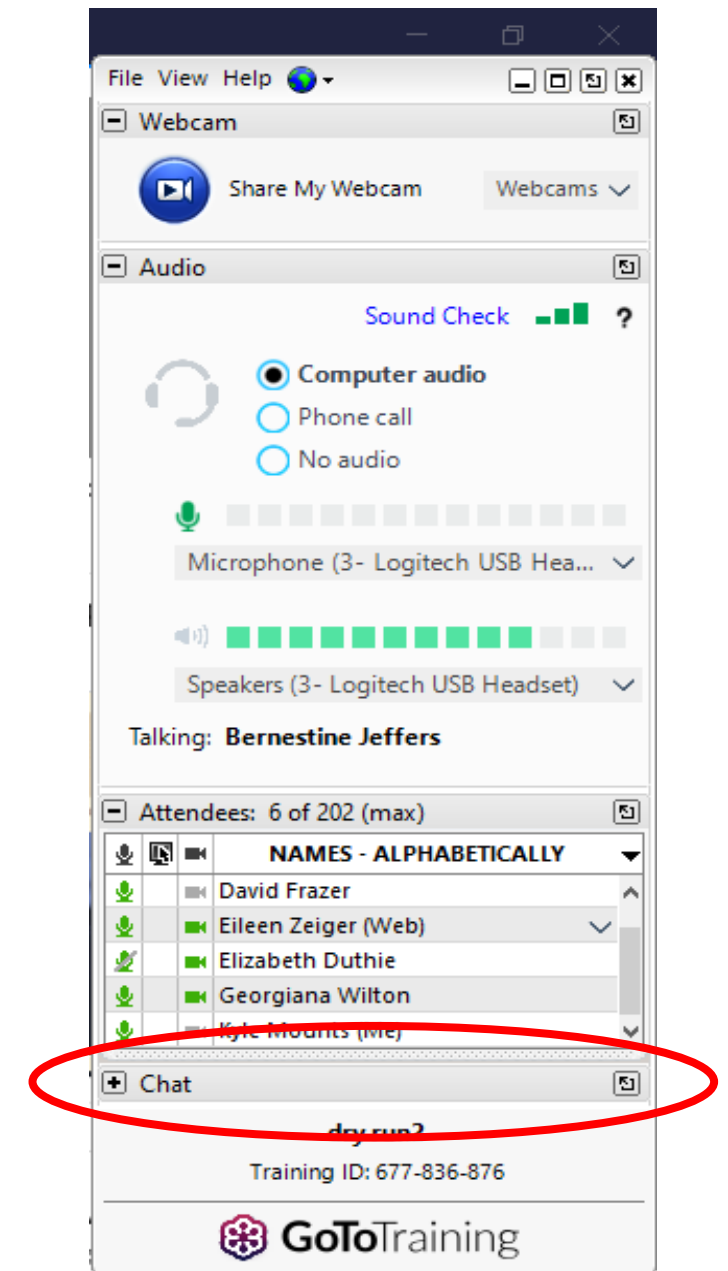


# Introductions

- Thank you for joining us today.
- To introduce yourself, please enter your name and agency/organization in the chat box and send to all.





Wisconsin Collaborative of Treatment Professionals  
FOR EDUCATION AND CAPACITY TRAINING

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Welcome and Thank You  
for attending



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# Pregnancy and SUD? Consider a Doula

Presenter: Sheila Weix, Certified Addiction Registered Nurse  
Director of Substance Abuse Services for Family Health Center  
of Marshfield

# ECHO Etiquette

- Stay muted when we are not speaking to reduce extraneous noise
- Use the “raise hand” function to ask a question or make a comment, or put it in the Chat Room
- Be respectful of everybody, even if their ideas don’t resonate with you
- Never disclose protected health information or any identifying information regarding the case study
- Help us keep the learning environment productive, positive, helpful, and safe

# Reminders

- If you ever have questions or comments about any of our programs, please use the “Contact” function on the Wisconsin CONNECT website
- The didactic will be recorded and posted on the website along with responses to your questions.
- This is your last chance to **“introduce yourself”** to your colleagues in the **chat room**. Once the didactic begins, we’ll reserve that space for questions.
- If the PowerPoint slides aren’t large enough on your screen, drag the “gray bar” above the slide up or down to change the size—and you can remove the webcam coverage to just see the slides.

# Accreditation for CME and CNE

- CME

- The Wisconsin Association for Perinatal Care (WAPC) is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.
- The Wisconsin Association for Perinatal Care (WAPC) designates this internet live course for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- CNE

- The Wisconsin Association for Perinatal Care (WAPC) is approved as a provider of nursing continuing professional development by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
- This internet live activity meets the criteria for a maximum of 1 contact hour.

# Objectives

- Describe the scope of a doula's practice;
- Describe one strategy for incorporating doulas in perinatal care;
- Identify two ways a doula can support a pregnant woman with substance use disorder.



# Pregnancy and SUD? Consider a Doula

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Sheila Weix MSN, RN, CARN



# Objective

- Consider the potential for enhancing the care of pregnant women who have Substance Use Disorders (SUDs) by adding Doulas to the care team

# Why look at specialized treatment for pregnant women with SUDs?

- ▶ Medical point of view
  - ▶ Improve outcomes for mother and baby
    - ▶ Increase prenatal care
    - ▶ Decrease risks to fetus/neonate
    - ▶ Decrease risks to mother
  - ▶ Decrease cost of care
  - ▶ Improve future outcomes for family
- ▶ SUD Treatment point of view
  - ▶ Pregnancy can be a time for major life changes: Recovery
  - ▶ More resources available during pregnancy: Priority population
  - ▶ Desire to do the best thing for the baby can be highly motivating

# Barriers for Pregnant Women with SUD

- Stigma: Addict, “using while pregnant”
- Fear: baby will be taken if anyone knows about the substance use
- Systemic racism: Not being heard by providers, lack of power in interactions
- Cultural ignorance on the part of providers/systems
- Social Determinants of Health
  - Access to services including online resources
  - Health literacy, etc.
  - Transportation
- Disconnected systems

# How can Doulas help?

- ▶ Direct relationship with the woman and family: What does she want for her birth experience?
- ▶ Offer “non-clinical emotional, physical and informational support before, during and after birth” (*citation below*)
- ▶ A voice when needed
- ▶ Translation/explanation as needed and desired
- ▶ Proven improvement in maternal and child health outcomes

<https://www.nationalpartnership.org/our-work/resources/health-care/maternity/overdue-medicaid-and-private-insurance-coverage-of-doula-care-to-strengthen-maternal-and-infant-health-issue-brief.pdf>

# Doulas for People with SUDS

- Recruit from the communities being served
- Provide Doula training leading to certification
- Provide SUD training to understand the neurobiology of addiction
- Lived experience can be incredibly helpful
- Recovery Coach training consideration
- Partnerships with medical and treatment providers with clear recognition of the knowledge and expertise that the Doula brings to the person being served

# Barriers to Doula Care

- Reimbursement: Not covered by Medicaid in Wisconsin
- Not covered by private insurance
- Varying levels of understanding and acceptance by medical providers
- Varying levels of understanding and acceptance by treatment providers
- Too few people in rural areas can self-pay to make this a viable “job”
  - Generally available only through grant funded project or private pay
  - Lack of access follows the Social Determinates of Health fault lines

# Vision

- ▶ Doulas with SUD specialization available for any pregnant woman with SUD who wishes to have the service
- ▶ Medicaid coverage at a rate that supports agency employment of Doulas
- ▶ Doula involvement with Medical/Treatment teams providing care for pregnant women with SUDs to support early referral and on-going interaction during the perinatal period
- ▶ Active recruitment and training/support to certification for community members of the communities being served by any agency/provider
- ▶ Improved outcomes including maternal/child health AND birth experience for the women and families being served

# Resources

- ▶ **Overdue: Medicaid and Private Insurance Coverage of Doula Care to Strengthen Maternal and Infant Health (January 2016)**

<https://www.nationalpartnership.org/our-work/resources/health-care/maternity/overdue-medicaid-and-private-insurance-coverage-of-doula-care-to-strengthen-maternal-and-infant-health-issue-brief.pdf>

- ▶ Questions?

- ▶ Sheila Weix [Weix.Sheila@marshfieldclinic.org](mailto:Weix.Sheila@marshfieldclinic.org)



# Closing

- Thank you for participating.
- Plan to attend the next ECHO
  - Thursday, May 13, 2021
  - Topic: *Telehealth Options: Past, Present, and Future*
  - Speaker: Dr. Maria Perez, VP of Behavioral Health at Sixteenth Street Community Health Centers
  - Case presentation: If you have a case to present, let us know!
- We will put a link to this session's evaluation in the chat box now. Please take the time to fill it out and help us make this ECHO as useful to you as possible. If you want CE credits, an evaluation is required.