



Collaborative Meeting

Perinatal Mental Health and Opioids Use

Facilitated by AAP-CA2

Participants: Kern, Los Angeles, Riverside, San Bernadino, San Luis Obispo, Santa Barbara, and Ventura

 www.aapca2.org

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Our Goal

To reduce fragmented care for mothers with substance use disorders and their babies with neonatal opioid withdrawal, we organized a session with experts from our seven-County area. The focus was on cross-County collaboration to provide comprehensive wraparound services, aiming to improve family health and wellness.

Our Strategy

Explore each County's current perinatal period data metrics and identify any gaps in expectant mother care and the first year of life for newborns. Understand where the opportunities are and identify ways to enhance the overall access to appropriate treatment programs to increase access and adoption of postpartum interventions regardless of socioeconomic status and without fear of reprimand.

Our Approach

Convene subject matter experts to identify the challenges and potential solutions to bridge data gaps that will support increased funding and advocacy to ensure all families have adequate access to appropriate care when substance use is present regardless to whether the infant has manifested symptoms of neonatal opioid withdrawals (NOWs).

Executive Summary

↓ Key Problem

There is no shared central data collection for analyzing regional trends, forcing each County to work in isolation. This lack of collaboration hinders systemic change. Improved inter-county collaboration and data sharing are needed to enhance care for patients from pregnancy through the postpartum period. These data barriers severely impact the support for families affected by neonatal opioid syndrome, especially in families migrating to other Counties within the region.

↓ Suggestions for Improvement

Data Collection

- Developing a unified database for tracking opioid addiction and treatment, including data from hospital admissions, EMS, Sheriff's Office, managed care plans and other toxicology screenings.
- Establishing standardized data collection and reporting systems across all counties, with specific indicators for the perinatal period.
- Tracking distribution of medications like Narcan via ICD-10 codes.

Stakeholder Engagement

Engaging with hospitals and non-traditional stakeholders such as treatment programs throughout the area to expand the scope of services across the network will expand the reach of supportive care for individuals and families needing this critical continuity of care support. This will allow us to reach families who might be experiencing homelessness, self-treatment and without stable family support.

Ongoing Collaboration

Quarterly meetings to share resources, trends, and data will sustain momentum and ensure stakeholder advocacy and accountability. This approach is crucial for improving outcomes and influencing key decision-makers to drive funding and system enhancements to minimize opioid deaths.

↓ Next Steps

Commit to this cause and raise awareness across the area. Document successes and best practices to share at ongoing collaborative sessions to drive change.

Key Discussion Points

↓ Existing Data Collected

Behavioral Health

- Perinatal clients in NTP & MAT
- Perinatal screenings linked to NTP/MAT services
- Length of stay in NTP/MAT & other levels of care
- Successful discharges/transitions to lower levels of care
- Qty of Naloxone distributed
- Overdose reversals
- Morbidity & Mortality Committee/Unusual occurrences

Public Health

- Overdose reversals in community/hospital/EMS reports
- Pregnancies carried to term
- Reduced fetal deaths

↓ Stakeholder Audit

Additional Interested Parties

- Department of Health
- Home Visitors & Patient Advocates
- Case Workers & Child Welfare Team
- PoSC Hospital Navigators
- Midwives & Lactation Specialists
- Outpatient Treatment Centers
- Residential Treatment Centers
- Ultrasound Clinics
- Shelters & Pantries
- Recovery Rich Housing
- Substance Use Support Services
- Mental Health Providers

As a collaborative group we are committed to improving the systems of care for infants with Neonatal Opioid Withdrawal Syndrome and their families.

↓ Take Action

If you are interested in becoming an active supporter of this initiative, please email us at chapter2@aapca2.org with Maternal Infant Health OD2A in the subject line.

California Chapter 2

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