

Supporting Pregnant Women with Substance Use Disorders

THE PROBLEM: Substance use disorder is a chronic disease and a leading cause of pregnancy-associated death. Infants with prenatal exposures to these substances can face medical and developmental challenges throughout their lives.

THE PROGRAMS: Intermountain Health and Roseman University received funding in 2024 to provide substance use disorder treatment and wrap-around recovery services to pregnant women and their infants through their first birthday. The program is currently active in Northern Utah (for women delivering in Davis and Weber counties).

EXPANSION: Continued funding will facilitate expansion to additional communities in Northern Utah.

THE INTERVENTIONS:

DURING PREGNANCY:

- Screening of all pregnant women
- Virtual visits with an OB/maternal-fetal medicine provider for evidence-based management of substance use disorders during pregnancy
- Neonatology consult to discuss neonatal opioid withdrawal management and expectations
- Intake with Licensed Clinical Social Worker for case management services
- Home visits and navigation support services from peer recovery specialists
- Weekly case coordination sessions between clinical providers, peers, and LCSW

AT DELIVERY:

- Peer attendance at labor/delivery
- Care coordination between labor and delivery, nursery/NICU, and maternity staff
- Support during DCFS engagement
- Evidence based management of infants

POST-PARTUM PERIOD:

- Peer home visits
- Monthly recovery socials
- Transportation assistance to medical and legal appointments
- Continued follow-up for substance use and mental health challenges

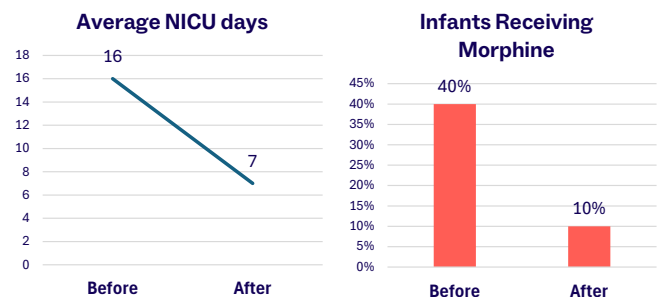
THE RESULTS:

SERVICES PROVIDED:

- 105 pregnant women & 98 infants served
- 254 visits with specialized providers
- 36 visits for psychiatric management
- 581 case management sessions
- 346 referrals to community partners
- 1,105 peer support sessions
- 575 home visits
- 246 community accompaniment sessions
- 6,875 pregnant individuals screened for substance use

PROGRAM OUTCOMES:

Infants with neonatal abstinence syndrome:



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