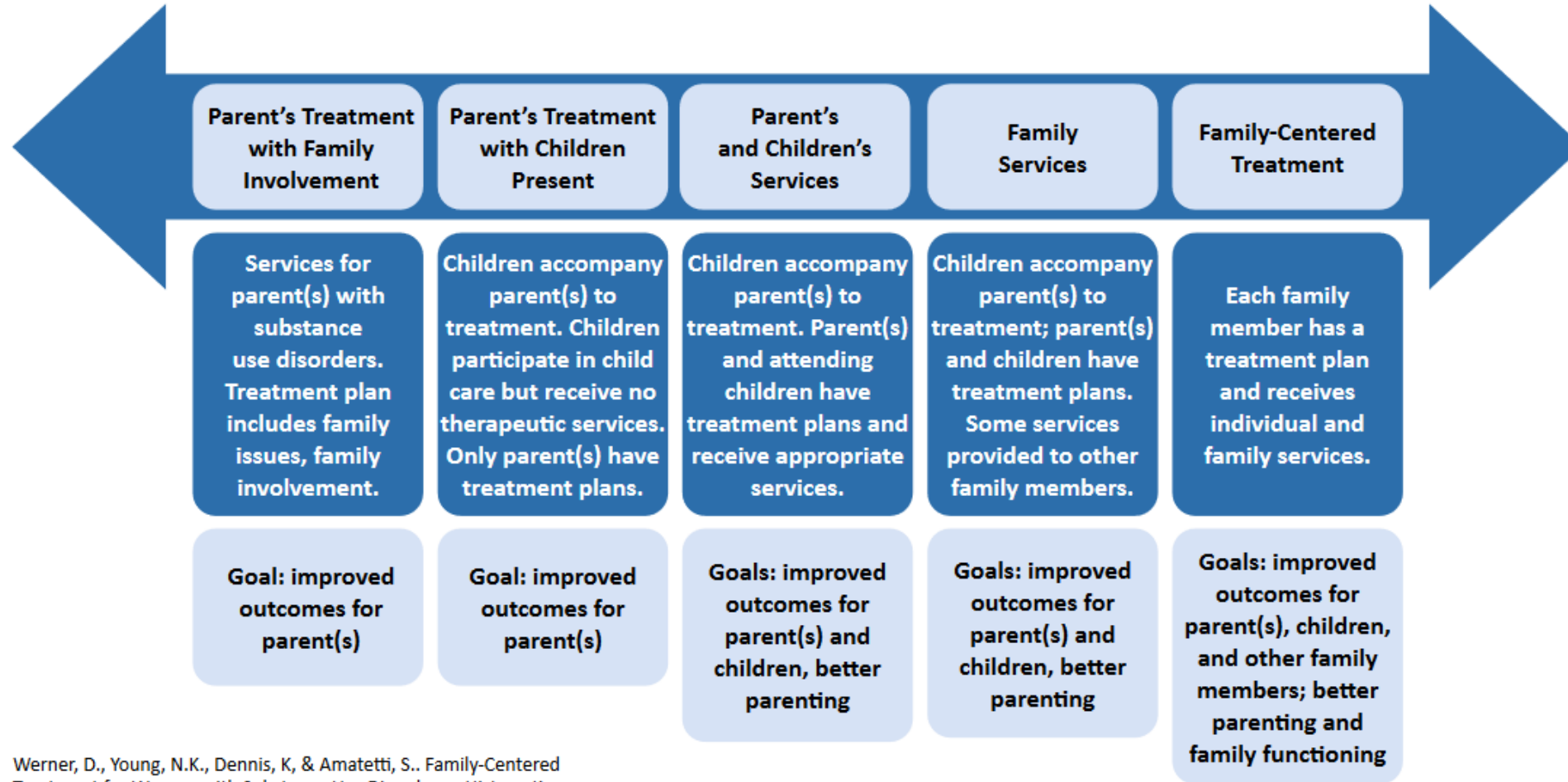
Caregiver in  
Long term  
Recovery

# Family Centered Treatments :

- Increase treatment retention rates and reduce substance use rates
- Decrease risk of child abuse
- Increase rates of reunification and positive permanency outcomes
- Reduce rates of infants with prenatal substance exposure
- Improve psychosocial and family functioning for children, parents, and family members
- Improve parent mental health, physical health, and employment
- Reduce depression and parental stress
- Improve parenting attitudes
- Enhance parental bonding with children
- Improve child developmental and behavioral outcomes<sup>6</sup>



# Continuum of Family-Based Services



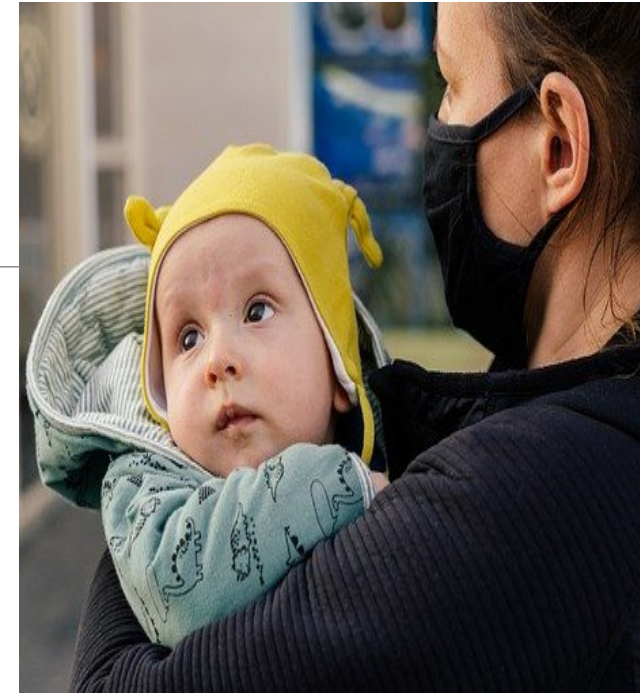
Werner, D., Young, N.K., Dennis, K., & Amatetti, S.. Family-Centered Treatment for Women with Substance Use Disorders – History, Key Elements and Challenges. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, 2007.



# Best Practices:

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- Family Centered Approach<sup>6</sup>
- Trauma Informed Courts<sup>10</sup>
- Disease model of addiction<sup>2</sup>
- Treatment model vs. Punishment model<sup>8</sup>
- Supportive “I Am On Your Side!”
- Hopeful! You CAN do this!



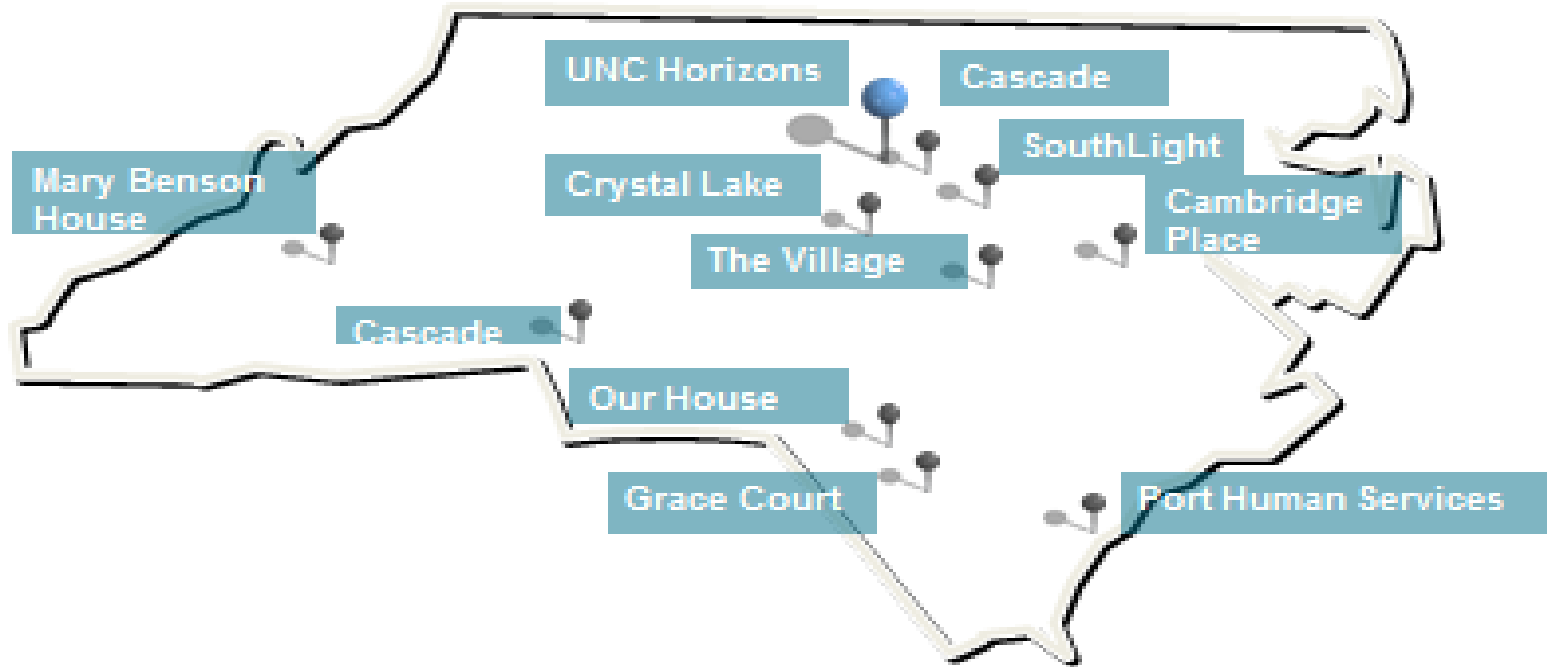
# Family Centered Treatment in NC:

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- NC Perinatal and Maternal Substance abuse and the CASAWORKS for Families Residential Initiatives (<https://ncpoep.org/guidance-document/treatment-matters/nc-perinatal-and-maternal-substance-abuse-and-the-casaworks-for-families-residential-initiatives/>)
- For Pregnant and Parenting women 1-800-688-4232.
- 28 programs using evidence-based treatment models located in 13 counties across the state.



# North Carolina



North Carolina Perinatal and Maternal  
Residential Substance Abuse Treatment Programs

# About UNC Horizons

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UNC Horizons is an integrated substance use disorder treatment program for women, including those who are pregnant, parenting, and/or whose lives have been touched by abuse and violence.

**We have 30 apartments where our clients can reside for 9-10 months with up to three of their children.**

We provide prenatal care, MOUD, psychiatry, pediatric care, childcare, adult and child mental health assessment and treatment, case management, job training, etc.

<https://www.youtube.com/watch?v=JQDg9BN5r6U&t=111s>



# How to Refer a Patient to UNC Horizons

**OBGYN Care only:** Available to any woman who is pregnant and has a substance use disorder (past and/or present). No formal referral is needed

Call 984-974-7005 to request appointment with Elisabeth Johnson or send

Clinic occurs on Monday AM and Thursday AM/PM

**Residential Care:** Available to women who are pregnant and/or custody of a child 11 or younger

Patient/provider may call 919-966-9803 to complete a screen and request to be considered for residential treatment.

If the patient is eligible for services, a staff person will help the patient navigate the process.

If the patient is not eligible for services or if the UNC Horizons program does not have any available beds, a staff person will provide information on treatment options.

**Outpatient Care (SACOT/SAIOP):** Available to women who can attend group treatment. Currently, UNC Horizons does not provide a stand-alone SAIOP. Patient may call 919-966-9803 to complete a screen and request to be considered for outpatient group treatment. If the patient is eligible for services, a staff person will assigned to helping the patient navigate the process.

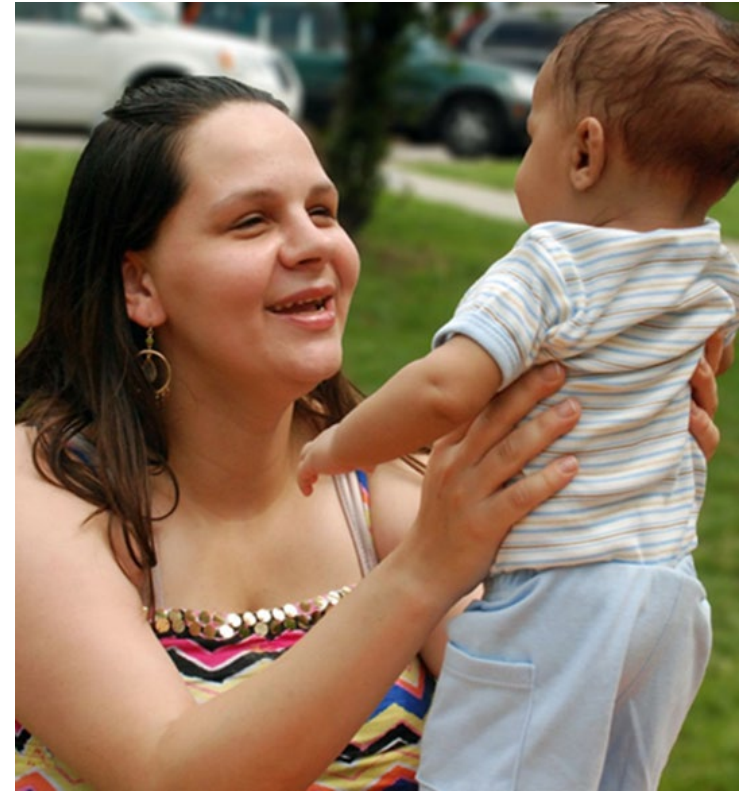
If UNC Horizons cannot meet the patient's needs, a staff person will provide information on treatment options.

# Questions?

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*“Healing the family begins with ensuring timely, appropriate, and effective services for both parents and children to treat substance abuse and trauma.”*

*Otero & Archer, 2013*



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