

EMPOWER Project

Substance Use & Pregnancy Training Peer Supporters

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Project Aim

Develop training modules to educate peer support professionals on considerations of substance use in pregnancy and during the perinatal period.

Background

The EMPOWER project is a collaboration of stakeholders aiming to improve care, health outcomes, and well-being for pregnant people with a history of substance use and their children. The EMPOWER project includes individuals with lived experience of substance use around the timing of pregnancy, health care providers, community members, and researchers.



Substance use disorders negatively impact individuals, children, and families, and can be especially detrimental during pregnancy and the perinatal period.

Peer recovery supporters are individuals with lived experience of substance use disorder that are trained to support other individuals in their recovery journey by sharing knowledge, resources, encouragement, and community support. With education on special considerations of substance use and recovery during pregnancy and the perinatal period, peer supporters can better promote the health and well-being for their clients.

Curriculum Development

- Team members met virtually to discuss project goals and priorities
- EMPOWER Project partners identified and prioritized relevant topics for module content
- The research team reviewed research literature and other materials to create content and identify reliable resources
- EMPOWER Project partners provided feedback on module content
- Team members iteratively revised and refined module content

Pregnancy

- Respectful language & reducing stigma
- Pregnancy and prenatal care
- Planning ahead
- Supporting client choice
- Neonatal Opioid Withdrawal Syndrome / Neonatal Abstinence Syndrome

Labor and Delivery

- Plan of safe care
- Birth plan & types of delivery
- Hospital policy
- Medications for Opioid Use Disorder (MOUD)
- Health professionals
- Pain management
- Breastfeeding

Postpartum

- Physical & hormonal changes
- Support for clients
- Return to use
- Early Head Start and other services
- Medication
- Mental health



Discussion

This team gained valuable information regarding positive language surrounding substance use disorder (SUD) and clinical work. Considerations for how to expand knowledge and skills related to the intersection of SUDs and pregnancy through Ohio Mental Health and Addiction Services training modules were discussed. Benefits of virtual training for easier dissemination of research regarding the intersection of intersection of substance use disorders and pregnancy and prepare peer supporters for working with pregnant individuals at various points during pregnancy and recovery was indicated to be a continued need in the field. In the future, limits of time and community supports must be addressed to further support treatment and training in this professional field.



These training modules will expand the knowledge base of peer recovery supporters working with pregnant and parenting people and improve overall care for this population.

Next Steps

Community stakeholders (e.g., On the Frontlines) will pilot training modules. Feedback will be used to improve modules

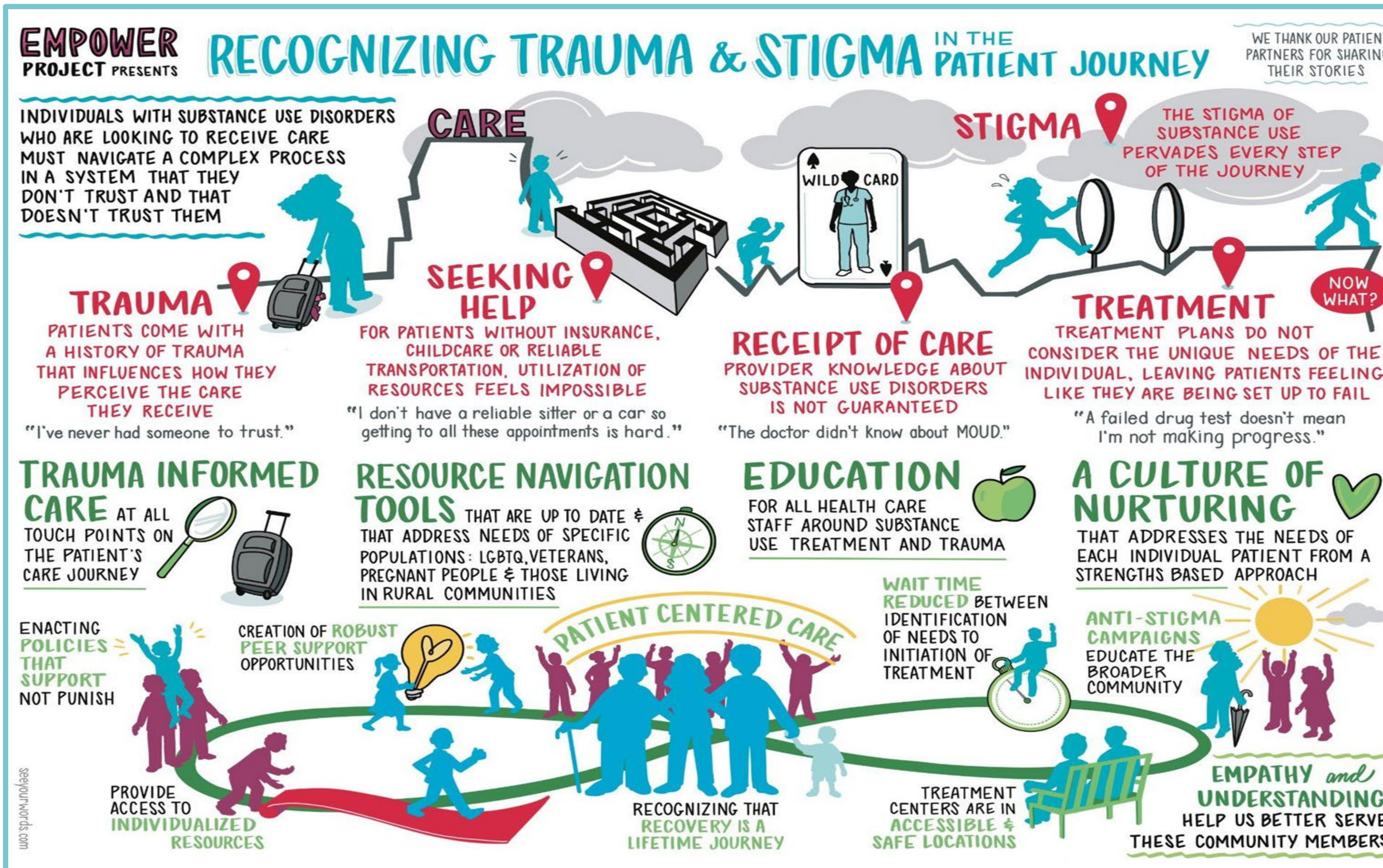
Finalized training modules will be published on the Ohio Mental Health and Addiction Services (OMHAS) website as a supplement to the current peer support curriculum.

We recommend OMHAS evaluate the efficacy of these training modules once published and update content based on continued feedback.



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Training Modules

The final training consists of:

- 3 one-hour training modules: Pregnancy, Labor & Delivery, and Postpartum
- Each module provides knowledge, guidelines, and resources for peer supporters
- Videos and voice overs will highlight the stories of individuals with lived experience of substance use during our surrounding pregnancy
- Emphasis was also placed on interaction, encouraging reflection, addressing bias, and promoting client self-advocacy
- End of module quizzes assess learning

