



Substance Use During Pregnancy: The Impact on Families in Maine

Updates from the Maine Office of Substance Abuse and Mental Health Services
Issue: December 2013

Welcome!

The purpose of this newsletter is to streamline communication and promote idea-sharing in order to reduce the negative impacts of prenatal substance use in Maine. Each quarterly publication will include the latest news and research and will share highlights of the various activities that are happening throughout our state and around the nation.

It is vital to stay up-to-date with the ever-growing research related to drug and alcohol use during pregnancy. As important, however, is learning from each other's experiences, successes and challenges. This newsletter serves as an arena to share our progress as it relates to Fetal Alcohol Spectrum Disorders (FASD) and Drug Affected Babies (DAB) awareness and education in Maine.

I encourage you to submit information for future newsletters so that we can build on each other's knowledge and lessons learned in order to provide the best care we can for Maine families.

I look forward to sharing and connecting with you.

-Andrea Pasco, FASD/DAB State Coordinator
Maine Office of Substance Abuse and Mental Health Services

FASD/DAB Task Force

The FASD/DAB Task Force meetings are held on the 4th Tuesday of every other month from 1pm-3pm at 41 Anthony Avenue in Augusta.

Our next meeting is scheduled for Tuesday, January 28. Additional details will be sent to members prior to the meeting.

Membership includes broad representation from around the state but newcomers are always welcome. If you are interested in joining the FASD/DAB Task Force or receiving meeting minutes, please contact Andrea Pasco at 207-287-2816 or andrea.pasco@maine.gov.



In This Issue

FASD/DAB Task Force Initiatives
Maine Highlights
Upcoming Events & Training Opportunities
National News & Research
Maine News
Resource Links

Task Force Activities

The office of Substance Abuse and Mental Health Services FASD/DAB initiatives currently include the following activities:

- The development and implementation of a **public awareness campaign** designed to decrease the number of women who consume any alcohol during pregnancy. Campaign materials are slated to be available by mid-2014.
- The creation of an **FASD Resource Guide** designed to assist people living with FASD and their caregivers is underway. The purpose is to increase access to a wide variety of providers who are skilled and knowledgeable about FASD and effective treatment strategies.
- The on-going distribution of “**Safe Sleep**” and “**Up & Away**” medication safety materials to educate families on the risks of unsafe sleep practices and safe medication use.
- The implementation of **FASD trainings** by educators certified using the CDC model. Trainings are offered to groups throughout the state who interested in learning more about how prenatal alcohol exposure affects individuals throughout the lifespan.
- The provision of trainings on the effective use of valid **S-BIRT** tools (screening, brief intervention and referral to treatment) to help identify individuals who are at risk for a substance use disorder and increase the likelihood that they will access treatment services if appropriate.

For more information on these or other Task Force initiatives, please contact Andrea Pasco at 207-287-2816 or andrea.pasco@maine.gov.

Maine Highlights

Tri-County Mental Health, serving Androscoggin, Franking and Oxford Counties, are now offering the **Maine Mother's Network**.

This is a program for women who are pregnant or parenting a child birth to 5 who is experiencing substance abuse issues.

They offer trauma screening using ACEs, case

management coordination and advocacy, the Nurturing Parenting Program, treatment groups and peer services (peer recovery coaching).

For referrals or more information, please contact 1-800-244-6431.



The **Land of Milk and Honey** provides support to women in recovery in the greater Portland Area, with a focus on helping strengthen *4 pillars towards health*: fitness, nutrition, sleep and creativity. For more information, contact Kathryn Bourque at 207-797-6296 or Morgyn Danae at 828-216-8125.

[Click here](#) for details on the October 2013 conference: “**Transdisciplinary Approaches to Caring for Drug Affected Mother/Baby Dyads**”. Plans are underway for a follow up education day in the spring of 2014. The date is not yet determined. Based on participant feedback from the October event, topics will include breastfeeding, assessment of the newborn withdrawal symptoms, and non-pharmacologic treatment of the baby. For more information or to request notification once the program is finalized, you may contact: mhes@mainehealth.org.

Upcoming Events & Educational Opportunities

Snuggle ME Webinar Series

Over the next year, Dr. Amy Belisle, Medical Director of Quality Counts for Kids, and Kelley Bowden, MS, RN, the Perinatal Outreach Nurse Educator for the Maine CDC, will be hosting a series of "Snuggle ME" Webinars with presentations by both national and state experts on how to identify the substance exposed pregnancy/newborn, optimize care and coordination for women and children affected by substance use in pregnancy. We hope that you will join us over the next year and bring your voice to the conversation about this important topic. To learn more about these webinars or to register, please [click here](#). To view the Snuggle ME guidelines now posted on the Maine CDC website please [click here](#)



"How to Ask" - Effective Approaches to Address Maternal Drinking in Clinical Settings

Most health care professionals do not ask their female patients of reproductive age about their drinking. This leads to a missed opportunity of early detection and prevention of problematic maternal drinking and fetal alcohol spectrum disorder (FASD). This archived webinar will familiarize participants with effective and patient-friendly techniques to elucidate maternal drinking among women of reproductive age. To view this webinar offered by the Canadian Association of Pediatric Health Centres, [click here](#).

NOFAS Webinar Series

The National Organization to Prevent Fetal Alcohol Syndrome (NOFAS) is now offering a monthly webinar series. To learn more [click here](#).

32nd Annual Protecting Our Children National American Indian Conference on Child Abuse and Neglect

In April 2014, child welfare and legal professionals, advocates for children, tribal leaders, families, youth, and grassroots organizers will gather together in Fort Lauderdale, Florida, to focus on achieving ICWA's potential and to celebrate its legacy. [Click here](#) for more information.

Supporting Children Affected by Parental Co-occurring Disorders 2014 Webinar Series

The National AIA Resource Center invites you to join us for our 2014 webinar series. Registration for these 90-minute, interactive webinars is free to one party per agency. [Click here](#) for more information.

19th National Conference on Child Abuse and Neglect: Policy, Research and Practice - 40 Years of CAPTA.

The Children's Bureau's Office on Child Abuse and Neglect (OCAN) is pleased to announce the 19th National Conference on Child Abuse and Neglect, which will be held April 30 - May 2 in New Orleans. For more information, [click here](#).

January is Birth Defects Prevention Month

The National Birth Defects Prevention Network Education and Outreach Committee has developed materials and resources to assist state program staff and others interested in promoting birth defects prevention during the month of January. For more information please [click here](#).

National News & Research

18 Percent of Pregnant Women Drink Alcohol during Early Pregnancy (NSDUH)
SAMHSA, September 9, 2013

Stigma a Major Barrier to Treatment for Pregnant Women With Addictions
CMAJ, November 5, 2013

Fetal Alcohol Spectrum Disorders in America, Pt. 4: Educating Students with FASD
The Chronicle of Social Change, October 28, 2013

Lawyer David Boulding Has Become an Expert on FASD
Bridge River Lillooet News, October 23, 2013

Binge Drinking While Pregnant Linked To Depression *RTT News*, October 22, 2013

Fetal Alcohol Spectrum Disorders in America, Pt. 3: The Criminal Justice System
The Chronicle of Social Change, October 21, 2013

Fetal Alcohol Spectrum Disorders in America, Pt. 2: The Financial Impact
The Chronicle of Social Change, October 14, 2013

Fetal Alcohol Syndrome in America – A Silent Crisis *The Chronicle of Social Change*, October 4, 2013

Bound by the Clock: The Experiences of Youth With FASD Transitioning to Adulthood From Child Welfare Care
The First Peoples Child & Family Review, Vol. 8, No. 1, 2013

Emily Oster's Alcohol and Pregnancy Advice is Deeply Flawed and Harmful
NOFAS, August 2013

Maine News

LePage Puts Spotlight on Drug-Affected Babies
Bangor Daily News, November 13, 2013

Maine promotes Fetal Alcohol Disorder Awareness
Portland Press Herald, September 8, 2014

Newly Born and Withdrawing from Drugs: As Number of Maine Babies Exposed to Opiates Rises, Experts Explore New Options
Bangor Daily News, July 16, 2013

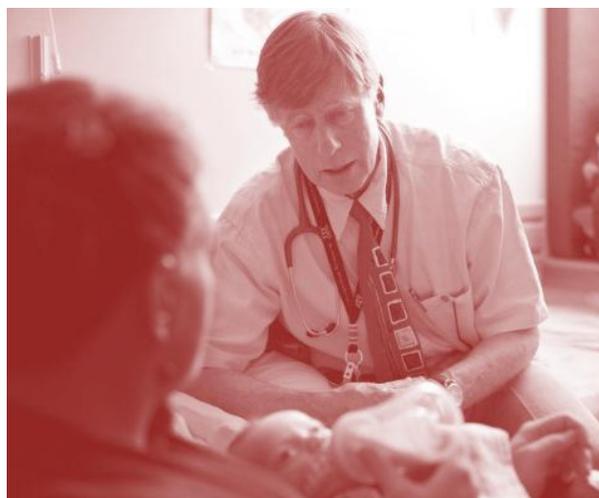


Photo courtesy of [Brian Feulner](#) | BDN
Eastern Maine Medical Center's Dr. Mark Brown talks to a one-month-old baby's mother while showing the pediatric patient room at EMMC.

Should Methadone Programs Include Birth Control?
Bangor Daily News, July 16, 2013

To visit the **Maine Office of Substance Abuse and Mental Health Services Facebook page**, [click here](#).



Resource Links

[Adverse Childhood Experiences Study \(ACES\)](#)

[American Academy of Pediatrics \(AAP\)](#)

[American College of Obstetricians and Gynecologists \(ACOG\)](#)

[Co-Occurring Collaborative Serving Maine \(CCSME\)](#)

[FASD Center for Excellence](#)

[Healthy Maine Partnerships \(HMPs\)](#)

[Maine Alliance to Prevent Substance Abuse \(MAPSA\)](#)

[Maine Association for Infant Mental Health \(MeAIMH\)](#)

[Maine Association of Substance Abuse Programs \(MASAP\)](#)

[Maine CDC Injury Prevention Program](#)

[Maine CDC Public Health Nursing Program](#)

[Maine CDC Women, Infants and Children Nutrition Program \(WIC\)](#)

[Maine Child Abuse Action Network \(CAAN\)](#)

[Maine Children's Growth Council \(MCGC\)](#)

[Maine Children's Trust](#)

[Maine Coalition against Sexual Assault \(MECASA\)](#)

[Maine Coalition to End Domestic Violence \(MCEDV\)](#)

[MaineFamilies](#)

[Maine Pregnancy Risk Assessment Monitoring System \(PRAMS\)](#)

[Maine Public Health Association \(MPHA\)](#)

[March of Dimes Maine Chapter](#)

[National Child Traumatic Stress Network \(NCTSN\)](#)

[National Drug Endangered Children Alliance](#)

[National Healthy Mothers, Healthy Babies Coalition](#)

[National Organization on Fetal Alcohol Syndrome \(NOFAS\)](#)

[Northern New England Poison Center \(NNEPC\)](#)

[Planned Parenthood of Northern New England \(PPNNE\)](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

[Text 4 Baby](#)

<http://www.cdc.gov/ncbddd/fasd/index.html>
(CDC FASD)

