

Parenting And Substance Use Disorders

Handout

Facts:

- 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).
- 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.

Best Practices:

- Family Centered Approach
- Trauma Informed Courts
- Disease model of addiction
- Treatment model vs. Punishment model
- Supportive "I Am On Your Side!"
- Hopeful! You CAN do this!

Family Centered Treatments have been shown to:

- Increased treatment retention rates and reduced substance use rates
- Decreased risk of child abuse
- Increased rates of reunification and positive permanency outcomes
- Reduced rates of infants with prenatal substance exposure
- Improved psychosocial and family functioning for children, parents, and family members
- Improved parent mental health, physical health, and employment
- Reduced depression and parental stress
- Improved parenting attitudes
- Enhanced parental bonding with children
- Improved child developmental and behavioral outcomes

Family Centered Treatment in NC:

- **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.

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**. Clinic occurs on Monday AM and Thursday AM/PM

Residential Care: Available to women who are **pregnant and/or custody of a child 12. 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 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.

Important References

1. American Academy of Addiction Psychiatry. (2024). *Cultivating Law and Medicine Partnerships to Support Justice-Involved Individuals With Substance Use Disorders*. Retrieved from <https://www.aaap.org/law-and-medicine/guide/>.
2. Center for Children and Family Futures and National Association of Drug Court Professionals. (2019). *Family Treatment Court Best Practice Standards*. Supported by Grant #2016-DC-BX-K003 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice.
3. Conference of Chief Justices Conference of State Court Administrators. 2019. *Courts as Leaders in the Crisis of Addiction*. https://www.ncsc.org/data/assets/pdf_file/0018/15840/njotf_final_report_111819.pdf
4. Ghertner, R. (2022). *National and State Estimates of Children with Parents Using Substances, 2015-2019*. Washington, DC: US Department of Health and Human Services, Office of the Assistant Secretary for Planning and Evaluation
5. Kunkel, T. (2021). *The Stigmatization of Justice-involved Individuals with Substance Use Disorders: Perspectives from Criminal Justice Practitioners and those with Lived Experience*. Washington, DC: Legislative Analysis and Public Policy Association
6. National Center on Substance Abuse and Child Welfare (2021). *Implementing a Family-Centered Approach (Companion Modules) Series*. Retrieved from <https://ncsacw.acf.hhs.gov/topics/family-centered-approach/fca-modules-series/>
7. Substance Abuse and Mental Health Services Administration. *A Collaborative Approach to the Treatment of Pregnant Women with Opioid Use Disorders*. HHS Publication No. (SMA) 16-4978. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2016. Available at: <http://store.samhsa.gov/>.
8. Substance Abuse and Mental Health Services Administration (SAMHSA). *Best Practices for Successful Reentry From Criminal Justice Settings for People Living With Mental Health Conditions and/or Substance Use Disorders*. SAMHSA Publication No. PEP23-06-06-001. Rockville, MD: National Mental Health and Substance Use Policy Laboratory. Substance Abuse and Mental Health Services Administration, 2023
9. Substance Abuse and Mental Health Services Administration. *Clinical Guidance for Treating Pregnant and Parenting Women With Opioid Use Disorder and Their Infants*. HHS Publication No. (SMA) 18-5054. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2018.
10. Substance Abuse and Mental Health Services Administration, SAMHSA's National Center on Trauma-Informed Care and SAMHSA's National GAINS Center for Behavioral Health and Justice: *Essential Components of Trauma-Informed Judicial Practice*. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013.

11. Trost, S. L., Beauregard, J. L., Smoots, A. N., Ko, J. Y., Haight, S. C., Moore Simas, T. A., ... & Goodman, D. (2021). Preventing Pregnancy-Related Mental Health Deaths: Insights From 14 US Maternal Mortality Review Committees, 2008–17: Study examines maternal mortality and mental health. *Health Affairs*, *40*(10), 1551-1559.
12. U.S. Department of Health & Human Services, Administration for Children and Families, Administration on Children, Youth and Families, Children’s Bureau. (2023). *Child Maltreatment 2021*. Available from <https://www.acf.hhs.gov/cb/data-research/child-maltreatment>.

Evette Horton, PhD., NCC, LCMHC-S, RPT-S, IMH-E®

Evette_horton@med.unc.edu

Elisabeth Johnson, PhD, FNP-BC, CARN-AP, LCAS

elisabeth_johnson@med.unc.edu

www.unchorizons.org

HORIZONS
HEALING GENERATIONS