Introduction

Pregnant women often find it difficult to discuss the subject of alcohol and other drug use with prenatal care staff because of stigma, guilt and fear of legal repercussions. However, prenatal care staff have a window of opportunity to reduce alcohol use during pregnancy by discussing the risks associated with use in a non-judgmental, non-confrontational manner. By talking openly and comfortably with their patients about the risks associated with prenatal substance use, prenatal care staff can normalize conversations about alcohol and the use of other substances through a universal, routine and open process. Pregnant women will receive the support, information and referral to prevention and treatment resources that will contribute to healthy birth outcomes.

The Alcohol Screening Assessment in Pregnancy (ASAP) Project began in 1999 with a grant from the Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau. The grant was awarded to the Massachusetts Department of Public Health Bureau of Family and Community Health (BFCH) in collaboration with the Bureau of Substance Abuse Services (BSAS) and the Institute for Health and Recovery (IHR). The goal of the grant was to motivate prenatal care providers to screen women in prenatal care for alcohol and other drug use and abuse.

The ASAP Project brought together the following components to four community health centers and eleven multi-specialty private practice locations:

- A screening tool focused on pregnant women;
- A brief intervention model focused on the primary care population;
- Current research on the impact of alcohol and drug use on maternal and fetal health;
- Expert training on screening and implementing brief interventions within routine prenatal care office visits; and
- Local substance abuse treatment programs for linkage enhancement.

Ongoing technical assistance and consultation to support prenatal care staff in implementing a routine and universal practice of screening for alcohol and other drug use and abuse was an important factor in the success of the project. This approach improved prenatal screening by engaging participating prenatal care staff, from case managers and office staff to obstetricians, to take ownership of developing a simple and supportive screening and brief intervention process that they would continue to utilize after the grant period.

This curriculum is a compilation of the resources and training from ASAP, and is designed to assist prenatal care staff in replicating the ASAP model.
Table of Contents

The ASAP Curriculum

These materials were designed to answer questions about alcohol, tobacco and other drugs and their use by pregnant women; to increase the level of comfort on the part of prenatal care staff to talk with women about these issues; and to assist in the implementation of alcohol, tobacco and other drug use screening and brief interventions for pregnant women. The information included herein is a compilation of training materials, research and resources which will give prenatal care staff the tools and confidence to normalize the conversation around substance use. The curriculum was written in an accessible format that will make implementation possible and practical. The content of the chapters can be easily reproduced as hand-outs for staff training sessions.

Chapter 1 ~ Pages 1-8
Getting Started: How to Make this Curriculum Work for You

This chapter describes the steps to successful staff training and implementation of a screening and brief intervention model. Guiding principles for success are presented, including the importance of strengthening or developing linkages to substance abuse treatment resources for pregnant women in need of treatment. Chapter 1 is designed for use by the prenatal care staff person responsible for oversight of the protocol implementation. These materials describe the steps necessary to train your colleagues and devise efficient systems that will fit naturally within your particular office protocols.

Chapter 2 ~ Pages 9-27
Alcohol, Tobacco and Other Drug Use in Pregnancy

This chapter contains the training material content, providing the didactic descriptions and definitions necessary to train prenatal staff on the basics of substance use in pregnancy. An experiential exercise is also included that supports the exploration of prenatal care givers' own attitudes about pregnancy and substance use.

Alcohol Use in Pregnancy and Fetal Alcohol Syndrome
Pregnancy and Illicit Drugs
Pregnancy and Tobacco Use
Substance Use, Abuse and Dependence
Maternal/Fetal/Neonatal Effects of Alcohol and Other Drugs Commonly Used by Pregnant Women
Experiential Exercise: Words from substance using women.
  o  "I Am..." Exercise
Chapter 3 ~ Pages 28-38

Training Module II

Screening for Alcohol, Tobacco and Other Drug Use during Pregnancy

This chapter contains the training material content, defining and describing the rationale and implementation of a screening protocol. The 5 P'S screening tool is introduced with instructions on how to use this instrument in a prenatal care setting. A sample Pregnancy Needs Assessment (Self-Administered Questionnaire) and clinical decision tree are included.

- The Value of Universal and Routine Screening
- The 5 P'S Screening Tool
- A Sample Pregnancy Needs Assessment (SAQ)
- Clinical Decision Tree

Chapter 4 ~ Pages 39-61

Training Module III

Strategies for Brief Interventions

This chapter contains the training material content, describing the components of brief interventions based upon the National Institute of Alcohol Abuse and Alcoholism's (NIAAA) Physicians' Guide to Helping Patients with Alcohol Problems. This chapter also includes tips for talking about substance use with pregnant women, as well as an experiential exercise that offers staff an opportunity to practice motivational interviewing. A flow chart is included for a visual overview of the brief intervention protocol.

- A Brief Intervention: Ask, Assess, Advise & Monitor
- Strategies for Talking about Substance Use
  - Stages of Change
  - Motivational Interviewing
- Tips for Talking about Problems of Substance Use with Pregnant Women
- Experiential Exercise: Discussion and Role Play
  - Two Case Studies

Chapter 5 ~ Pages 62-68

Resources

This chapter includes national resources for substance abuse treatment and research, a selected bibliography and suggested educational materials for pregnant women.

- Resources for Substance Abuse Treatment and Research
- Selected Bibliography
- Suggested Educational Materials for Pregnant Women