



KY Moms
Maternal Assistance Towards
Recovery

Katie Stratton – Alyesse Coonrod – Mercedes Helton- Jessica Osborne

05/12/2022

Our Mission

KY-Moms Maternal Assistance Towards Recovery (MATR) is a behavioral health prevention and case management program focused on risks and effects of substance use/misuse while providing education, information, resources, support and hope to pregnant and postpartum individuals and their families and to the professionals who serve them.

Our Vision

We are dedicated to connecting pregnant and postpartum individuals and their families in Kentucky with the resources and tools they need to recognize and overcome risk factors and symptoms of prenatal and postpartum substance use/misuse.

We are dedicated to connecting and educating professionals in Kentucky with the resources and tools they need to recognize, learn, and treat risk factors and symptoms of prenatal and postpartum substance use/misuse, along with providing access to available treatment and recovery service options.

We aim to increase overall awareness of and reduce the stigma surrounding prenatal and postpartum substance use/misuse allowing parents to feel heard, acknowledged and supported, and they will engage with informed resources to help lessen the burden, so they no longer feel alone or afraid.

Through prevention education and case management services, we will provide information, resources, and supports to pregnant and postpartum individuals and their families from all backgrounds who might otherwise be unable to access the behavioral health services, recovery supports and medical care they need.

Working in partnerships with community partners, organizations, and agencies, we aim to strengthen the support network in our communities to ensure pregnant and postpartum women are screened, referred and engaged in treatment and recovery supports throughout pregnancy and up to 60 days postpartum.

Our Values



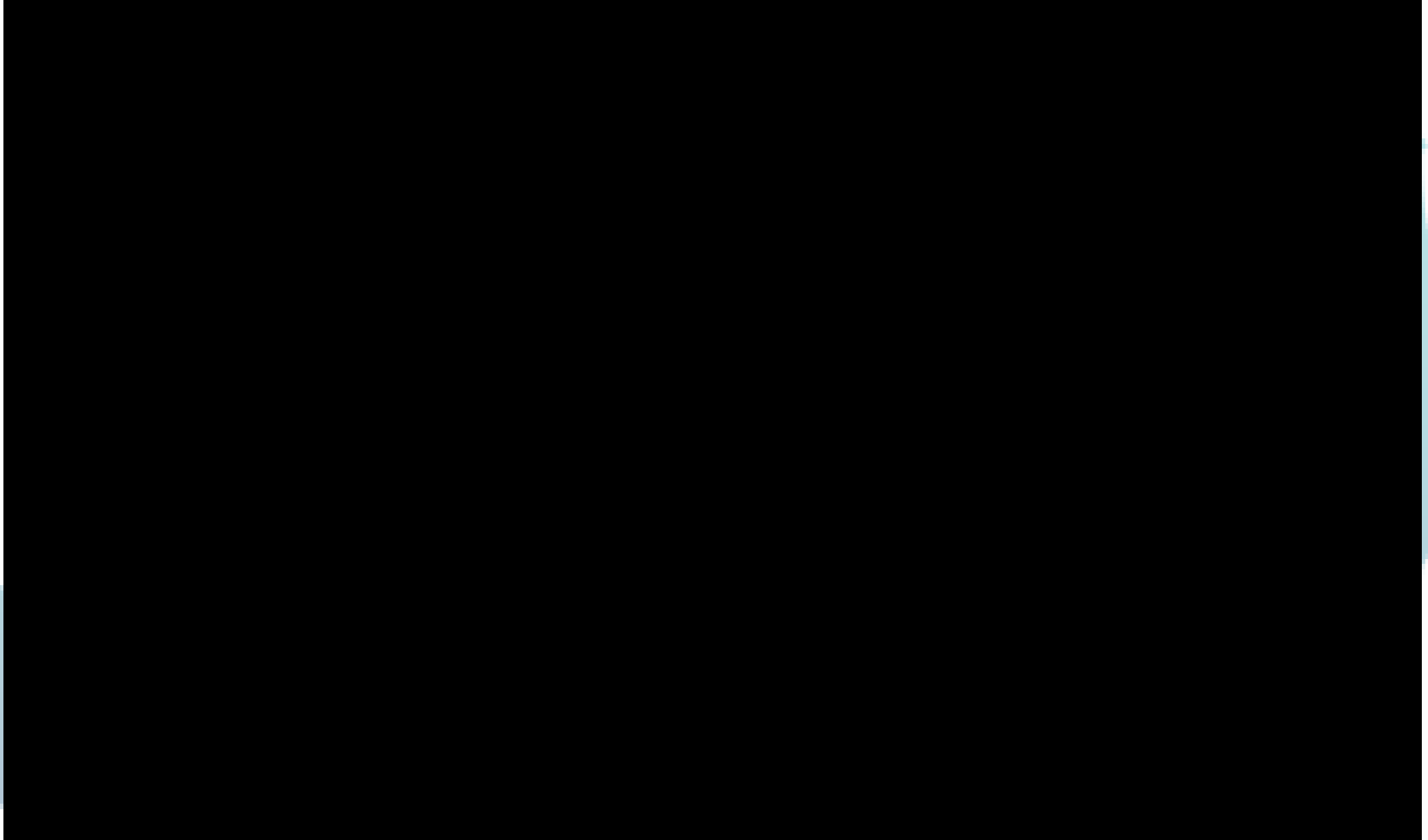
Empowerment: We strive to find ways to empower pregnant and postpartum individuals and their families to live a healthier life for themselves.

Community: We complement the existing resources and collaborate with other agencies and partners in our communities.

Advocacy: We listen, anticipate, and respond to the changing needs of pregnant and postpartum individuals and their families in our communities.

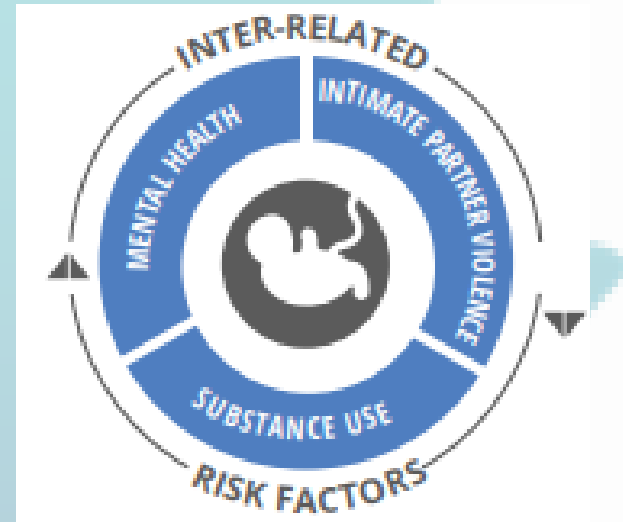
Non-Judgmental Support: We provide support to all pregnant and postpartum individuals and their families regardless of age, gender, race, ethnicity, background, religion or philosophy.

KY Moms On Air



KY Moms Maternal Assistance Towards Recovery (MATR)

- **Who:** *Pregnant and individuals up to 60 days postpartum*
- **What:** *A substance use prevention and case management program to educate and assist with needs of client's that present on the spectrum of no substance use risk factors to concerns related to a substance use disorder.*
- **When:** *Anytime during pregnancy and up to 60 days postpartum*
- **Where:** *Programs are housed within the 14 Community Mental Health Centers*
- **How:** *Referrals are accepted from any potential client, community member or medical/behavioral health professional. Medicaid and Block Grant reimbursement- Only substance use prevention service that is reimbursable; only case management service that is not required to be paired with outpatient therapy to assist with increasing levels of client readiness for a higher level of care.*



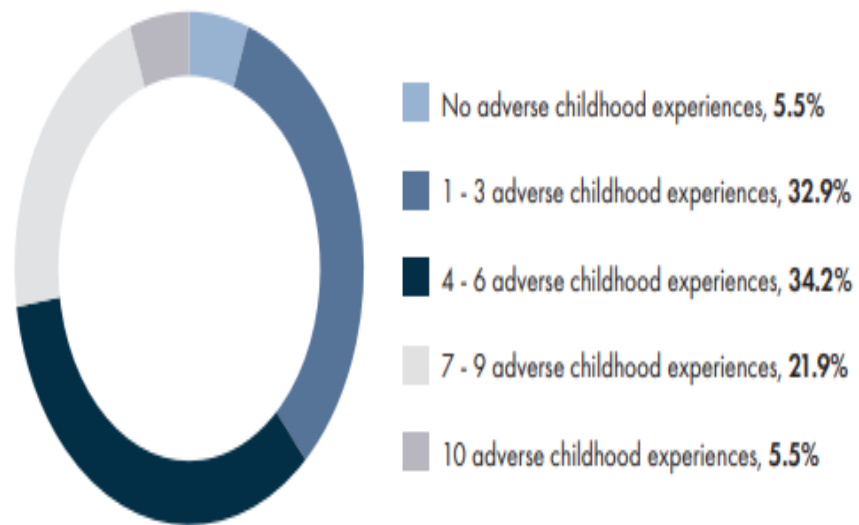


KY Moms Client Experiences

Experiences of Our Moms

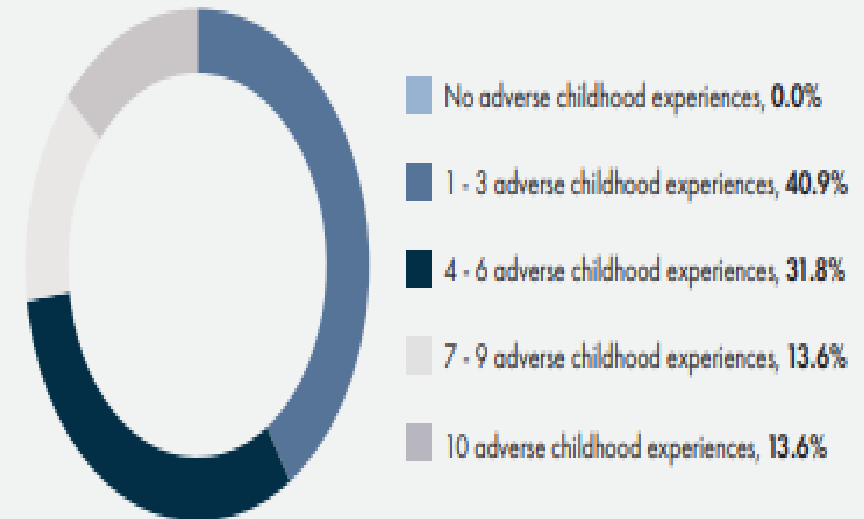
ACE Score of Individuals who entered program BEFORE birth

FIGURE II.8. NUMBER OF TYPES OF ADVERSE CHILDHOOD EXPERIENCES REPORTED AT BASELINE (N = 73)



ACE Score of Individuals who entered program AFTER birth

FIGURE II.B.6. NUMBER OF TYPES OF ADVERSE CHILDHOOD EXPERIENCES REPORTED AT BASELINE (N = 22)



Childhood Risks and Abuse in Individuals who entered KMM BEFORE Birth

Childhood Risks and Abuse in Individuals who entered KMM AFTER Birth

FIGURE II.10. HOUSEHOLD RISKS IN CHILDHOOD (N = 73)

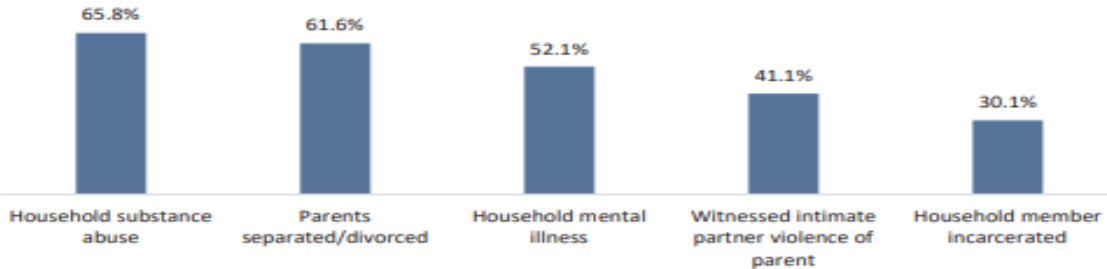


FIGURE II.B.8. HOUSEHOLD RISKS IN CHILDHOOD (N = 22)

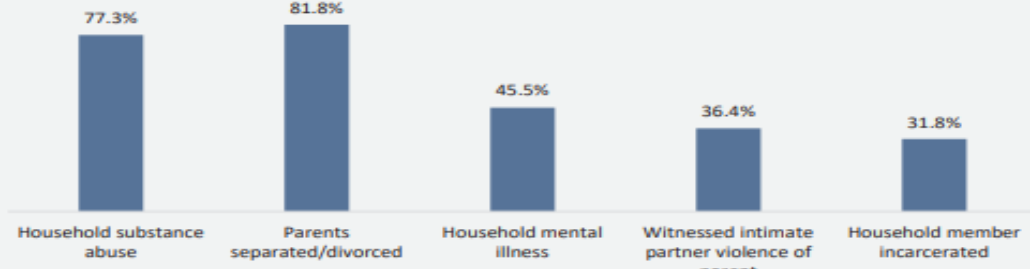


FIGURE II.9. SPECIFIC MALTRTMENT AND ABUSE EXPERIENCES IN CHILDHOOD (N = 73)

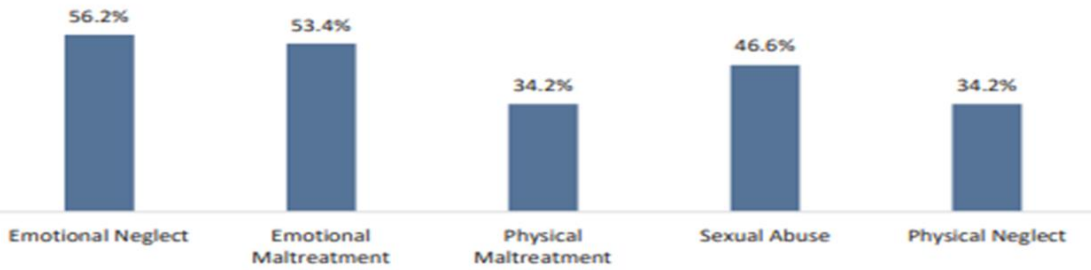
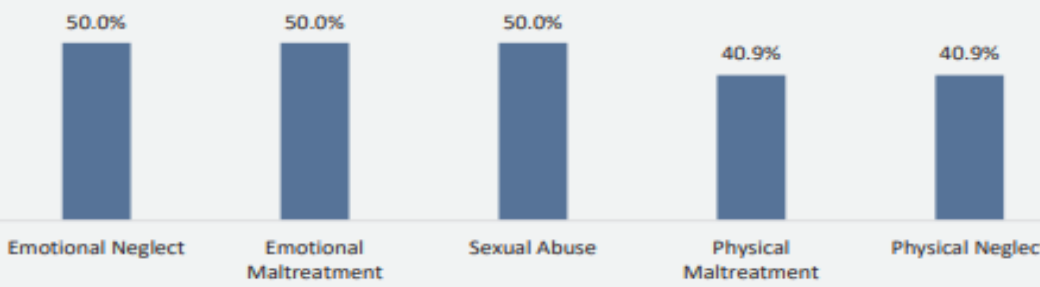
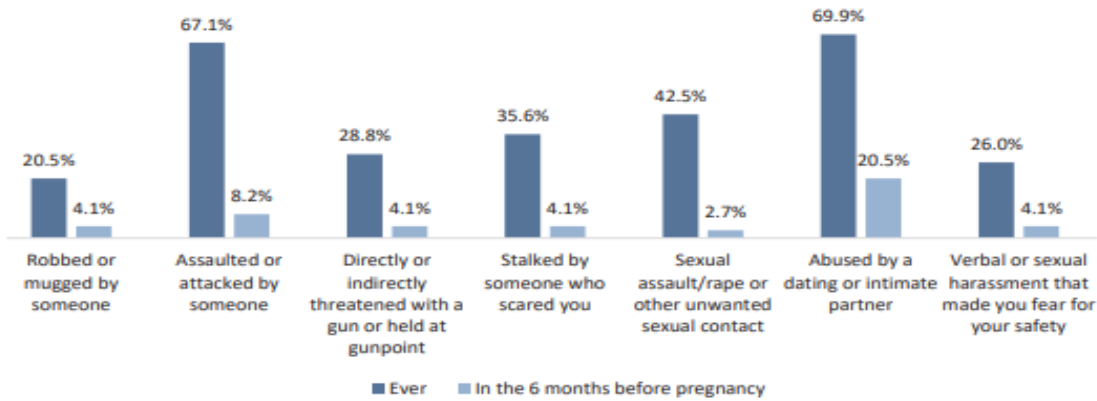


FIGURE II.B.7. SPECIFIC MALTRTMENT AND ABUSE EXPERIENCES IN CHILDHOOD (N = 22)



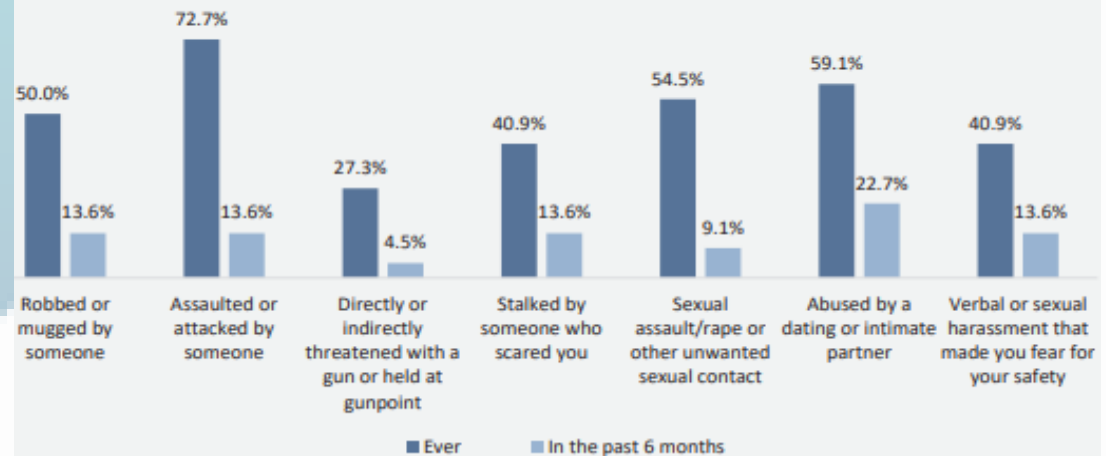
Victimization Experiences in Individuals who entered KMM BEFORE birth

FIGURE II.11. PERCENT OF CLIENTS HAVING EVER EXPERIENCED VICTIMIZATION (N = 73)



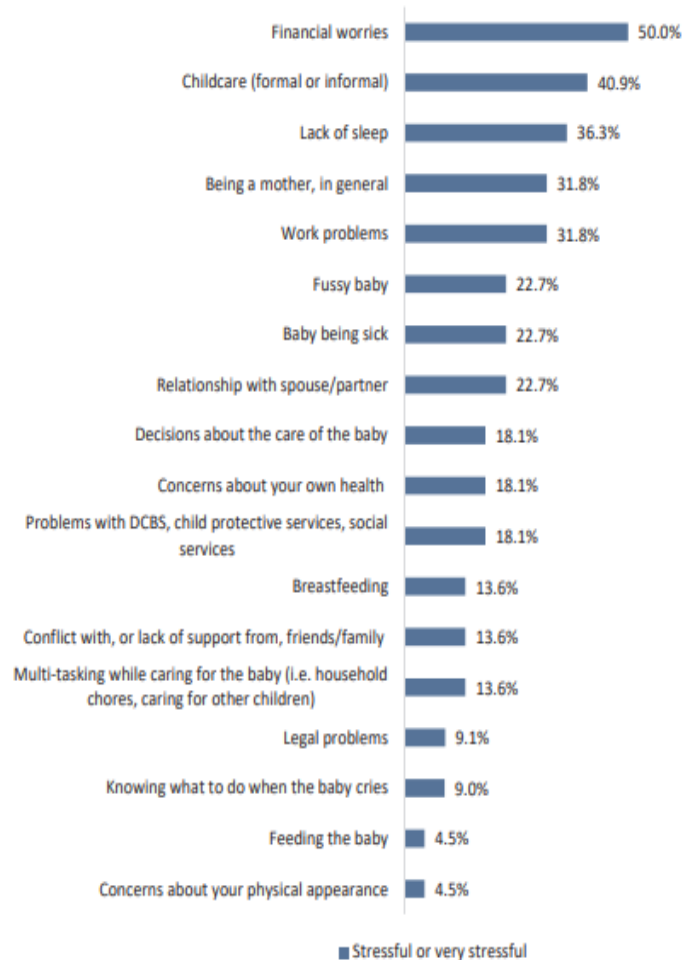
Victimization Experiences in Individuals who entered KMM AFTER birth

FIGURE II.B.9. PERCENT OF CLIENTS HAVING EVER EXPERIENCED VICTIMIZATION (N = 22)



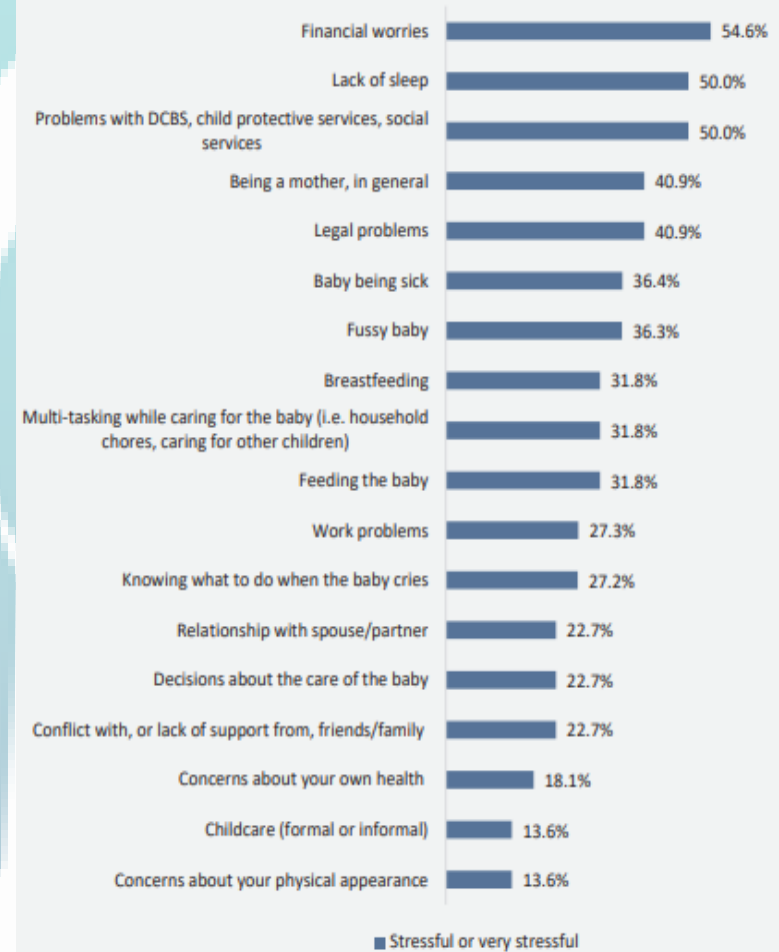
Rating of Stressful Events in individuals that entered KMM BEFORE birth

FIGURE II.13. RATING OF EVENTS AFTER THE BIRTH OF THE BABY AS STRESSFUL/VERY STRESSFUL (N = 22)¹⁴



Rating of Stressful Events in individuals that entered KMM AFTER birth

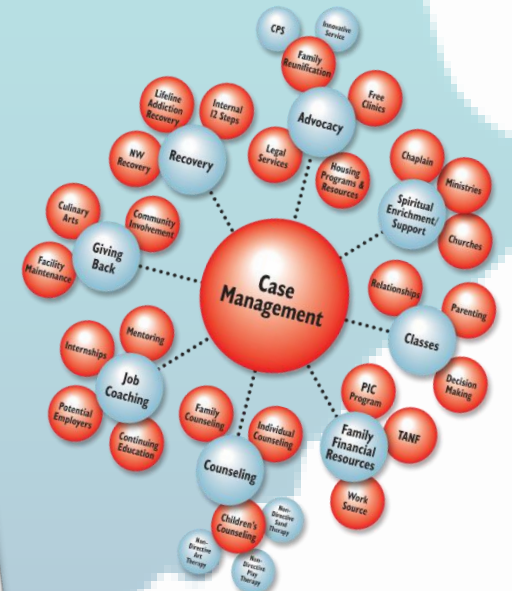
FIGURE II.B.11. RATING OF EVENTS AFTER THE BIRTH OF THE BABY AS STRESSFUL/VERY STRESSFUL (N = 22)



How do our Moms reach their goals?



Early Identification and Intervention



KY Moms Substance Use Prevention Education Services

Educate pregnant and postpartum individuals and their families of potential risks related to substance use during pregnancy and postpartum periods.

Reduce risks associated with substance use for individuals that present with increased risk of substance use concerns during pregnancy, postpartum and across the lifespan

Targeted primarily at pregnant and postpartum individuals who are generally at a lower or moderate risk for using substances during pregnancy and postpartum periods, rather than individuals who have a substance use disorder as defined in the most recent version of the DSM.

Prevention = No Substance Use Disorder diagnosis



Types of Prevention Education Services

- **Universal:** A pregnant or postpartum individual who indicates NO alcohol or drug and does not present with a psychiatric or medical condition, or present with biological, psychological, or social factors which would increase the risk for initiation use of alcohol, tobacco, or other substances. Individual does not present with a personal or family history of substance use or lifestyle, legal problem, or other symptom and does not meet criteria for a substance use disorder.
- **Selective:** A pregnant or postpartum individual who indicates NO alcohol or drug (*in this case tobacco is not considered a drug*) use during the last 30 days or during pregnancy, but is at increased risk for substance use concerns during the pregnancy and throughout life due to the following risk factors:
 - Family history of alcohol and drug use
 - Household members and significant others (including partners and peers) who have substance use concerns
 - History of emotional, sexual or physical abuse
 - History of mental health problems and diagnosis
- **Indicated:** A pregnant or postpartum individual who presents with the following characteristics:
 - Currently or has used alcohol or drugs since learning of the pregnancy or baby's birth
 - Currently or has exhibited problematic behaviors prior to pregnancy associated with substance use
 - Currently or has exhibited risk factors that increase chances of developing a substance use concern/disorder
 - Meets the criteria for a substance use disorder assessment and may benefit from a referral for substance use case management services

KY Moms Case Management

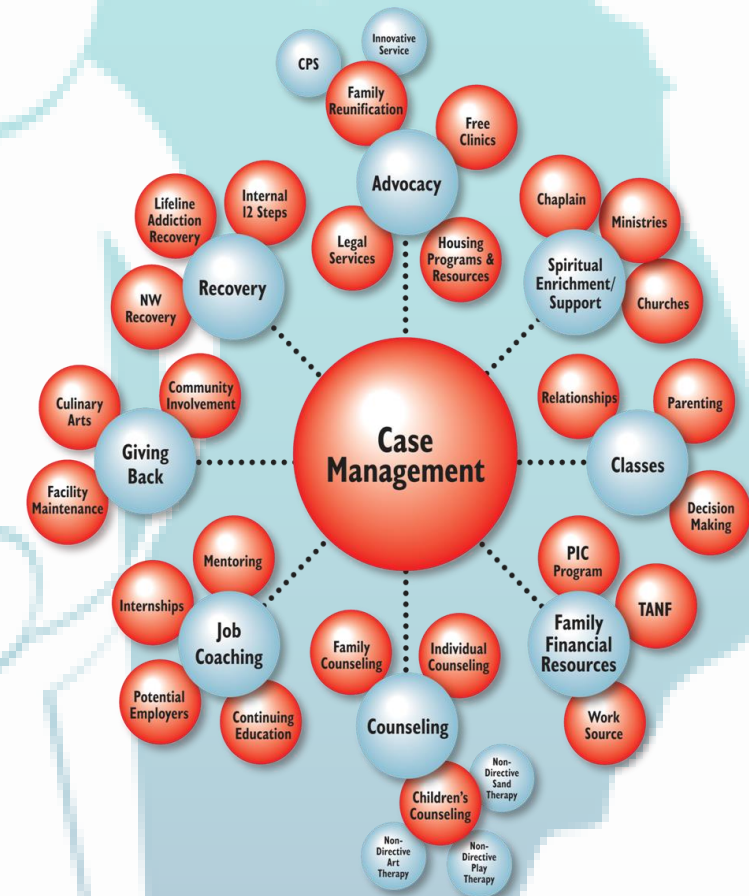
The case manager's role is essential to the overarching goal of a woman's recovery process; to provide support to mother/child dyad, reduce ACE scores and break intergenerational substance use patterns.

Criteria for Substance Use Case Management Services:

1. Has a diagnosis of a mild, moderate, or severe substance use disorder
2. Is pregnant or postpartum

Unique to KY Moms MATR Case Management:

1. Individual does NOT have to be active or referred to therapy services → CM is a stand-alone service
2. Individual can have a MILD substance use disorder diagnosis
3. Services are offered in the community, client's home, or office → we meet where client is comfortable
4. Case Manager's can assist with transportation to medical appointments during pregnancy and postnatally
5. Case Managers assist the individual in "Getting Ready" for any additional forms of treatment needed (residential, intensive outpatient, etc.)
6. Case Managers can assist with court and DCBS plans of action/correction

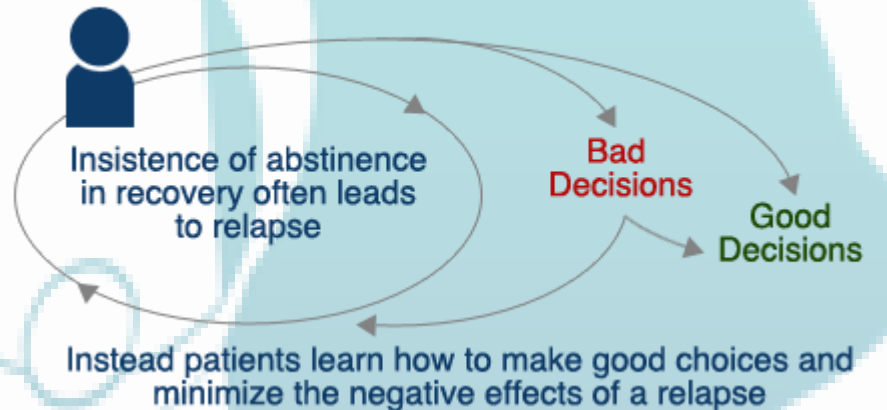


KY Moms Harm Reduction

Reduction of harm is evidenced by the following:

- Reduction in the use of alcohol, tobacco, and other substances;
- Reduction of targeted risk factors for substance use;
- Healthy birth outcomes (based on birth weight, length of gestation, and APGAR score) compared to the general population of women and demographically comparable women; and
- Engagement of high-risk pregnant women in needed services.

Focus on Harm Reduction



One Region's Examples



























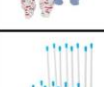





Contingency Management and the Motivational Incentives

- Car Seats
- Diapers/Wipes
- Bottles
- Diaper bags
- Clothing
- Blankets

And many more!

Based on the mothers' compliance with services and the agreed upon reward system.

Different programs may do their contingency management differently.

Baby Buck Rewards	
 Dr. Brown Baby Bottle Feeding Kit 50 	 KY Moms Diaper Bag 25 
 Bottle Warmer 50 	 Cozy Cover for Car Seat 30 
 Swaddle Blankets Pack of 2 30 	 Lullaby Projector 50 
 Nursing Infinity Scarf 25 	 Crib Sheets Pack of 2 30 
 Fleece Blanket 25 	 Flannel Receiving Blankets Pack of 4 40 
 Hooded Towels Pack of 2 20 	 Sleepers Pack of 2 25 
 Pack of Onesies Pack of 3 20 	 Bottle Drying Rack 30 
 Baby Safety Kit 25 	 3 Pack Wipes 15 

Items will be distributed to KY-MOMS Case Management Clients Based on the following:
 5 Points= Attending each Case Management meeting scheduled
 5 points= Signed ROI for each outside provider (DCBS, OBGYN, MAT Provider, etc.)
 5 points= Completed/Close DCBS Case Plan (If you have one)
 5 points= Going to Prenatal Care Appointment
 10 points= Completing CDAR Survey
 10 points= Completing WITS Survey
 10 points= Achieving Goal on Treatment Plan

*Colors and prints of some items will vary. We cannot accept requests based on brand, color, price, etc.

Positive Life Outcomes for Mom

Compared to baseline, clients' risk factors significantly improved at postnatal follow-up²



REPORTED ANY ILLEGAL DRUG USE***

73% **8%**
at baseline at follow-up



REPORTED ANY ALCOHOL USE**

39% **12%**
at baseline at follow-up



MET STUDY CRITERIA FOR DEPRESSION AND/OR GENERALIZED ANXIETY***

65% **15%**
at baseline at follow-up



REPORTED ANY INTIMATE PARTNER ABUSE***

42% **4%**
at baseline at follow-up



AVERAGE NUMBER OF DAYS MENTAL HEALTH WAS NOT GOOD**

7.5 **3.8**
at baseline at follow-up



SCREENED POSITIVE FOR POST-TRAUMATIC STRESS DISORDER SYMPTOMS**

32% **8%**
at baseline at follow-up



REPORTED BEING CURRENTLY UNEMPLOYED**

62% **35%**
at baseline at follow-up



REPORTED SMOKING CIGARETTES*

80% **60%**
at baseline at follow-up

Positive Birth Outcomes



PRENATAL VISITS

11.4

average number
of visits



ANY LABOR/DELIVERY
COMPLICATIONS

11%

reported any
complications



PAYMENT SOURCE FOR
DELIVERY

90%

Medicaid



GESTATIONAL AGE

38.5

average
weeks



BIRTH WEIGHT

6lbs, 13oz

average birth
weight



APGAR SCORE

9.0

average
score



BABIES BORN WITH
BIRTH DEFECTS

0%

born with
defects



MOTHER BREASTFED
BABY

80%

reported
breastfeeding

Regional Special Projects

- KY Moms Sheds/Baby Sheds
 - LifeSkills Region (Bowling Green area)
 - Pennyroyal Region (Hopkinsville)
- Spanish Prevention Education
 - New Vista (Lexington area)
- The Greenhouse Project
 - Pathways (Ashland)
- Community-Wide Baby Shower
 - NorthKey Region



Kentucky's Recovery Oriented System of Care

Pregnant women and new mothers may have three distinct substance use experiences and may be differentiated in three different groups:

- Prescribed opioid medication for chronic pain or on medication that can result in a withdrawal syndrome and is not known to have a substance use disorder.
- Receiving medication-assisted treatment for an opioid use disorder or is actively engaged in treatment for substance use disorder.
- Misusing prescription drugs, or is using legal or illegal drugs, meets criteria for substance use disorder, not actively engaged in substance use disorder treatment program.

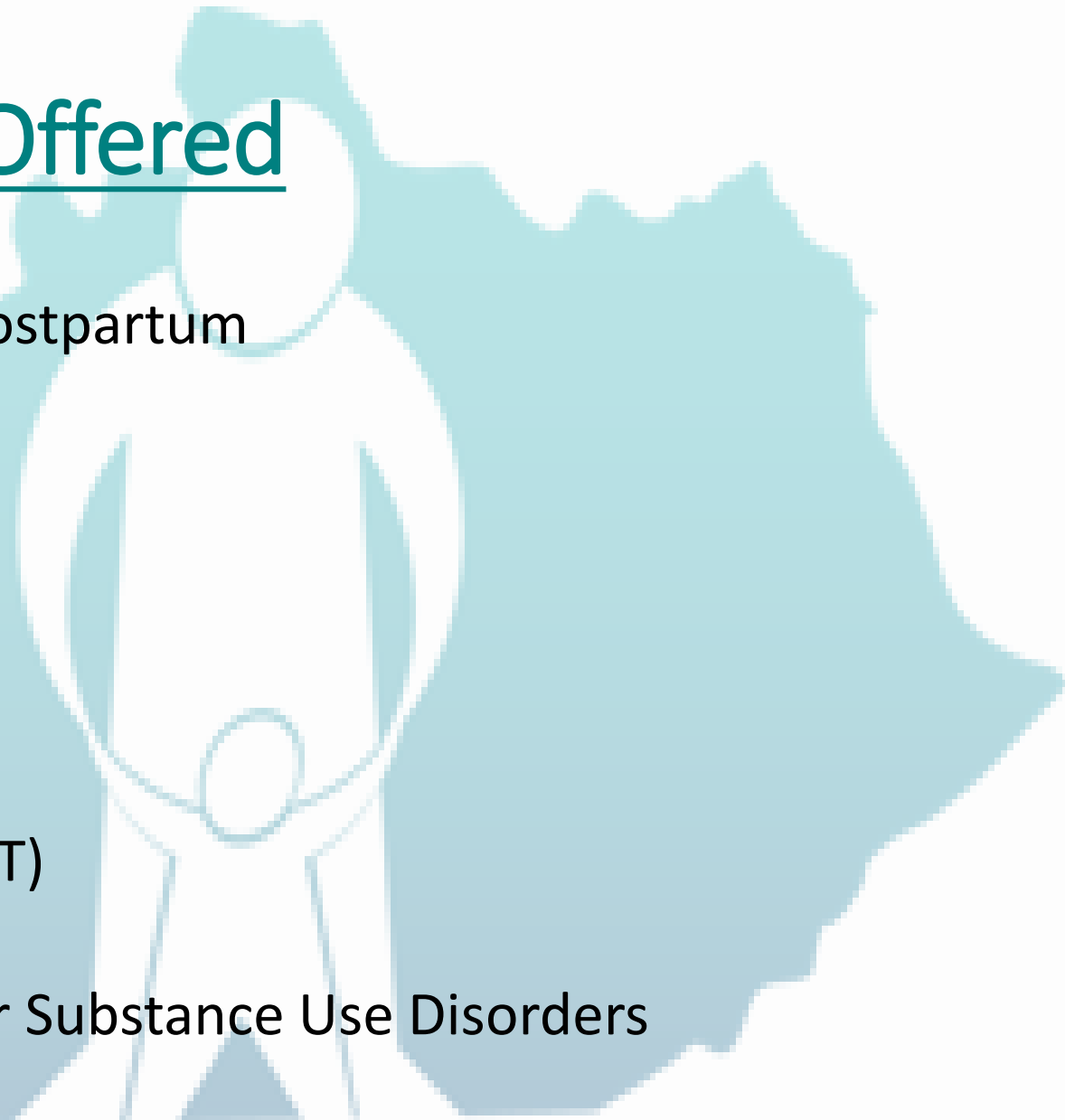
Plan of Safe Care Contact Info

The Adanta Group
Communicare
Cumberland River Behavioral Health
LifeSkills
New Vista
Mountain Comprehensive Care
Pennyroyal Center
Seven Counties Services

Sherri Estes
Amanda Clark
Rachel Bowles
Amber Sikes
Jessica Osborne
Taylor Trout
Erin Harper
Bobbi Bledsoe

Trainings Offered

- Substance Use During Pregnancy and Postpartum
- Youth Mental Health First Aid
- Adult Mental Health First Aid
- Question, Persuade, and refer (QPR)
- SBIRT
- Motivational Interviewing
- Trauma-Informed Care
- Applied Suicide Intervention Skills (ASIST)
- Prime for Life
- Assessing and Managing Suicide Risk for Substance Use Disorders



Pregnancy Behavioral Risk Screening

Pregnancy Behavioral Risk Screening Date: _____

PASTE "C Label" HERE

Patient Name: _____
 SSN: _____ First MI Last
 Health Dept: _____

Circle one: Pregnancy or Postpartum ICD Code _____

OB/GYN: _____
 Agency/Location: _____
 Expected Delivery Date: _____
 Hospital most likely for delivery: _____
 Location of hospital: _____

Patient Phone: (____) _____ OR (____) _____

Patient Mailing Address: _____

 Signature of health care provider or their duly authorized representative confirming pregnancy diagnosis Signature of individual completing screening form, if different

Health care provider ⇨ After asking ALL screening questions, return to question #1 and review with patient, checking suggested actions taken below.
 Offer every patient a fact sheet on the importance of abstinence from alcohol, nicotine, and other drugs during pregnancy.

Patient ⇨ Women's health can be affected by emotional problems, alcohol, nicotine, other drug use, and domestic violence. Women's health is also affected when those same by problems are present in people close to us. By "alcohol," we mean beer, wine, wine coolers, or liquor.
 (Institute for Health and Recovery)


Screening Questions	Answers	Suggested Action
1. Did any of your parents ever have a problem with alcohol or drug use?	<input type="checkbox"/> Yes <input type="checkbox"/> No	IF YES to questions #1, 2, or 3: <input type="checkbox"/> Stated concern that any of these can increase risk for developing alcohol and drug problems <input type="checkbox"/> Referral to KY-Moms MATR for prevention education
2. Does your partner have any problem with alcohol or drug use?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3. Do any of your close friends have any problem with alcohol or drug use?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
4. In the month before you knew you were pregnant, how many days did you smoke cigarettes or use nicotine products? (Even one cigarette per day equals one day.) If ANY DAYS, ask: In the last month , how many days did you smoke cigarettes or use any form of nicotine product? 5. In the month before you knew you were pregnant, how many servings of alcohol (beer, wine, wine coolers, or hard liquor) did you drink? If ANY SERVINGS, ask: In the last month , how many days a week did you drink alcohol? 6. Have you ever used other drugs such as: cocaine, methamphetamines, amphetamines, tranquilizers, heroin, prescription pain pills (other than as prescribed), marijuana, LSD, PCP, or inhalant drugs (fumes from aerosol cans, or other fumes) in the past? If YES, ask: In the month before you knew you were pregnant, how many times did you use any of the drugs that you have used in the past ? If ANY TIMES, ask: In the last month , how many days a week did you use the drugs you mentioned?	<input type="checkbox"/> Days (#) <input type="checkbox"/> Days (#) <input type="checkbox"/> Servings (#) <input type="checkbox"/> Days (#) <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Times (#) <input type="checkbox"/> Days (#)	IF ANY cigarette, nicotine products, alcohol, or drug use in questions #4-#6: Completed Brief Intervention: <input type="checkbox"/> Stated concern <input type="checkbox"/> Advised abstinence <input type="checkbox"/> Discussed patient's reaction <input type="checkbox"/> Agreed on a plan of action Completed Referral: <input type="checkbox"/> Kentucky's Tobacco Quit Line (1-800-QUIT-NOW) <input type="checkbox"/> Behavioral health provider for substance use assessment/ treatment Provider: _____ <input type="checkbox"/> KY-Moms MATR for case management and linkage with behavioral health services <input type="checkbox"/> Other: _____
7. Are you feeling at all unsafe in any way in your relationship with your current partner or with a previous partner?	<input type="checkbox"/> Yes <input type="checkbox"/> No	IF YES to question #7: <input type="checkbox"/> Followed office procedure for partner abuse disclosure
8. Over the past few weeks, has worry, anxiety, depression or sadness made it difficult for you to do your work, get along with others, or take care of things at home?	<input type="checkbox"/> Yes <input type="checkbox"/> No	IF YES to question #8: <input type="checkbox"/> Stated concern about the effects of depression and anxiety on the baby <input type="checkbox"/> Referred to behavioral health provider for assessment/ treatment and/or to KY-Moms MATR for prevention education Provider: _____

*Statewide KY-Moms: Maternal Assistance Towards Recovery (MATR) contact: Katie Stratton 502-782-6192
 *Adapted from screening instrument created by Robert Walker, University of Kentucky, Center on Drug and Alcohol Research.

For release of medical information, refer to the Authorization for Release/Acquisition of Patient Information form CH-23 and instructions for use, in the CCSSG Forms Section and the AR for guidance. PN-2(rev02/2020)

- Allows us to determine what criteria of services the mother needs, such as level of prevention education or case management.
- Connection to mental health and/or substance use treatment.
- If mother has any domestic violence concerns, we connect her to domestic violence resources

Referral to KY Moms MATR



**KY-Moms
Maternal Assistance
Towards Recovery (MATR)**

Patient Referral Form

Referral Location
Name: _____
Phone/Email: _____

Referral Guidelines

- To refer a potential pregnant patient or a patient no more than 6 months post-partum, please complete this form and return it, along with a copy of the substance use screening/assessment tool used (e.g., PN-2*, PT-1, ACH-94, ACH-282, H&P 13, H&P 14, HOV-2, CRAFT, AUDIT, SASSI, etc.) to determine eligibility, to the designated KY-Moms MATR email listed above.
- The patient you refer will be contacted by a KY-Moms MATR Prevention Specialist or Case Manager within 48-hours of receipt of referral form.
- Only one referral per pregnancy/postpartum period, per patient can be made. If a patient is referred by more than one medical provider, the first referral received will be the one accepted.
- Please attach a patient signed Release of Information form and a proof of pregnancy or delivery if the patient is currently pregnant or postpartum.

Patient Information

Patient Name: _____ Date of Referral: _____
Patient Address: _____ Preferred contact Method: _____ #: _____
(Email/Text/Phone) Email: _____

Referral Information

Please select patient's current status: Pregnant Postpartum

Diagnosis Code: _____ (Medical or Behavioral Health Diagnosis Code)

Due Date/
Delivery Date: _____

Medicaid #: _____ or Private Insurance

YES NO Does patient currently present with substance use RISK FACTORS during pregnancy or postpartum?
 YES NO Does patient currently present with SUBSTANCE USE concerns during pregnancy or postpartum?

Referring Provider (Printed): _____
Provider Signature: _____
Name of Referring Agency: _____

For KY Moms MATR Use Only

Date Received: _____ Contacted? _____
Prevention Education Appointment? _____ Case Management Appointment? _____

How to Submit a Referral

- Complete with client's demographic information
- Anyone can submit a referral
- Submit referral to the nearest Regional prevention center. (See KY Moms MAP for contact information) on next slide.
- Submit referral along with the Pregnancy behavioral risk screening.

Statewide Contacts

KY Moms: Maternal Assistance Towards Recovery (MATR) Services:

- ❖ For Pregnant and Postpartum Individuals who are at risk for or diagnosed with Substance Use Disorders
- ❖ Operated by KY's 14 Community Mental Health Centers
- ❖ Additional Mental Health services and Recovery Supports are offered by each region. Contact the CMHC regional contact for more information.

Kentucky Division of Behavioral Health contact:
Katie Stratton: (502) 782-6192
katie.stratton@ky.gov



KY Moms MATR by Community Mental Health Region

1- Four Rivers Behavioral Health
(Paducah & surrounding counties)
Cynthia Turner (270) 442-8039 x 1716
cturner@4rbh.org

2- Pennyroyal Center
(Hopkinsville & surrounding counties)
Chris Sparks (270) 886-0486
csparks@pennyroyalcenter.org

3- River Valley Behavioral Health
(Owensboro & surrounding counties)
Brooke Arnold (270) 689- 6564
arnold-brooke@rvbh.com

4- Lifeskills
(Bowling Green & surrounding counties)
Amy Hutchinson (270) 901-5000 x 1277
ahutchinso@lifeskills.com

5- Communicare
(Elizabethtown & surrounding counties)
Amanda Clark (270) 765-5992 x 1405
ACClark@communicare.org

6- Seven Counties Services
(Louisville & surrounding counties)
Emily Kleinhalter (502) 443-2623
ekleinhalter@sevencounties.org

7- NorthKey Community Care
(Newport and surrounding counties)
Autumn Smith (859) 578-3200
autumn.smith@northkey.org

8- Comprehend
(Maysville & surrounding counties)
Tara Anderson (606) 759-7799
tanderson@comprehendinc.org

10- Pathways
(Ashland & surrounding counties)
Kalinda Cade (606) 324-1141
Kalinda.cade@pathways-ky.org

11- Mountain Comprehensive Care
(Prestonsburg & surrounding counties)
Taylor Trout (606) 889-0328
taylor.trout@mtcomp.org

12- KY River Comprehensive Care
(Hazard & surrounding counties)
Jamie Mullins-Smith (606) 666-7591 x7100
jamie.smith@krccnet.com

13- Cumberland River Behavioral Health, Inc
(Corbin & surrounding counties)
Jill Owens (606) 337-2070
jill.owens@crccc.org

14- The Adanta Group
(Somerset & surrounding counties)
Sherri Estes (606) 679-9425
sestes1@adanta.org

15- New Vista
(Lexington & surrounding counties)
Mercedes Helton (859) 225-3296
Mercedes.helton@newvista.org

Project Link
Seven Counties Services
Pregnancy Case Management
Louisville
Jada Nance
(502) 297-3874
jnance@sevencounties.org

Plan of Safe Care

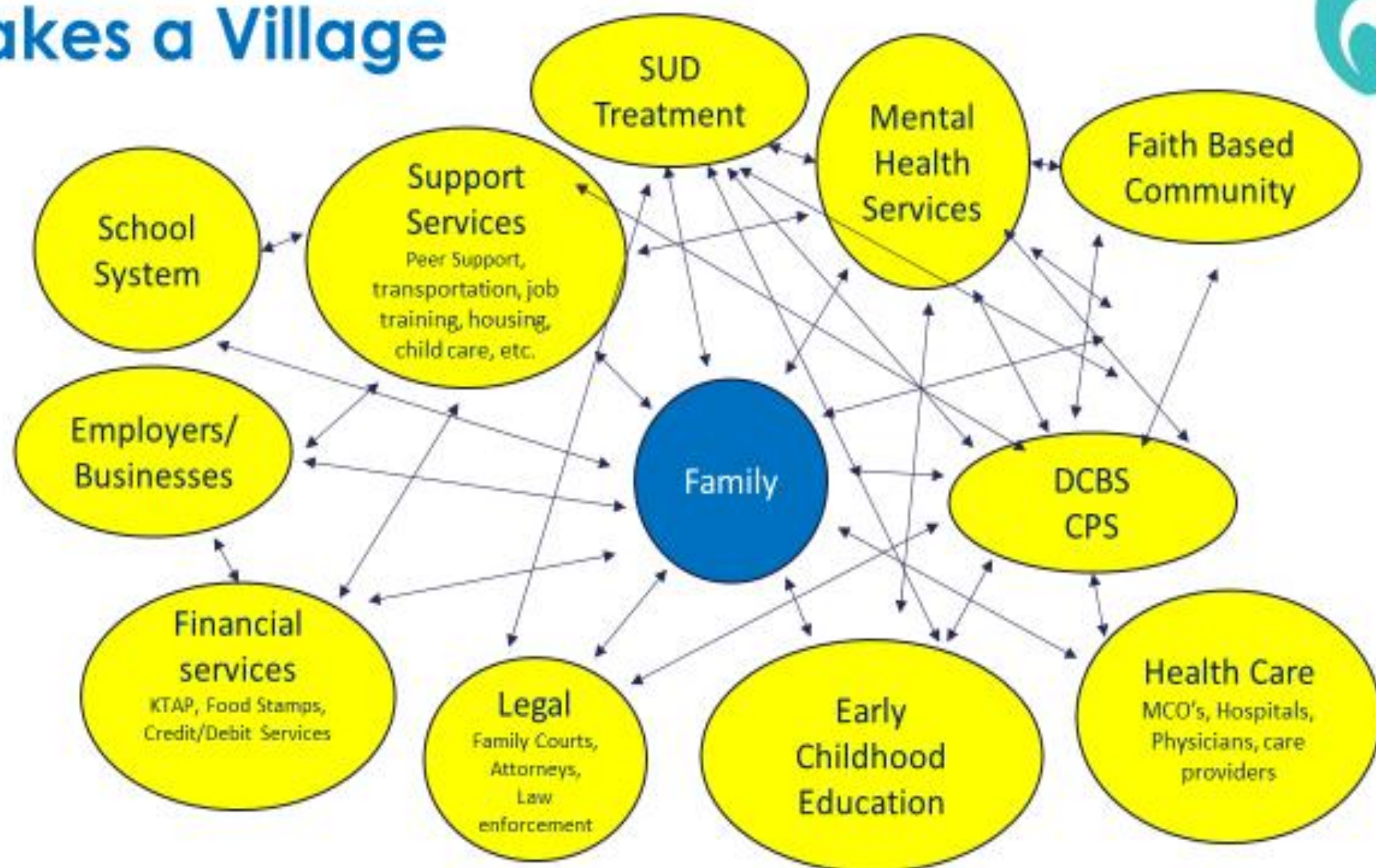
“A Plan of Safe Care is a Community Safety Net” for the infants and families suffering from Substance Use Disorder. – SAMHSA

Occurs at community level as a safety net that is designed to prevent instances of people “falling through the cracks”

“Communities must collaboratively develop a response that addresses the needs of the infants and mothers and their families.” – SAMHSA

- A key difference of note: Safety Plans versus and Plan of Safe Care

It Takes a Village



Contact Info

Katie Stratton
DBHDID-KY Moms
Program Administrator
502-782-6192
Katie.Stratton@ky.gov

Mercedes Helton
New Vista
KY Moms Case Manager
859-227-9008
Mercedes.helton@newvista.org

Alyesse Coonrod
New Vista
KY Moms Prevention Specialist
859-254-1574
Alyesse.coonrod@newvista.org

Jessica Osborne
New Vista
ROSC Coordinator
859-407-0981
Jessica.Osborne@newvista.org