

Preconvention Institute—Thursday, October 25th, 2018—1:00-4:00pm

Presenter: Heather Howard

Title: “Drinking from the Well: Addressing Substance use disorders with an Empowerment Framework”

Abstract: Abstract:

Substance use disorders (SUD) represents clinically significant impairment caused by the recurrent use of alcohol or illicit drugs (or both), including health problems, disability, and failure to meet major responsibilities at work, school, or home. Misuse of prescription psychotherapeutic drugs is second only to marijuana as the nation’s most prevalent illicit drug use issue. Use of prescription psychotherapeutic drugs in the past year was fairly common in the United States. In 2015, an estimated 119.0 million Americans aged 12 or older were past year users of prescription psychotherapeutic drugs, representing 44.5 percent of the population.

Specifically, the prevalence of prescription opioid use among women is substantial and the hazards of opioid use are similarly great. A 2015 CDC Morbidity and Mortality Weekly Report (MMWR) article found that between 2008 and 2012 more than one quarter of privately insured women ages 18-44 and more than one-third of women of the same ages enrolled in Medicaid filled a prescription for an opioid medication. The Substance Abuse and Mental Health Services Administration (SAMHSA) 2015 NSDUH reported that 4 % of females ages 12 and older misused prescription pain relievers in the last year. A 2013 Vital Signs report from CDC indicated, “every 3 minutes a woman goes to the emergency room for prescription painkiller misuse.”

Although more men die from drug overdose than women, the percentage increase in deaths seen between 1999 and 2010 was greater among women; deaths from opioid pain relievers increased five-fold during that time for women versus 3.6 times for men. It is known from the literature that women with trauma histories have a high co-morbidity of substance use and mental illness. The estimated prevalence of substance use among pregnant women in the US, ages 15-44, was 5.4 percent for illicit drugs and 9.4 percent for alcohol. Pregnant and parenting women with a substance use disorder bring increased complexity with the intersection of the child welfare system.

The 2015 National Survey on Drug Use and Health (NSDUH) data indicate that 8.1 percent or 21.7 million people aged 12 or older needed substance use treatment in the past year. In 2015, an estimated 2.3 million people aged 12 or older who needed substance use treatment received treatment at a specialty facility in the past year. This number represents 10.8 percent of the 21.7 million people who needed substance use treatment in the past year. Waiting lists for treatment across the nation impact parents. As parents with opioid use disorders have increased the number of children in foster care has increased hence decreasing overall resources to serve families. The

Administration is addressing that of the 265, 000 children that entered foster care in 2014, the largest population was infants.

This workshop will address the multifaceted and complex issues of prevention and treatment of pregnant and parenting women with opioid misuse. Special focus will be on stigma reduction strategies, policy practice implementation that is trauma-informed and gender specific treatment utilizing theoretical frameworks to support families impacted by substance use.

Outline:

Self-reflection exercises	30 minutes	
Power point slides on Background/Prevalence/Policy Issues		20 minutes
Break	10 minutes	
Theoretical Interventions	30 minutes	
Best Practices	20 minutes	
Stigma reduction exercises	30 minutes	
Trauma-informed self and agency evaluations		20 minutes
Interactive exercises using case studies	20 minutes	

Learning Objectives:

After completing this training, participants will be able to:

1. Describe what Substance use disorders are, misuse of prescription opioids and heroin, and the intersection of the child welfare system.
2. Summarize three major theoretically based interventions to address SUD in women.
3. Demonstrate stigma reduction strategies.
4. Outline implementation of trauma-informed perspectives in host environments.

Primary Audience: Social workers, Social work students, Clergy, Human service professionals.

Content Level: Intermediate

Number of Continuing Education Contact Hours: 3.0

Bio Information: Heather Howard, PhD, LICSW is committed to educating graduate students to become social justice-based social workers. Her research and writing interests focus on gender-specific and trauma-informed care for women that reduces stigma and encourages health empowerment. She is currently an Assistant professor in the graduate school of social work at Florida Atlantic University. Heather has been awarded several external grants for research involving women’s health issues and her publications emphasize the importance of shared decision-making for perinatal women who are opioid dependent. She supplements her academic work as a consultant for Compass Collaborative which focusing on decreasing occupational burnout in helping

professionals. Heather has over 23 years of clinical experience in social work in healthcare. Her clinical expertise is the treatment of grief and loss, trauma, and substance use disorders.

Bibliography:

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