Substance Use Disorders and Child Welfare

Part 2 of a 3-part series addressing Substance Use Disorders, the opioid epidemic, child welfare and a family-centered approach

April 22, 2020
LEARNING OBJECTIVES

By participating in this training, you will:

• Become familiar with substance use as a disorder
• Gain knowledge around the history of the disorder and the opioid epidemic
• Learn about substance use disorder treatment and recovery processes
A THANK YOU TO OUR SPONSORS

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The content provided by this resource is made possible through participation in the Office for Victims of Crime (OVC) and Bureau of Justice Assistance (BJA) National Stakeholder Partnership (NSP).

This Partnership, comprised of seven national organizations, leverages expertise on child and youth impacted and victimized by the nation’s opioid and broader substance use crisis, with an emphasis on multidisciplinary collaborations, research, and promotion of training and education.

Members of the NSP dedicate time and resources to inform the planning, development, and implementation of OVC and BJA initiatives designed to respond to, treat, and support those impacted by the opioid epidemic, specifically young victims. In addition, members participate in informative, national conversations regarding children and youth impact and best-practice models that focus on innovative strategies and force-multiplying partnerships.

The overarching goals of this work are to advance awareness and knowledge to help mitigate the traumatization of children and youth and to advance dissemination of innovative practices throughout the field.
NCSACW PRESENTER
SARAH FOX, MA
PROGRAM ASSOCIATE
ACKNOWLEDGEMENT

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OVERVIEW

PART 2 OF 3-PART SERIES

• Substance Use Disorders and their impact on children and families
• Substance Use Disorder treatment
• Family centered approach
• Relapse, recovery maintenance and peer recovery supports
Prevalence of Parental Alcohol or Drug Abuse as an Identified Condition of Removal in the United States, 2000 to 2018

Note: Estimates based on all children in out of home care at some point during Fiscal Year  
Source: AFCARS Data, 2000-2018
Parental Alcohol or Drug Abuse as an Identified Condition of Removal by State, 2018

National Average: 39.0%

Note: Estimates based on all children in out of home care at some point during Fiscal Year

Source: AFCARS Data, 2018 v1
Percent of Children with Terminated Parental Rights by Identified Condition of Removal in the United States, 2018

- Neglect: 67.7%
- Parent Alcohol or Drug Abuse: 42.5%
- Parent Unable to Cope: 15.5%
- Inadequate Housing: 13.2%
- Physical Abuse: 12.9%
- Parent Incarceration: 7.4%
- Abandonment: 6.3%
- Sexual Abuse: 4.2%
- Child Behavior: 3.8%
- Child Alcohol or Drug Use: 2.7%
- Child Disability: 2.6%
- Relinquishment: 1.3%
- Parent Death: 1.2%

N = 139,453

Note: Estimates based on all children in out of home care at some point during Fiscal Year

Source: AFCARS Data, 2018 v1
THE IMPACT OF PARENTAL SUBSTANCE USE DISORDERS ON CHILDREN
CHILDHOOD EXPERIENCES OF PARENTAL SUBSTANCE USE DISORDERS

- Prenatal Exposure
- Postnatal Family Environments
Substance Use During Pregnancy

National Survey Drug Use and Health 2017 Past Month Use Data, women ages 12-44
The number of women who used opioids during pregnancy increased nearly 70% between 2015 and 2017.

PRENATAL EFFECTS OF SUBSTANCE USE DISORDER
<table>
<thead>
<tr>
<th>Substance</th>
<th>Effects on the Infant</th>
<th>Effects on Child Development</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methamphetamine</td>
<td>Increased drowsiness, physiologic stress, and decrease in height growth trajectory</td>
<td>Increased emotional reactivity, anxiety, and depressive symptoms, attention problems and withdrawn behavior</td>
</tr>
<tr>
<td>Marijuana</td>
<td>Most well-controlled studies have not implicated in utero marijuana exposure with major fetal growth or physical abnormalities.</td>
<td>Intellectual development</td>
</tr>
<tr>
<td>Tobacco</td>
<td>In utero growth restriction, prematurity, low birth weight, pediatric asthma and ear infections, and greater risk of Sudden Infant Death Syndrome</td>
<td>Behavioral problems, attention deficit disorders, hyperactivity, learning disabilities, and increased risk of smoking later in life</td>
</tr>
</tbody>
</table>
Alcohol

- Effects on the infant: Abnormal facial features, cognitive and behavioral abnormalities, mental retardation, growth problems, and central nervous system problems in the infant
- Effects on Child Development: Information processing difficulties, learning disabilities, attention deficits, hyperactivity, problems with impulse control, language, memory, and social skills, and problems with heart, kidneys, bones, and hearing as a result of exposure to alcohol.

Cocaine

- Effects on the infant: Impaired attention and cognitive functioning
- Effects on Child Development: Decreased weight, height, and head circumference in addition to greater levels of anxiety, depression, and were socially withdrawn

Opiates

- Effects on the infant: Neonatal abstinence syndrome (NAS), born prematurely, with low birth weight, muscle tone changes, and neurobehavioral problems
- Effects on Child Development: Psychomotor developmental delay at a young age
Neonatal Abstinence Syndrome (NAS)
POSTNATAL EXPOSURE

Guilt, shame or self-blame

Physical and emotional abandonment

Inconsistent emotional responses

Inconsistent parenting

Secrecy about home life

Chaotic, unpredictable home life
RISKS OF PARENTAL SUBSTANCE USE DISORDERS ON CHILDREN
CHILD’S RESPONSE:

Prenatal Exposure

Postnatal Effects:
- Chaotic home life
- Inconsistent Parenting
- Inconsistent Emotional Response
- Abandonment
- Secrecy

Lack of Trust
Insecure Attachment
Perfectionist
Low Self Esteem
Parents the Parent
Extreme shyness or Aggressiveness
Exposure to adverse, traumatic childhood experiences is associated with life-long physical, emotional, psychological and social challenges (Feliti et al, 1998; Dube et al., 2002).
Trauma and Substance Use Disorders

Adverse Childhood Experiences (ACE) Study Classifications

- Physical abuse
- Sexual abuse
- Psychological abuse
- Emotional neglect
- Household dysfunction
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member
ADVERSE CHILDHOOD EXPERIENCES (ACE)

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5+ Adverse Childhood Experiences

7-10x’s
Illicit drug use problems, addiction to illicit drugs, and intravenous drug use

2x’s
Alcohol Dependence
Every day an average of 8,120 people age 12 and over **try drugs for the first time** and 12,800 try alcohol - more than 20,000 people.

**Life time marijuana use** among teenagers is at its highest level in 30 years. Nearly a quarter of those over twelve years old, sixty million people, **binge drink**

Between 2000-2009, poisoning deaths among teens increased 91%, with most caused by **overdoses of prescription pills** than from cocaine and heroin combined.

Source: David Sheff, 2013
50% of all lifetime cases of mental and substance use disorders begin by age 14, and 75% by age 24 (Kessler et al., 2005).

In 2009, an estimated 23.5 million Americans aged 12 and older needed treatment for substance use (SAMHSA, 2010).
PAST TRAUMA EXPERIENCES

30-59% rate of dual diagnoses for women with SUD and PTSD

Two-thirds of men and women in substance use disorder treatment reported childhood abuse and neglect

History of physical and sexual abuse reported in 81% of women and 69% of men
HOW TO TALK TO CHILDREN ABOUT THEIR PARENTS’ ADDICTION

“Addiction is a disease”
“You are not the reason your parent drinks or uses drugs”
“There are a lot of children like you”
“Let’s think of people who you might talk with about your concerns”
Remember the 7 Cs

Some children with moms and dads that drink too much think that it is their fault. Maybe you are one of those children. Well, it’s not your fault and you can’t control it. But, there are ways that you can deal with it. One important way is to remember the 7 Cs.

I didn’t **Cause** it.

I can’t **Cure** it.

I can’t **Control** it.

I can **Care** for myself by **Communicating** my feelings, **Making healthy Choices**, and **By Celebrating** myself.

Reproduced with permission from the National Association for Children of Alcoholics
IMPACT OF SUBSTANCE USE DISORDERS ON FAMILIES

Child Development
Household Safety
Psychosocial Impact
Parenting
Intergenerational
ADDICTION AS A FAMILY DISEASE

• The impact on child development is well-known: addiction weakens relationships – which are critical to healthy development

• Child-well-being – is more than just development, safety and permanency – it’s about relationships that ensure family well-being

• Impact of substance use combined with added trauma of separation due to out-home custody = severe family disruption
Addiction affects the whole family.
"Groundbreaking discoveries about the brain have revolutionized our understanding of addiction, enabling us to respond effectively to the problem“
- Dr. Nora Volkow, National Institute on Drug Abuse

A TREATABLE DISEASE

- Substance use disorders are preventable and treatable
- Discoveries in the science of addiction have led to advances in substance use treatment that help people stop misusing drugs and resume productive lives
- Treatment enables people to counteract addiction's powerful disruptive effects on the brain circuitry and behavior and regain areas of life function
PARENTAL READINESS TO CHANGE

What affects willingness to seek help or change?

- Past mistakes and regrets
- Early experiences
- Past successes

Note: Self-awareness is a key in readiness

(Breshears, Yeh, & Young, 2009; Chaviano et al., 2018)
Rethinking Treatment Readiness

Rethinking “Rock Bottom”

- “Tough love” in the hopes that they will hit rock bottom and want to change their life
- Collective knowledge in the community is to “cut them off, kick them out, or stop talking to them”
- Addiction is a disease of isolation

“Raising the bottom”

- Getting off on an earlier floor
- Has realistic expectations and understands both the neuro-chemical effects on people with substance related and addiction disorders and difficulties and challenges of early recovery
- Readiness
- Recovery occurring in the context of relationships

(Rivera & Sullivan, 2015)
SUBSTANCE USE DISORDER TREATMENT
Addiction is a complex but treatable disease that affects brain function and behavior.

No single treatment is appropriate for everyone.

Treatment needs to be readily available.

Effective treatment attends to multiple needs of the individual.

Remaining in treatment for an adequate period of time is critical.

Behavioral therapies are the most commonly used forms of drug abuse treatment.

Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.

An individual’s treatment and services plan must be continually assessed and modified.

Many drug-addicted individuals also have other mental disorders.

Medically assisted detoxification is only the first stage of addiction treatment.

Treatment does not need to be voluntary to be effective.

Drug use during treatment must be monitored continuously as lapses do occur.

Treatment programs should test patients for infectious diseases.

Treatment Services

Clinical Treatment Services
Outreach and engagement, screening, detoxification, crisis intervention, treatment planning, case management, substance abuse counseling and education, trauma services, medical care, pharmacotherapy, mental health services, drug use monitoring and continuing care

Clinical Support Services
Life skills training, parenting and child development education, family programs, educational remediation and support, employment readiness services, linkages with legal and child welfare systems, housing support, advocacy and recovery community support services

Community Support Services
Recovery management and recovery community support services, housing that encourages alcohol and drug-free living, ongoing family-strengthening services, child care, transportation, Temporary Assistance for Needy Families linkages, vocational and educational services, faith based connections
OVERVIEW OF TREATMENT PROCESS

EARLY IDENTIFICATION, SCREENING AND BRIEF INTERVENTIONS

COMPREHENSIVE ASSESSMENT OF AN INDIVIDUAL'S SUBSTANCE USE DISORDER AND CO-OCCURRING HEALTH, MENTAL HEALTH AND OTHER ISSUES

STABILIZATION VIA MEDICALLY SUPERVISED DETOXIFICATION, WHEN NECESSARY

TIMELY AND APPROPRIATE SUBSTANCE USE DISORDER TREATMENT – BOTH ACUTE AND CHRONIC CARE

CONTINUING CARE AND RECOVERY SUPPORT
Levels of Treatment Services Across A Continuum of Care

- Early Intervention Services
- Outpatient Services (< 9 hours per week)
- Intensive Outpatient (>9 hours per week and possible partial hospitalization)
- Medically Managed Intensive Inpatient (Intensive 24 hour care in a medically managed setting)
- Residential (Residential settings with 24 hour monitoring in a variety of residential settings)

Source: American Society of Addiction Medicine, 2016
A variety of medications are used to complement substance use treatment for different types of substance use disorders including:

- Tobacco
- Alcohol
- Opioids

Each medication varies in its ability to:

- Prevent or reduce withdrawal symptoms
- Prevent or reduce drug craving

Medical doctors determine the appropriate type of medication, dosage and duration based on each person’s:

- Biological makeup
- Addiction history and severity
- Life circumstances and needs
PSYCHOLOGICAL EFFECTS
Counseling targets the cortex

PHYSICAL EFFECTS
Medication effects the limbic region
AS PART OF A COMPREHENSIVE TREATMENT PROGRAM, MAT HAS BEEN SHOWN TO:

- INCREASE RETENTION IN TREATMENT
- DECREASE ILLICIT OPIATE USE
- DECREASE CRIMINAL ACTIVITIES, RE-ARREST AND RE-INCARCERATION
- DECREASE DRUG-RELATED HIV RISK BEHAVIORS
- DECREASE PREGNANCY RELATED COMPLICATIONS


Medication-Assisted Treatment for Parents

Parents with a history of opioid use disorders who received at least one month of MAT had a significantly higher chance of retaining custody of their children than those who did not receive MAT.

Compared to parents who received no MAT, a year of MAT increased the odds of parents retaining custody of their children by 120%.

Each additional month of MAT resulted in a 10% increase in the odds of parents retaining custody of their children.

“Decisions to use opioid agonist medications (MAT) in pregnant women with opioid use disorder revolve around balancing the risks and benefits to maternal and infant health....women with opioid use disorder who are not in treatment should be encouraged to start opioid agonist treatment with methadone or buprenorphine monotherapy (without naloxone) as early in the pregnancy as possible.”

Source: American Society of Addiction Medicine, National Practice Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use (2015)
UNDERSTANDING TREATMENT PROGRESS

Key factors in understanding treatment progress:

- Participation in treatment
- Knowledge gained about substance use
- Participation in support systems
- Abstinence from substances
- Relapse prevention planning
- Treatment completion

*You can work with your local treatment providers on what information should be included on progress monitoring updates. Some jurisdictions have created templates for ongoing progress monitoring communication that the treatment providers sends to child welfare regularly.*
Family Centered Approach

**Parents**
- Parenting skills and competencies
- Family connections and resources
- Parental mental health co-occurring
- Medication management
- Parental substance use
- Domestic violence
- Trauma

**Child**
- Well-being/behavior
- Developmental/health
- School readiness
- Trauma
- Mental health
- Adolescent substance use
- At-risk youth prevention

**Family**
- Basic necessities
- Employment
- Housing
- Child care
- Transportation
- Family counseling
Can threaten parent’s ability to achieve and sustain recovery and establish a healthy relationship with their children, thus risking:

- Recurrence of maltreatment
- Re-entry into out-of-home care
- Relapse and sustained recovery
- Additional infants with prenatal substance exposure
- Additional exposure to trauma for child/family
- Prolonged and recurring impact on child well-being

(U.S. Department of Health and Human Services, 2013)
THE COST OF FOCUSING ON PARENT RECOVERY ONLY

- They are children who arrive at kindergarten not ready for school
- They are in special education caseloads
- They are disproportionately in foster care and are less likely to return home
- They are in juvenile justice caseloads
- They are in residential treatment programs
- They develop their own substance use disorders
An effective cross-system response should provide the scope of services needed to address the effects of parental substance use on family relationships – *family-based and family-strengthening approaches* towards recovery.
Developmental & behavioral screenings and assessments

Quality and frequent visitation

Early and ongoing peer recovery support

Parent-Child relationship-based interventions

Evidenced-based parenting

Trauma

Community and auxiliary support

PARENT-CHILD KEY SERVICE COMPONENTS
IMPACT OF VISITATION ON REUNIFICATION OUTCOMES

Children and youth who have regular, frequent contact with their families are more likely to reunify and less likely to reenter foster care after reunification (Mallon, 2011).

Visits provide an important opportunity to gather information about a parent’s capacity to appropriately address and provide for their child’s needs, as well as the family’s overall readiness for reunification.

Parent-Child Contact (Visitation): Research shows frequent visitation increases the likelihood of reunification, reduces time in out-of-home care (Hess, 2003), and promotes healthy attachment and reduces negative effects of separation (Dougherty, 2004).
Recovery Occurs in the Context of Relationships

Services that strengthen families and support parent-child relationships
HELP KEEP CHILDREN SAFE
What is recovery?

**SAMHSA's Working Definition**

Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

Access to evidence-based substance use disorder treatment and recovery support services are important building blocks to recovery.
Substance use disorders are similar to other diseases, such as heart disease. Both diseases disrupt the normal, healthy functioning of the underlying organ, have serious harmful consequences, are preventable, treatable, and if left untreated, can result in premature death.

(Source: From the laboratories of Drs. N. Volkow and H. Schelbert)
Addiction and Other Chronic Conditions

Comparison of Relapse Rates

- Drug Addiction: 40-60%
- Type 1 Diabetes: 30-50%
- Hypertension: 50-70%
- Asthma: 50-70%
FOUR MAJOR DIMENSIONS

Health
Home
Purpose
Community
Post Treatment Expectations

- Recovery as “one day at a time” for the rest of a person's life
- Relapse
- Ongoing support:
  - Economic, vocational, housing, parenting, medical, and social supports
  - Re-engagement in the recovery process, should relapse occur
- Supporting recovery

(National Institute on Drug Abuse, 2018b)
THE IMPACT OF RECOVERY SUPPORT

- Recovery Support Specialists
- Family-Centered Services
- Evidence-Based Parenting
- Successful Visitation
- Evidence-Based Treatment
- Reunification Groups
- Ongoing Support
Functions of Recovery Support Specialists

• **Liaison**
  - Links participants to ancillary supports; identifies service gaps

• **Treatment Broker**
  - Facilitates access to treatment by addressing barriers and identifies local resources
  - Monitors participant progress and compliance
  - Enters case data

• **Advisor**
  - Educates community; garners local support
  - Communicates with treatment team, staff and service providers
We now know what works for families affected by substance use disorders.
Systems-Level Policy Efforts that Support to Practice Innovations

**Practice Strategies and Innovations**

- **Early Identification of Families in Need of SUD Treatment**
- **Timely Access to Assessment and Treatment Services**
- **Recovery Support Services**
- **Family-Centered Treatment Services**
- **Frequent Monitoring and Responses to Behaviors**

**Key Shared Outcomes for Families**

- **Recovery**
  - Parents access treatment more quickly; stay in treatment longer;

- **Remain at Home**
  - More children remain at home throughout program

- **Reunification**
  - Children stay less days in foster care and reunify within 12 months at a higher

- **Repeat Maltreatment**
  - Fewer children experience subsequent maltreatment

- **Re-entry**
  - Fewer children who reunify return back to foster care
Free Online Tutorials for Cross-Systems Learning


Understanding Child Welfare and the Dependency Court: A Guide for Substance Abuse Treatment Professionals

Understanding Substance Use Disorders, Treatment and Family Recovery: A Guide for Legal Professionals

www.ncsacw.samhsa.gov/.org
**Purpose:** The brief offers implementation considerations that professionals can draw from when implementing peer or recovery specialist models in their communities.

**Audience:** Administrative and executive-level professionals from:
- Child Welfare
- Substance Use Disorder Treatment
- Courts

**Key Informant Interviews**
- Representatives from four programs—2 peer support programs and 2 recovery specialist programs—that have demonstrated positive child welfare and recovery outcomes for families

ADDITIONAL RESOURCES

Web-Based Resource Directory

- Includes research, training materials, webinars and videos, site examples and other resources
- Topics include substance use disorders and treatment, medication-assisted treatment, infants with prenatal substance exposure, and supporting families with opioid use disorders

Technical Assistance

- Identifying values and principles of collaborative practice to address differences and develop agency values’, missions and mandates
- Examples of effective collaborative practice between substance use providers, child welfare and the courts

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UPCOMING WEBINARS

Date:       Topic:
June 24, 2020 Substance Abuse Disorders and Child Welfare, Part 3
TBD         Substance Abuse Disorders and CASA/GALs: A Local Program Perspective

All are open to CASA/GAL staff and volunteer advocates.