

Opioid and Behavioral Health Resources

Healthy Start grantees recently provided feedback on what resources and tools would help them support participants and their families affected by the widespread use or misuse of prescription opioid pain relievers or heroin, as well as information to strengthen behavioral health generally (mental health and substance use) of women and their families. The topic index below represents the types of information grantees requested. In response, we have located many helpful resources. The list should not be considered to be a comprehensive listing of opioid and behavioral health topics or resources; but rather, as a starting point to help Healthy Start grantees identify strategies and supports that might benefit their participants.

Resources that can be accessed (or are described) on the Healthy Start EPIC Center website are marked "EPIC" (e.g., "EPIC: Webinar", "EPIC: Evidence-Based Practice"); others are direct links to resources provided by national, state, and other partner organizations. The Healthy Start EPIC Center is also offering webinars, training, community workshops, and technical assistance on topics related to substance use and mental health. For individualized assistance, please contact the [EPIC Center](#).

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Data And Policy

Opioid and other substance use: data and policy recommendations specific to women and babies

[AAP Policy Statement: A Public Health Response to Opioid Use in Pregnancy](#) American Academy of Pediatrics (2016). *EPIC: Evidence-Based Practice*

[How State Health Departments Can Use the Spectrum of Prevention to Address Neonatal Abstinence Syndrome: Companion Report](#) PDF document. Association of State and Territorial Health Officials (ASTHO, 2015)

[Neonatal Abstinence Syndrome: How States Can Help Advance the Knowledge Base for Primary Prevention and Best Practices of Care](#) The Association of State and Territorial Health Officials provides an overview of NAS and describes how states address knowledge gaps through interdepartmental efforts, perinatal learning collaboratives, and quality improvement initiatives. (ASTHO, 2014) *EPIC: Evidence-Based Practice*

[The Opioid Epidemic: Implications for MCH Populations](#) This issue brief discusses the epidemic broadly, highlights national and state-level policy efforts, and features several strategies from Title V MCH programs. PDF document. (AMCHP - Association of Maternal & Child Health Providers, 2017)

[Pregnant Women and Substance Use: Overview of Research & Policy in the United States](#) explores what's at stake for pregnant women who use drugs and which public health strategies can help. PDF document. (Jacobs Institute of Women's Health, The George Washington University, 2017)

[3 Reasons Why Criminalizing Pregnant Women for Drug Use is a Bad Idea](#) Article: Amie Newman, Our Bodies Ourselves website. (2017)

[White Paper: Opioid Use, Misuse and Abuse in Women](#) PDF document. HHS Office on Women's Health (2016).

General Training on Substance Abuse Disorders and Prevention

Training on substance use disorders and prevention topics

[AAP Fetal Alcohol Spectrum Disorders Toolkit](#) American Academy of Pediatrics (2015). *EPIC: Evidence-Based Practice*

The [Fetal Alcohol Spectrum Disorders \(FASD\) Prevention Program](#) is a collaboration between ACOG and the CDC. Its goal is to empower healthcare providers to speak with their patients about abstaining from alcohol use during pregnancy.

[Joining Forces to Prevent Prenatal Exposure to Alcohol and Other Drugs, Mental Health First Aid](#) *EPIC: Community Trainings*

[Mothertobaby.org](#) MothertoBaby is the leading authority providing up-to-date, evidence-based information to mothers, healthcare professionals, and the general public regarding the effects of medications and other exposures on pregnancy and breastfeeding. *EPIC Evidence-Based Practice*

[Nurturing Trust: Addiction and Maternal and Newborn Health](#) Audio Broadcast. *EPIC: Online Training*

[Substance Use While Pregnant and Breastfeeding](#) Profiles research on how smoking tobacco or marijuana, taking prescription pain relievers, or using illegal drugs during pregnancy is associated with double or even triple the risk of stillbirth. (NIDA, 2013).

Opioid overdose prevention

[SAMHSA Opioid Overdose Prevention Toolkit](#) This toolkit equips health care providers, communities, and local governments with material to develop practices and policies to help prevent opioid-related overdoses and deaths. It addresses issues for health care providers, first responders, treatment providers, and those recovering from opioid overdose. (2016)

SAMHSA Opioid Overdose Prevention Toolkit brochures in PDF format:

- o [Facts for Community Members](#) A good basic primer for HS community health workers.
- o [Recovering From Opioid Overdose -Resources for Overdose Survivors and Family Members](#) Can print and share with HS clients.
- o [Safety Advice for Patients and Family Members](#) Can print and share with HS clients.

Naloxone: access and training on its use

SAMHSA information on access to and training on the use of Naloxone. [e.](#)

- o [What is Naloxone?](#) Overview of how Naloxone is used in medication-assisted treatment to counter opioid overdose.
- o [Training on Providing Naloxone](#) Naloxone is a regulated medication and must be administered properly. SAMHSA's Division of Pharmacologic Therapies (DPT) provides opioid prescribing courses for physicians, webinars, workshops, and summits, and publications and research.

Screening Resources/Training

Training on screening for substance use/abuse

[Ask the Expert/Screening Tools Initiative: Talking Participants through the Healthy Start Screening Tools](#) *EPIC: Webinar*

[Ask The Expert: Introduction to FASD Screening and Diagnosis](#) *EPIC: Webinar*

[NIDA Quick Screen*](#), [ASSIST](#), [TWEAK](#), [T-ACE](#), [4Ps Plus](#), [UNCOPE](#), [DAST](#), [CAGE-AID](#), [AUDIT](#) *, For screening for substance use, the NIDA Quick-Screen is embedded within the Healthy Start standard screening tools. If the Quick Screen is positive and further SUD assessment is indicated: For preconception/postpartum/interconception: (1) Assess, Advise and Assist for Alcohol Use Disorders or (2) NIDA-Modified ASSIST (drug use). Prenatal: TWEAK, T-ACE or 4 Ps, NIDA-Modified ASSIST. *EPIC: Evidence-Based Practices*

[Planning and Implementing Screening and Brief Intervention for Risky Alcohol Use: A Step-by-Step Guide for Primary Care Practices](#) National Center on Birth Defects and Developmental Disabilities (CDC,2014). *EPIC: Evidence-based practice*

[Using SBIRT in Healthy Start: Destigmatizing Addiction and Cultural Considerations](#) *EPIC: Webinar*

Treatment Resources/Training

Supportive strategies to encourage women to go into treatment

[Decisions in Recovery: Medications for Opioid Use Disorder](#) is a web-based, multimedia tool that is person-centered and focuses on informed treatment choices by persons seeking recovery from an opioid use disorder including the use of medication. The handbook is a companion to the multimedia tool that mirrors the web-based content. Both resources are designed to help people with an opioid use disorder make informed decisions concerning their care. It assists in learning about MAT, comparing treatment options to decide what may be best for a person and their recovery, and discussing preferences with a provider. (SAMHSA, 2016)

[Motivational Interviewing](#) *EPIC: Community Training*

Evidence-based/Evidence-informed practices for treatment, including medication-assisted treatment for opioid pain relief or heroin addiction

[CHOICES: A Program for Women About Choosing Healthy Behaviors](#) Brief intervention for non-pregnant women of childbearing age that are at risk for alcohol exposed pregnancy. The intervention consists of four motivational interviewing sessions with a counselor/interventionist and one contraception counseling visit with a health care provider over a 12 to 14 week period. (CDC, 2013) *EPIC: Evidence-Based Practice*

[The Parent Child Assistance Program \(PCAP\)](#) Evidence-based home visitation case-management model for mothers who abuse alcohol and/or drugs during their pregnancies. (AMCHP, 2012) *EPIC: Evidence-based practice*

[Resources on best practices in the treatment of opioid use disorders and Neonatal Abstinence Syndrome \(NAS\)](#) This webpage describes resources

on best practices in the treatment of opioid use disorders and Neonatal Abstinence Syndrome (NAS). Scroll down the webpage to “Additional Resources” to access webinars, videos, publications. (National Center on Substance Abuse and Child Welfare, SAMHSA)

[Understanding substance use disorders, treatment and family recovery: A guide for child welfare professionals](#). This primer addresses addiction, substance abuse treatment and recovery, treatment readiness and treatment effectiveness, cross-system communication and collaboration, and contact information for other national resources. 4.5 CEUs for Social Workers. (National Center on Substance Abuse and Child Welfare, SAMHSA, 2007)

Find local treatment facilities, and physicians who provide methadone and buprenorphine for the treatment of opioid addiction (Medication-assisted treatment/MAT)

- National Helpline: 1-800-662-HELP (4357) or 1-800-487-4889 (TDD — for hearing impaired). Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week.

[SAMHSA Behavioral Health Treatment Locator](#) to search by address, city, or zip code.

[Find programs providing methadone](#) for the treatment of opioid addiction (heroin or pain relievers).

[Find physicians and treatment programs providing buprenorphine](#) for opioid addiction (heroin or pain relievers).

Linkages/referrals/collaborative approaches/interagency coalitions

[A Collaborative Approach to the Treatment of Pregnant Women with Opioid Use Disorders: Practice and Policy Considerations for Child Welfare, Collaborating Medical, and Service Providers](#) Guides states, tribes, and local communities on the best practices for collaborative treatment approaches for women suffering from substance use disorder. Highlights data on the effects of opioids on pregnant women and the risks and benefits. PDF document. (SAMHSA, 2016)

Holistic approaches/spiritual support

[Family Spirit](#) An evidence-based early childhood home-visiting program designed for and by American Indian communities. (Johns Hopkins Center for American Indian Health) *EPIC: Evidence-based practice*

[Improving Cultural Competence: Quick Guide for Clinicians Based on Tip 59](#) Highlights the role culture plays in the delivery of substance abuse and mental health services for professional care providers. Discusses racial,

ethnic, and cultural considerations and the core elements of cultural competence. (SAMHSA, 2016)

Peer providers/recovery coaches

[Peer Providers](#) Describes roles of Peer Providers and provides tips for promoting their roles in integrated health. (SAMHSA-HRSA Center for Integrated Health Solutions)

Addressing stigma and mistrust to encourage seeking help and treatment

[Ask the Expert: Using SBIRT in Healthy Start: Destigmatizing Addiction and Cultural Considerations](#) *EPIC: Webinar*

[Motivational Interviewing](#) *EPIC: Community Training*

The [National Center on Substance Abuse and Child Welfare](#) is a national resource center providing information, expert consultation, training and technical assistance to child welfare, dependency court, and substance abuse treatment professionals to improve the safety, permanency, well-being, and recovery outcomes for children, parents, and families.

Strengthening Mental Health

Strengthening mental health screening, support, referrals, and follow up

Depression Screening Tools: [PHQ-2*](#), [PHQ-9*](#), [EPDS*](#), [PDSS](#), [MADRS](#), [CES-D](#), [BDI Fast Screen](#) *In the Healthy Start standard screening for depression, the PHQ-2 (Patient Health Questionnaire) is embedded and is used for screening. If indicated, further assessment using the PHQ-9 or Edinburgh Postnatal Depression Screening Tool is recommended. *EPIC: Evidence-based practices*

[Depression in Mothers: More Than the Blues](#) This Tool Kit for Family Service Providers equips providers with information and strategies for use in working with mothers who may be depressed. Includes facts about depression; screening tools for more serious depression; and referrals, resources, and handouts for mothers who are depressed. (SAMHSA, 2014) *EPIC: Evidence-based practice*

[Mental Health First Aid](#) is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. *EPIC: Evidence-based practice/Community Training*

[Moms' Mental Health Matters](#) This new initiative is designed to educate consumers and health care providers about perinatal mood disorders, emphasizing the newly-appreciated fact that they include both depression and anxiety and can occur both during and after pregnancy. In addition to education, the site provides action plans, referrals, and advice for partners, family, and friends of affected women. (National Child & Maternal Health Education Program) *EPIC: Evidence-based practice*

[Moving Beyond Depression](#) is a comprehensive, evidence-based and integrated approach to identifying and treating depression in mothers participating in home visitation programs. (Every Child Succeeds, and Cincinnati Children's Hospital Medical Center) *EPIC: Evidence-based practice*

[Prenatal Plus Program](#) uses the client-centered counseling approach with all participants to address a variety of issues that have been shown to have a negative impact on birth outcomes. The key health areas targeted by this program are healthy weight, smoking cessation and depression. The program has been demonstrated to decrease the rate of low-birth weight infants and resolve the risks putting women at risk of delivering low-birth weight infants. (AMCHP) *EPIC: Evidence-based practice*

[WINGS \(Women Initiating New Goals of Safety\)](#) Failure to address IPV among women who use alcohol or other drugs has been found to increase the likelihood of continued drug use, relapse, attrition from drug treatment and a host of other negative physical and mental health consequences. WINGS is a single-session intervention that aims to address a critical gap in IPV services for women. (Columbia University, Social Intervention Group, 2015) *EPIC: Evidence-based practice*

Provider training on trauma-informed care

[How Healthy Start Can Address Trauma and its Connection to Personal And Familial History](#) *EPIC: Webinar*

[Trauma-Informed Care](#) *EPIC: Community Training*

[Trauma-Informed Care in Behavioral Health Services: Quick Guide for Clinicians Based on TIP 57](#) Equips professional care providers and administrators with information for providing care to people who have experienced trauma or are at risk of developing trauma stress reactions. Addresses prevention, intervention, and treatment issues and strategies. (SAMHSA, 2015)

[Trauma Informed Care \(TIC\) Training Opportunities to Improve Quality Service Delivery](#) Slide presentation from July 18-16, 2016 HS Regional Meeting (MA, CT, NY). PDF document. *EPIC: Training Session*

[The Value of Integrating Trauma-Informed Care for the Healthy Start](#) *EPIC: Webinar*

Educational Materials for Clients/Community Awareness Campaigns

Educational materials for clients

[Alcohol and Drug Addiction Happens in the Best of Families](#) Describes how alcohol and drug addiction affect the whole family. Explains how substance abuse treatment works, how family interventions can be a first

step to recovery, and how to help children in families affected by alcohol abuse and drug abuse. (SAMHSA, 2012)

[Family Therapy Can Help: For People in Recovery From Mental Illness or Addiction](#) Explores the role of family therapy in recovery from mental illness or substance abuse. Explains how family therapy sessions are run and who conducts them, describes a typical session, and provides information on its effectiveness in recovery. (SAMHSA, 2013)

[It's Not Your Fault \(NACoA\)](#) Assures teens with parents who abuse alcohol or drugs that, "It's not your fault!" and that they are not alone. Encourages teens to seek emotional support from other adults, school counselors, and youth support groups such as Alateen, and provides a resource list. (SAMHSA, 2001)

[It Feels So Bad: It Doesn't Have To](#) Provides information about alcohol and drug addiction to children whose parents or friends' parents might have substance abuse problems. Advises kids to take care of themselves by communicating about the problem and joining support groups such as Alateen. (SAMHSA, 2012)

[What Is Substance Abuse Treatment? A Booklet for Families](#) Created for family members of people with alcohol abuse or drug abuse problems. Answers questions about substance abuse, its symptoms, different types of treatment, and recovery. Addresses concerns of children of parents with substance use/abuse problems. (SAMHSA, 2014)

Educational materials tailored for Healthy Start populations

[Tobacco, Alcohol, Drugs, and Pregnancy](#) Provides responses to questions about tobacco, alcohol, and drug use during pregnancy that are frequently asked by consumers. (ACOG- The American Congress of Obstetricians and Gynecologists)

[Caring for babies who have been exposed to drugs or alcohol](#) This brochure, provided as a PDF document, is designed for parents and caregivers of infants with prenatal substance exposure. It offers caregiving tips for soothing a baby as well as resources in the Sacramento, California, region. Those interested in personalizing this brochure in a given region should send an e-mail to ncsacw@cffutures.org to request a customizable version. (Nurse Family Partnership)

[Depression During and After Pregnancy: A Resource for Women, their Families and Friends](#) Booklet available in English and Spanish. (HRSA Maternal and Child Health Bureau, 2006) *EPIC: Evidence-based practice*

[Moms' Mental Health Matters Materials](#) Free print and video materials, including posters, action plan tear pads, and conversation starter postcards in English and Spanish.

Community Awareness Campaigns

[When the Prescription Becomes the Problem](#) CDC campaign materials: videos, Facebook, Twitter, and Instagram Images, graphics and sample tweets

States and communities may also have their own community awareness campaigns: Google: "awareness campaign, opioid, YOUR STATE and/or COUNTY"

EBP Search Links EPIC Center Website

Use these topic links to view the EPIC Center's evidence-based practices library for related topics:

[Alcohol/Drug Services](#)

[Risk Assessment](#)

[Depression](#)

[Tobacco Cessation](#)

[Intimate Partner Violence](#)

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