

Bringing Back Dignity and Joy into the Lives of Families with Substance Use Disorders



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Self Reflective Exercise



- I believe that women who use drugs can be good mothers
- I believe that women who use during pregnancy are responsible for the negative parts of their lives
- I feel that pregnancy or the birth of a child should be reason enough to stop substance use.
- I believe that relapse is a normal part of the recovery process.
- I can tell by looking at a woman if she has a HX of substance use.

Self reflective exercise

Mothering and Opioids

Addressing Stigma –
Acting Collaboratively



- I am comfortable I can provide the same support to people who do or don't use substances
- I feel comfortable working with a woman who is using substances
- I am aware of the effects of opioid, alcohol, and other substances use on the fetus during pregnancy.
- I would feel comfortable talking to a mother about concerns have about her attachment to her baby.

Substance Use Disorder (SUD)

- Addiction is a treatable, chronic medical disease
 - Your childhood happened to you
 - Use substances or engage in behavior that become compulsive, continue despite harmful consequences
 - **Addiction** does not “just happen.”
- *American Society of Addiction Medicine (2020), The ASAM National Practice Guideline for the treatment of Opioid use Disorder, ASAM p. 3*
 - *Dr. Vania Rudolf, MD, MPH Addiction Recovery Services Swedish Ballard 1.20 WA state Opioid Summit*

MYTHS

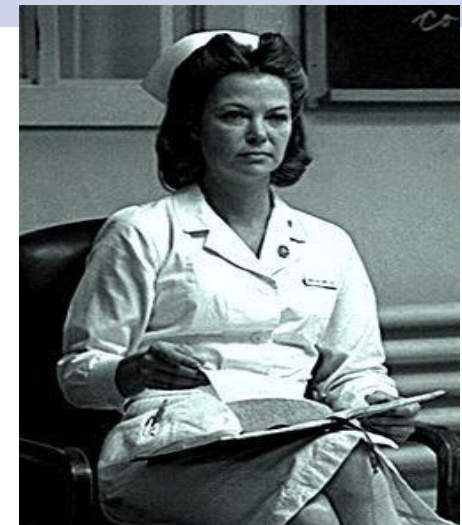
Understand the Physiology

- Drug Seeking is higher in 2nd trimester
- Medication Opioid Use Disorder (MOUD) is appropriate for labor
- MOUD is just as harmful for the baby, as opioids

- You can only dose once a day
- Women should wean while they are pregnant
- Relapse is a failure

Stigma surrounding Substance Use Disorder

| Public Stigma | Stigma - Woman or Pregnant | Self Stigma |
|---|--|--|
| Deviant and Self Destructive | INTENSIFIED in pregnancy | "I felt a lot of guilt. A ton of guilt. I would just look at her and cry." |
| Moral judgment of "choice" | Treatment Coercion Dangerousness Decision-making ability | Mom's Fears |
| Unethical and cruel to punish women for a chronic illness | | Sense of shame that hinders seeking help |



We are influenced by our community

- We begin to believe the negative words
- A person with substance use may feel
 - Sense of shame

Others
Judgment
Blame

Stigma devalues and dehumanizes

Goffman

Self-conscious
Guilt
Self Blame

Eroded
Confidence
No Power

Arret

Stigma as a barrier to Treatment for OUD.. Are WE a BARRIER?

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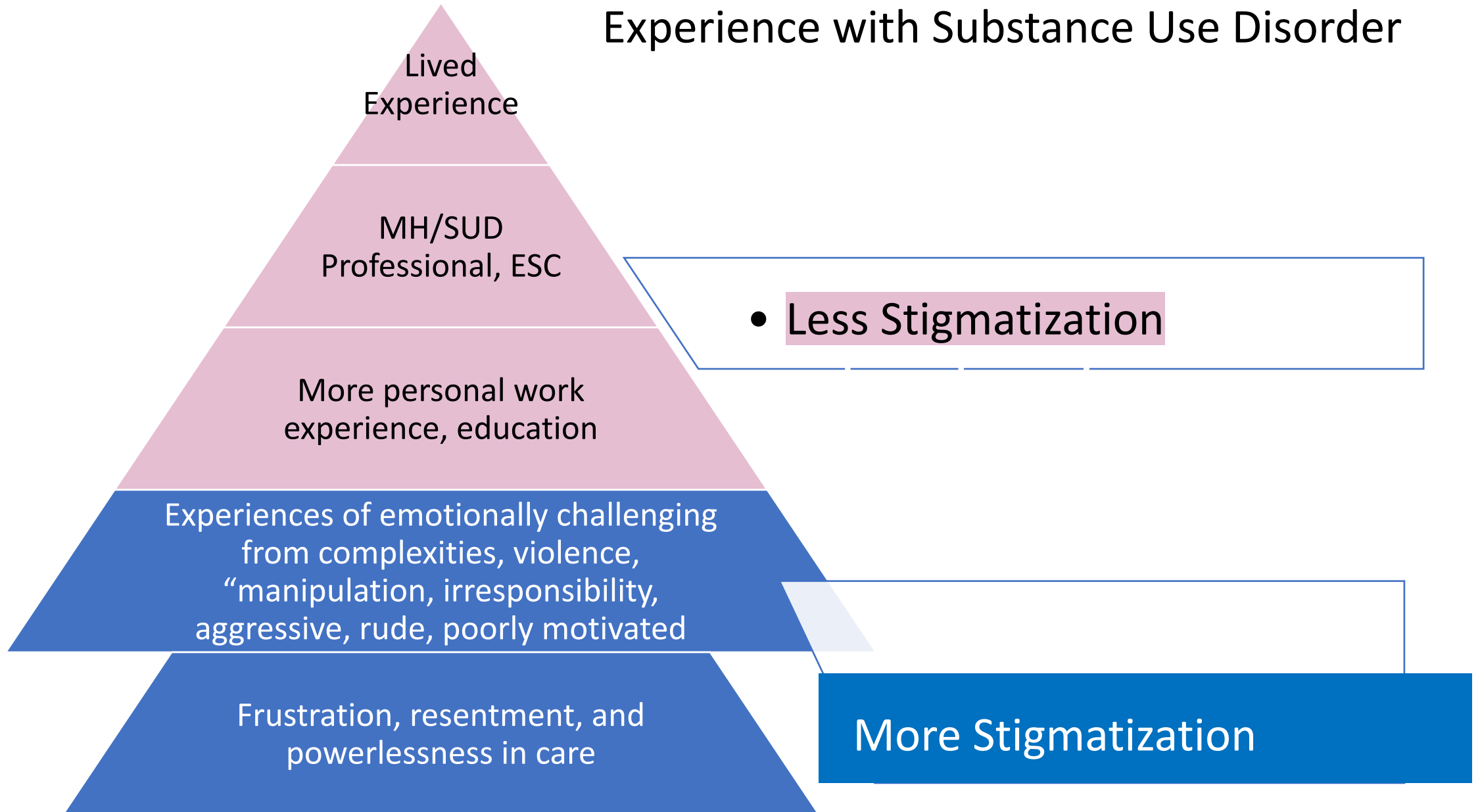
U.S. adults with opioid use disorder living with children: Treatment use and barriers to care

Kenneth A. Feder*, Ramin Mojtabai, Rashelle J. Musci, Elizabeth J. Letourneau

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- 27% of Adults with OUD, living with a child, reported any TX in past year.
- Those without treatment living with a child had
 - 2.9 times reporting treatment access barriers
 - 4.1 times reporting stigma as a barrier to treatment.

Experience with Substance Use Disorder



Intergenerational Trauma



Indigenous children from around the Pacific Northwest were forced by the U.S. government to attend the Tulalip Indian School. (Tulalip Tribes Hibur Cultural Center)

- Spiritual and cultural practices outlawed
- Sterilization of Native women

Developmental Trauma

Early traumatic stress

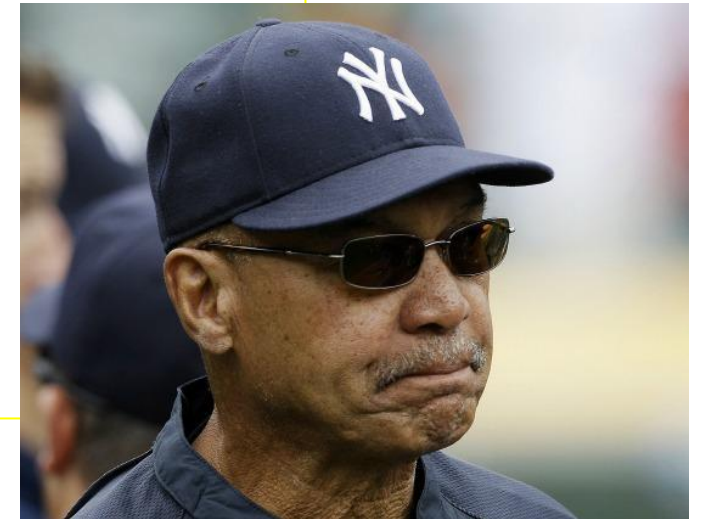
- Complex
 - Invasive medical treatment
 - Involvement in the justice system



When you see others judging/stigmatizing moms

| Comments you may hear | Potential response |
|--|--------------------|
| How can she do that to her baby? She's a terrible mother | |
| | |
| If she cared about her baby, she would have stopped using. | |

- “ Best major league baseball leaders possess the ability to make ball players **think they are better than they think they are.** Forces you to have a good opinion of yourself. He believes in you and *lets you know it.*” *Reggie Jackson*



Affirmations

- “You are a strong woman, you are in charge, and you can do it.”



- Midwife Lucille, Season9 Episode3 Call the Midwife

Affirmations

components of trauma informed practice

Genuine, specific, and relevant affirmations

Affirmations acknowledge effort and strength

Offer appreciation and understanding

Recognize success—

This may be a very different experience

It is important to share affirmations

Encouraging words during pregnancy

I admire your decision to

While you are pregnant, you are working hard

You are doing a great job by.....

Whenever you talk to your baby now, she is getting to know you.

I have seen this help with other moms

Provide inspiration

Think about Questioning

- A question requires a response
- Asking *too many* questions can create a power-dynamic
- The practitioner asks the questions and the individual seeking support feels they have to respond.

Be a Healer

- A better Listener
 - Attitude in the present
 - KIND
 - Open
 - Curious
 - Be present, humble and show humility
- *Vania Rudolf, MD Swedish Ballard*

