

Treatment Options for Perinatal Substance Use Disorder (SUD)

How to Find Treatment and Resources	
Bureau of Substance Abuse Services (BSAS) Helpline: Helps patient/provider determine treatment needs	1-800-327-5050 www.helplinema.org
Massachusetts Behavioral Health Access (MABHA) Service Locator: Provider-oriented treatment locator	www.mabhaccess.com/SUD.aspx
Institute for Health and Recovery Resource Locator: Community resource locator by zip code	www.healthrecovery.org/resource-search
The Journey Project: Website for pregnant and parenting women with substance use disorders	www.journeyrecoveryproject.com

Plan of Safe Care (POSC)
<p>The Plan of Safe Care is a document created jointly by a pregnant or parenting woman and her providers. This document helps a women and her team determine services or supports they may find useful to record and organize the patient's engagement in care.</p> <ul style="list-style-type: none"> All women with a history of SUD should have a POSC coordinated. The POSC is intended to enhance collaboration and coordination of care. SUD treatment providers licensed by the MA BSAS are required to create a POSC and communicate about the POSC with other providers. POSC can be initiated at any time to facilitate the patient's engagement in care. POSC can be used to identify additional resources that may be helpful. DCF will ask if a POSC exists at the time any report is made. <p>A suggested template can be found at http://www.healthrecovery.org/safecare/.</p>

Psychosocial Treatments		
Peer Support	Professionally led	Residential
<ul style="list-style-type: none"> Alcoholics Anonymous: www.aa.org Narcotics Anonymous: www.na.org SMART recovery: www.smartrecovery.org 	<ul style="list-style-type: none"> Cognitive Behavioral Therapy Motivation enhancement Mindfulness-based treatments Couples/family Group counseling 	<ul style="list-style-type: none"> Inpatient rehabilitation 28-day programs/"rehab" Long-term residential Sober living Therapeutic community
Patients can self-refer to any of the above options	Call MCPAP for Moms for assistance with referrals	

Treatment Settings for Substance Use Disorders		
Level of Care	Services Offered	Additional Notes/Perinatal Options
Outpatient	Counseling	<ul style="list-style-type: none"> Individual or group Facilitated by social workers or mental health/drug and alcohol counselors
	Medication management	<ul style="list-style-type: none"> Methadone needs to be administered by a federally licensed facility. Buprenorphine can only be prescribed by a waived provider. Naltrexone, acamprosate, disulfiram, or medications for smoking cessation can be prescribed by any provider (see <i>SUD4</i>, <i>SUD5</i>).
Intensive Outpatient	Group and Individual Counseling +/- medication	<ul style="list-style-type: none"> Can be used for direct admission or as a step-down from a higher level of care Can vary in length and frequency of sessions Examples include: Intensive Outpatient program (IOP), Structured Outpatient Addiction Program (SOAP), and Partial Hospital Program (PHP)
Acute Treatment Services (a.k.a. "Detox")	Medically Supervised Withdrawal (Inpatient)	<ul style="list-style-type: none"> Indicated for physiological dependence on alcohol or benzodiazepines Difficult to access during pregnancy Tapering opioids is not recommended during pregnancy.
Short-Term Residential (under 30 days)	Step-down and non-pharmacologic "detox"	<ul style="list-style-type: none"> Examples include Clinical Stabilization Services (CSS) and Transitional support Services (TSS) or "holding." Some treat co-morbid psychiatric and substance use disorder (dual-diagnosis) and include: Individual, group, family therapy, case management, and linkage to aftercare, and medication. Some programs admit pregnant women and coordinate with prenatal care providers.
Long-term Residential (over 30 days)	Structured group living with supervision and treatment provided by addiction professionals	<ul style="list-style-type: none"> Examples include 4-6 month recovery homes or "halfway houses" and specialized residential programs for women, families, and youth. Many programs assist with employment, parenting skills, and retaining/regaining custody of children. Some have enhanced services for pregnant/post-partum women and their infants, which include the coordination of perinatal/pediatric care. Individual, group therapy, case management
Involuntary Commitment/ Section 35 (up to 90 days)	Court-ordered treatment for medically supervised withdrawal and step-down services	<ul style="list-style-type: none"> Family/providers can petition the local court with evidence that the patient is a danger to self/others due to substance use. The patient is brought before the judge, who decides if commitment is warranted.

Call MCPAP for Moms at: 855-MOM-MCPAP (855-666-6272)

www.mcpapformoms.org