Women In Recovery Program (WIRe)

Andrew Heffron, RN
aheffron@ccbh.net
Women affected by addiction...

Challenges with health needs including
- Active substance abuse
- Stigma
- Exposure to violence
- Acute and chronic disease
- Higher rates of smoking
- Mental health concerns
- Intense emotional trauma
Increased risk of Unintended pregnancy

Higher rates of HIV/STDs & Cervical Cancer
WHY?
Infertility Misconceptions
"I cannot get pregnant because I am not having regular periods"
"I cannot get pregnant because I am not having periods"
"I cannot get pregnant because I am lactating."
Fact:

Opitates increase prolactin levels which cause these side effects as well as low body weight and poor nutrition.
Study 1

When women who used opiates were asked about their fertility...

17% believed they were infertile
19% were unsure about their infertility

These women were never told by a healthcare professional that they were infertile.
Study
'Unintended Pregnancies in Women who abuse Opioids'

86% of pregnant opiate-dependent women reported having unintended pregnancies

2 times greater than their non-opiate dependent counterparts

Of these women, 65% of them are not currently using any form of contraception

Of the 35% of these women USING birth control, most are using the least effective forms
Study
'Unintended Pregnancies in Women who abuse Opioids'

The women also had higher...
- multiple, unintended pregnancies
- almost 5\(\times\) as many women had abortions when compared to the general public
- rates of stillbirths

Figure 1: How respondents would feel if they get pregnant in the next 12 months

- 60% of the respondents viewed their pregnancy as neutral, serious problem, or very serious problem.
- Only 19% said they viewed their pregnancy positively.
Effects of drug misuse during pregnancy

- Prematurity and low birth weight
- Intrauterine growth restriction
- Placental abruption
- Inadequate prenatal care
- Poor nutrition
- Infant and child neurobehavioral dysfunction
In Treatment Centers Study...
Of 376 women receiving treatment for opioid addiction
30% women were using contraceptives when compared to the national average of 75%.

These women were often using the least effective methods
WIRe Program Overview

- Female Residential Recovery Facilities
  - Recovery Court
  - Funding
How did the program start?

• Symposium of recovery facilities
  – Avoid the Sand Lwords
  – Avoid drug seeking
  – Logistics
  – Priorities: understanding of contradiction
Piolet Program

- Educational onsite visits to build relationship and interest
- Group appointments at LHD
- High rates of Hep C
- High rates of LARC selection
- Women’s Health needs (How long?)
Recovery Court

Special Considerations
Life Stressors...

<table>
<thead>
<tr>
<th>LIFE EVENT</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Death of spouse</td>
<td></td>
</tr>
<tr>
<td>2. Divorce</td>
<td></td>
</tr>
<tr>
<td>3. Marital Separation from mate</td>
<td></td>
</tr>
<tr>
<td>4. Detention in jail or other institution</td>
<td></td>
</tr>
<tr>
<td>5. Death of a close family member</td>
<td></td>
</tr>
<tr>
<td>6. Major personal injury or illness</td>
<td></td>
</tr>
<tr>
<td>7. Marriage</td>
<td></td>
</tr>
<tr>
<td>8. Being fired at work</td>
<td></td>
</tr>
<tr>
<td>9. Marital reconciliation with mate</td>
<td></td>
</tr>
<tr>
<td>10. Retirement from work</td>
<td></td>
</tr>
<tr>
<td>11. Major change in the health or behavior of a family member</td>
<td></td>
</tr>
<tr>
<td>12. Pregnancy</td>
<td></td>
</tr>
<tr>
<td>13. Sexual Difficulties</td>
<td></td>
</tr>
</tbody>
</table>

#24

why - yes, it's delightful spending time with my mother-in-law...

...said nobody- ever!

someecards user card
Future Plans
Andrew Heffron, RN
aheffron@ccbh.net