Pregnant Women and Substance Abuse Treatment

Women who abuse substances during pregnancy put not only their health and well-being at risk, but also that of their unborn children. The use of alcohol and drugs can produce a wide range of short- and long-term adverse health effects in the developing fetus. The Division of Alcohol and Drug Abuse (ADA), considers pregnant, substance-abusing women to be one of the highest priority populations in need of treatment services. To best meet their needs, as well as, women with children in their care, ADA developed a specialized treatment model known as Women and Children’s Comprehensive Substance Treatment and Rehabilitation (CSTAR) programs. These programs offer multiple levels of care that vary in the frequency and intensity of services and include a wide array of services at each level allowing for individualized treatment. These programs address therapeutic issues relevant to women’s and children’s specific needs and emphasize a family systems model of treatment. Additionally, as living situations are often unstable or are not conducive to recovery, most Women and Children’s CSTAR programs offer residential support. Many programs also have transitional housing programs which can help support women in recovery while they attempt to find safe, permanent housing.

Primary Treatment Services:
- Individual Counseling
- Family Therapy
- Group Counseling
- Group Education
- Community Support

Dependent Treatment and Other Services:
- Individual Counseling
- Group Counseling
- Co-Occurring Disorder Services
- Medication Services

Common Topics for Group Education:
- Drug Education
- Anger Management
- Coping with Trauma
- Communication Skills
- Positive Self-Image
- Relapse Prevention

Admissions to W&C CSTAR Programs from 7/1/07 to 6/30/08:
5117 Women admitted to W&C CSTAR Programs; 340 of those were pregnant at admission

Pregnant at Admission to W&C CSTAR:
- Pregnancy at Admission: 5117 Women admitted to W&C CSTAR Programs; 340 of those were pregnant at admission

Frequency of Use:
- 21% Daily
- 32% Weekly
- 17% Less than Weekly
- 30% Less than Monthly

Method of Use:
- 59% Smoking
- 18% Oral
- 14% IV
- 9% Inhalation

Referral Source:
- 46% Crim. Justice
- 31% Self/Family/Friend
- 9% Health/MH
- 14% Other

Region of Residence:
- 39% Eastern
- 19% Northwest
- 16% Southwest
- 14% Central
- 13% Southeast

Admissions to W&C CSTAR Programs from 7/1/07 to 6/30/08:

Primary Drug at Admission
- Outer Circle: W&C CSTAR Admissions;
- Inner Circle: Pregnant At Admission

Pregnant at Admission:
- Alcohol: 24%
- Cocaine: 22%
- Meth: 11%
- Marijuana: 9%
- Heroin: 8%
- Other: 10%

W&C CSTAR Treatment Outcomes for 7/1/07 to 6/30/08:

- 89 out of 97 babies were born drug free to women in Women and Children CSTAR programs.
- Children’s Division returned 110 children to their mother’s custody.

Average length of stay: 54.31 days

Mean Frequency of Use:
- Admission: 10.94 days per month
- Discharge: 2.90 days per month

Sources:
1. Certification Standards for Alcohol and Drug Abuse Programs, 9 CSR 30-3.190 Specialized Programs for Women and Children, Missouri Department of Mental Health Division of Alcohol and Drug Abuse, November 30, 2007.
2. Missouri Department of Mental Health, Division of Alcohol and Drug Abuse, As reported from Consumer Information Management, Outcomes and Reporting System, 2008.

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