

Project Nurture Collaborative



Project Nurture

**A Center of Excellence Model for
pregnant women with substance use disorders**



PROJECTNURTURE

Project Nurture

When women with substance use disorders become pregnant, they need a high-quality, supportive model of care that meets their needs for:

- Pregnancy and postpartum care
- Engagement and support around recovery efforts
- Peers who understand the road they are on
- Help with other life issues like housing, relationships, child welfare and legal issues

Participants in Project Nurture

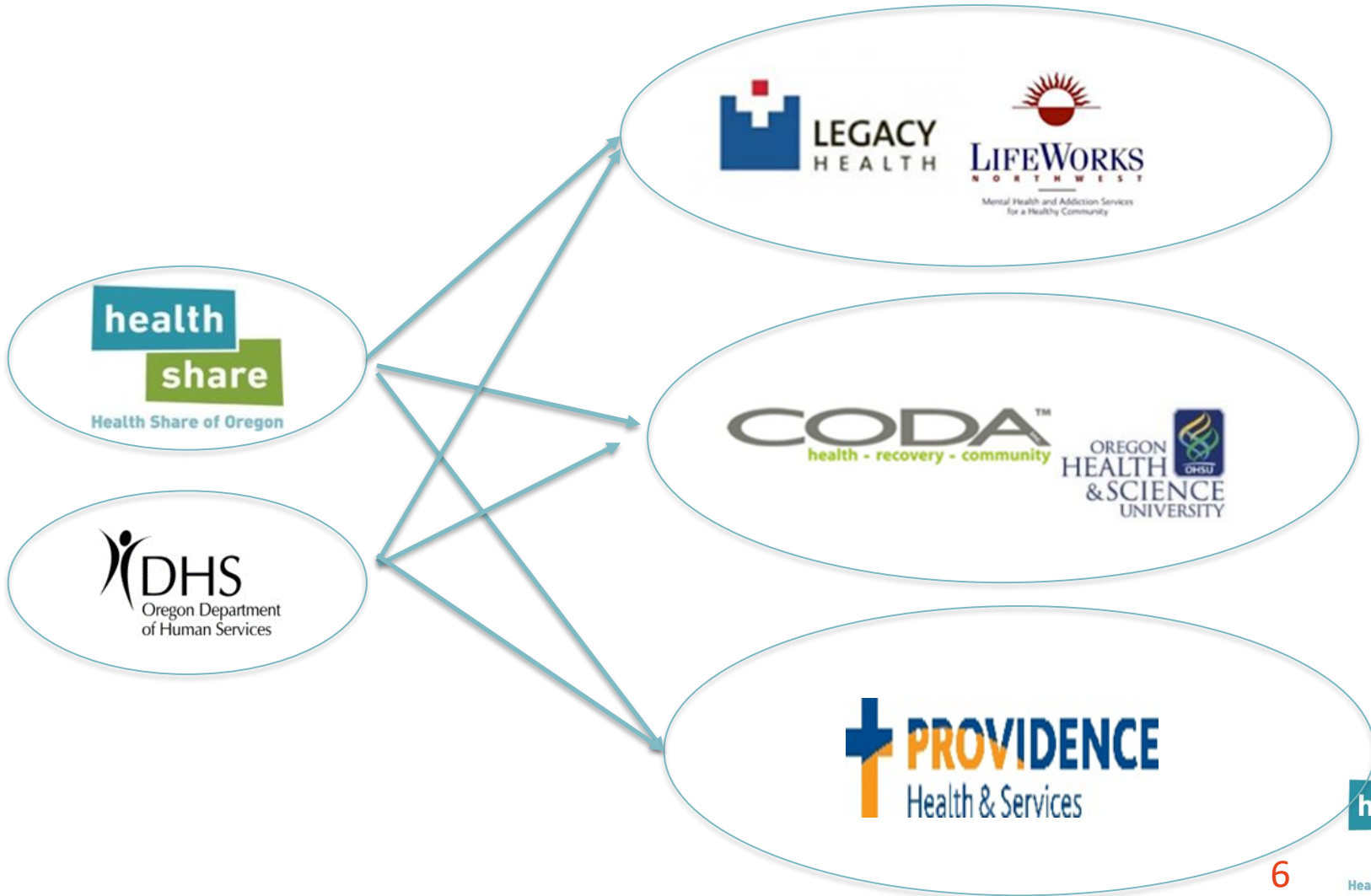
Compared to pregnant women without substance use disorders, these women are more likely to have experienced trauma in their lives

- 35% of them were in foster care themselves
- 77% of them dropped out of school at some point
- 51% were physically abused as children
- 47% were sexually abused as children

Participants in Project Nurture

- 48% have less than a high school education
- 72% have been arrested
- 81% have been homeless
- 57% have had a child removed and placed in foster care before this current pregnancy

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Integrated substance use treatment with maternity care

- Team-based approach

- Group visit model of care

- Care is from early pregnancy to one year postpartum

Core components of the model

- Maternity care

- Level 1 addiction treatment with MAT (available at 2 sites, third site refers)

- Case management

- Peer support

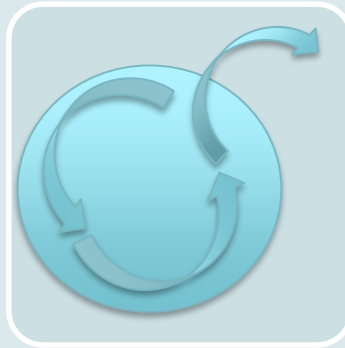
Project Nurture Goal Continuum



Engage
and
build
trust



Improve
health
and
reduce
costs



Break
intergen-
erational
cycle of
trauma



Build
the
work-
force

Outcomes so far

First 171 participants

Substance use outcomes:

- 49% of participants achieve/maintain abstinence during pregnancy
- 85% of women using opioids participate in medication assisted treatment (MAT) during pregnancy

Birth outcomes:

- 75% of participants had no obstetrical complications
- 13% had preterm delivery
- 31% had a C-section

Outcomes so far

Infant Outcomes:

- 81% born at term
- 13% born with low or very low birth weight
- 67% are breastfeeding at discharge, 30% at 3 months
- 35% of infants go to NICU
- 36% diagnosed with NAS

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Foster Care Outcomes

Foster Care Outcomes

- 76% are discharged to mother's care
- 89% of mothers have long-term custody of their infant
- Of the 11% of infants that are permanently not in mother's custody, 4% are voluntary relinquishments

Staff interviews

“I think one thing that was really striking, from the very beginning, was how quickly the patients developed as a peer group...and how quickly they started to support each other. When you think about all of the many layers of shame and fear that women like this experience...They're pregnant, they were using drugs while they were pregnant, they're on methadone. Nobody wants to talk about a pregnant mother on methadone, right? The fact that these women have to shoulder all of that and found a group of women that they could share that with...”

Staff interviews

“The whole point of Project Nurture is that you end up with people in your corner- that they know you, that they want the things you want for you...”

Participant Interviews

“But here [at Project Nurture], I was really excited to have people who knew exactly what I was talking about, and have that support. I was excited to come in and have that support because I was scared.”

“If it weren’t for them I wouldn’t have made it this far. It’s really awesome to have that support. And also- when you’re getting sober, the more people that you have to be accountable to, the easier it is to remain sober. Having all of those people to be accountable to, and all of those people who would be disappointed if I screwed up.”

Participant interviews

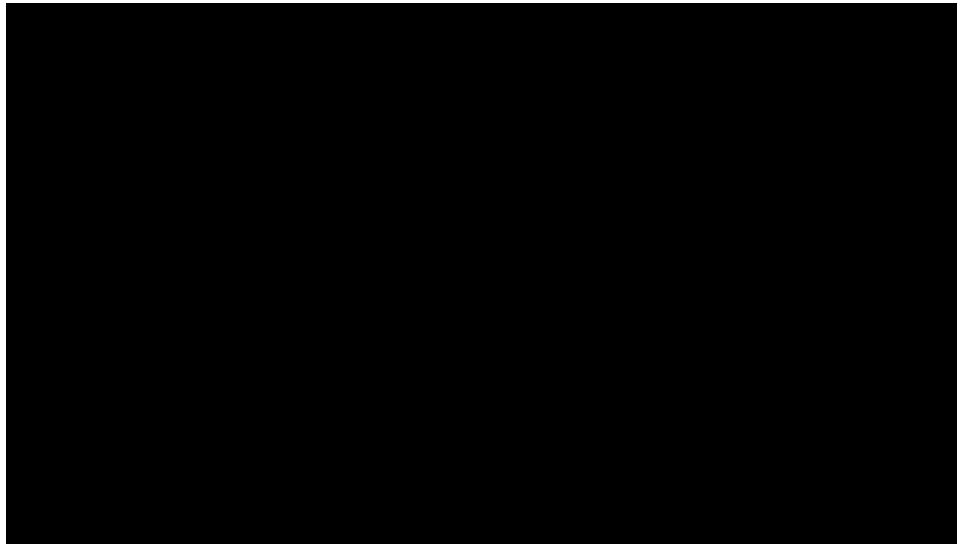
“Just [to be with] other moms that know addiction too and have just been through the same thing. It’s nice to have other moms too who have older kids, and so they have already been through....like if my daughter gets sick or something...I can talk to them. And it’s nice to be able to help other women too, and not just take, but give as well.”

“I don’t feel like I’m coming to a therapy session. I DO feel like I’m coming to a group, I’m uniting with other people- like I’m part of something, not that I AM the something.”

Role of the Peer Recovery Mentor and Doula

- Partner with women in every part of their care from the prenatal experience, substance use treatment, hospital birth experience, postpartum care, breastfeeding and recovery efforts
- Support around child welfare involvement in the family
- Continuity of care – consistency, accountability, rapport and support
- Blending roles of Peer Recovery Mentor and Doula has a powerful effect in that it helps the team and the women see themselves as both mothers and in recovery instead of one or the other

Video



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