

Tough Love Is For Your Mama

Conflicts of Interest:

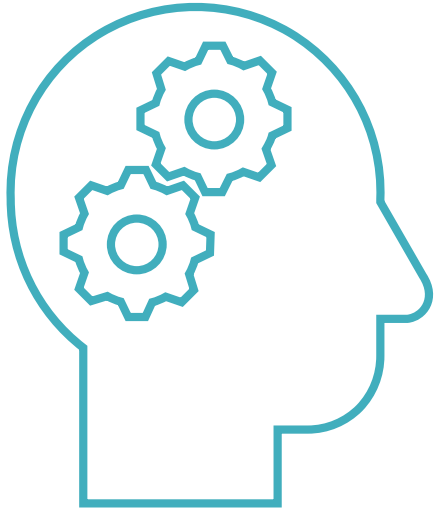
- None


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- Director
Perinatal Substance Use
Disorders
- Practitioner for CHOICE
- Wife, mother, hippie
- Eternal Extrovert Optimist



Ground Rules



- I value your input
- I want to hear your side
- Please post a comment
- Be ready for a tangent 

SUD Stats

Accidental drug overdose is a leading cause of death among persons under the age of 45.

The number of overdose deaths increases at an annual rate of 4.0%.

Over 70,000 drug overdose deaths occur in the US annually.

From 2012 to 2015, the US saw a 264% increase in synthetic opioid (other than methadone) deaths.

Between 1999-2017, over 700,000 people died of drug overdoses in the US.

The average life expectancy in the United States actually *declined* between 2015 and 2017 due to opioid overdose deaths.



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"I already am nice"

Empathy

Yes

- Person in recovery
- Drug screen supports recovery
- Baby is dependent
- Declined services
- Had a setback

No

- Junkie, druggie, addict
- Clean and dirty
- Baby is addicted
- Non-compliant
- Relapse

While we all work together on modifications, we will keep you safe with medications.



ers old

diabetes

es

MAT

Medically-Assisted-Treatment



Subutex
Buprenorphine

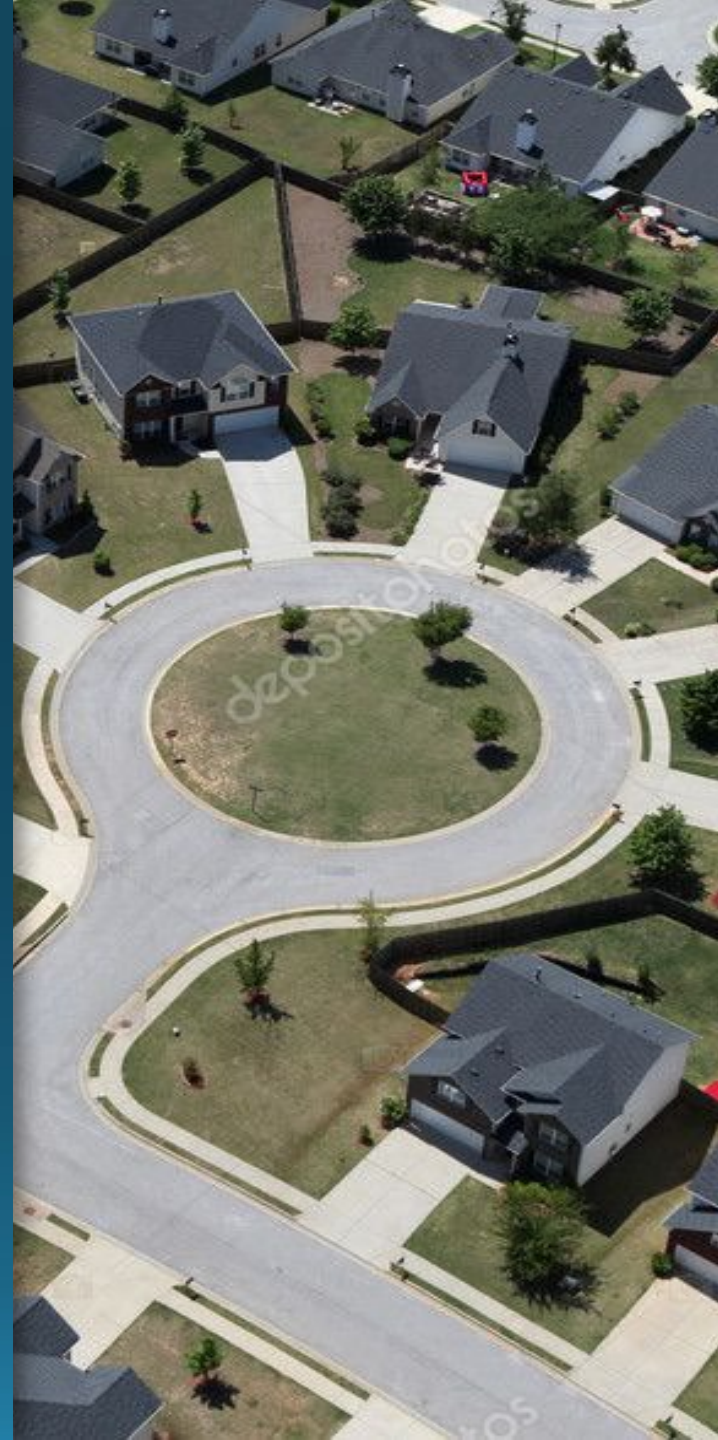


Suboxone
Buprenorphine and
Naloxone



Methadone

Opiate Receptors





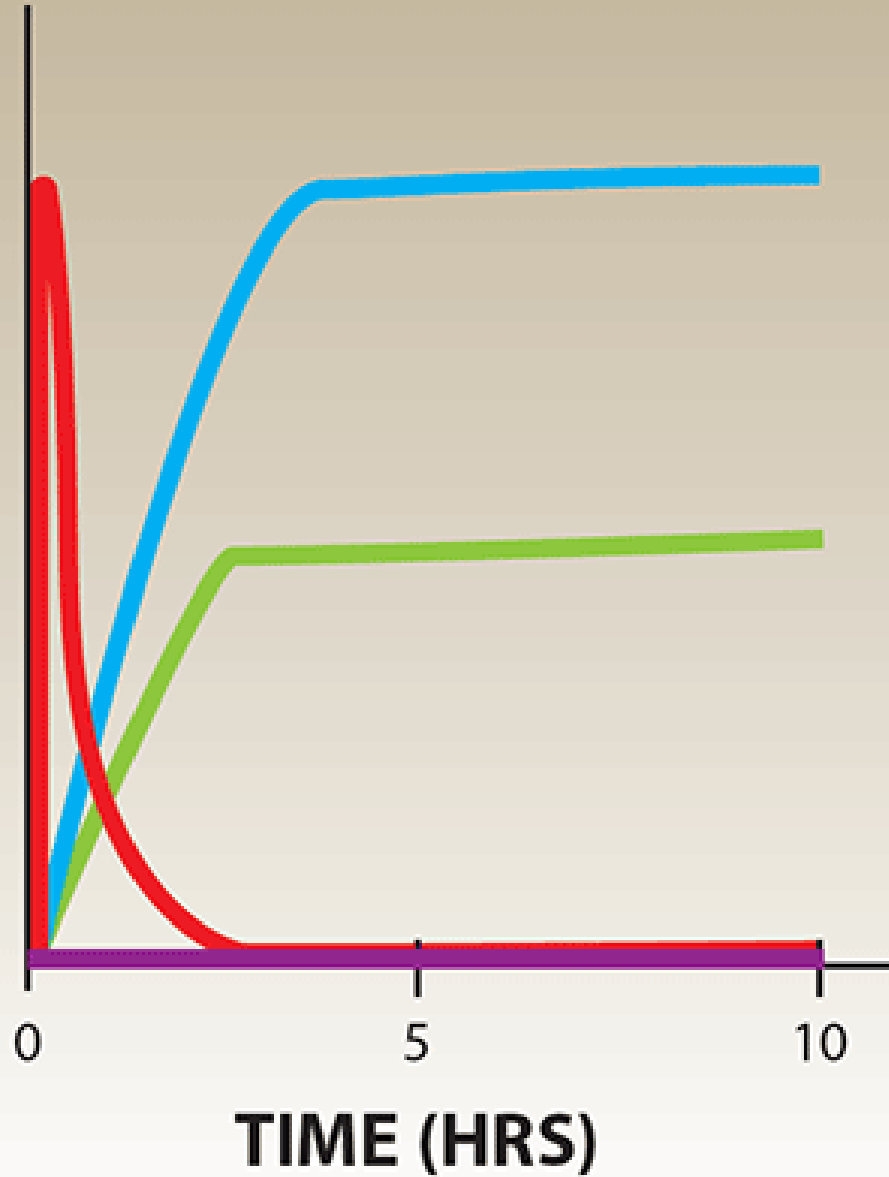
Buprenorphine

11/19/2010

Opiate Receptors



Opioid Receptor Activation



- heroin
- methadone
- buprenorphine
- naltrexone

Replacing
One Drug
With
Another

<https://www.drugabuse.gov/publications/research-reports/medications-to-treat-opioid-addiction/what-are-misconceptions-about-maintenance-treatment>

“Abstinence is best!”

Why we recommend MAT

NOPE



- 7-10% success without intervention
- Standard of care by ACOG
- Relapse risk

- How fast will you be weaning off buprenorphine?
- How long have you been on Subutex?
- Are you planning on weaning your Subutex after delivery?
- When do you plan to start weaning you medication?
- **Do you and your provider have a plan in place on how to manage your medications? Do you feel confident with that plan?**





“Your depression medicine has been working really well for you. You can work, parent again, and feel connected. So, we want you to wean off it “

Actual stigma:



- Sleep clinics that will not work with patients that have history of SUD



- Pharmacy staff that talk about patient's medications loudly at the counter



- Medical providers-nurses and doctors-are not allowed to be taking any buprenorphine products



- Pharmacy that would not give the patient her medicine, placed me on hold and whispered to me "You know she's pregnant right?"

Language in the office





The waiting room

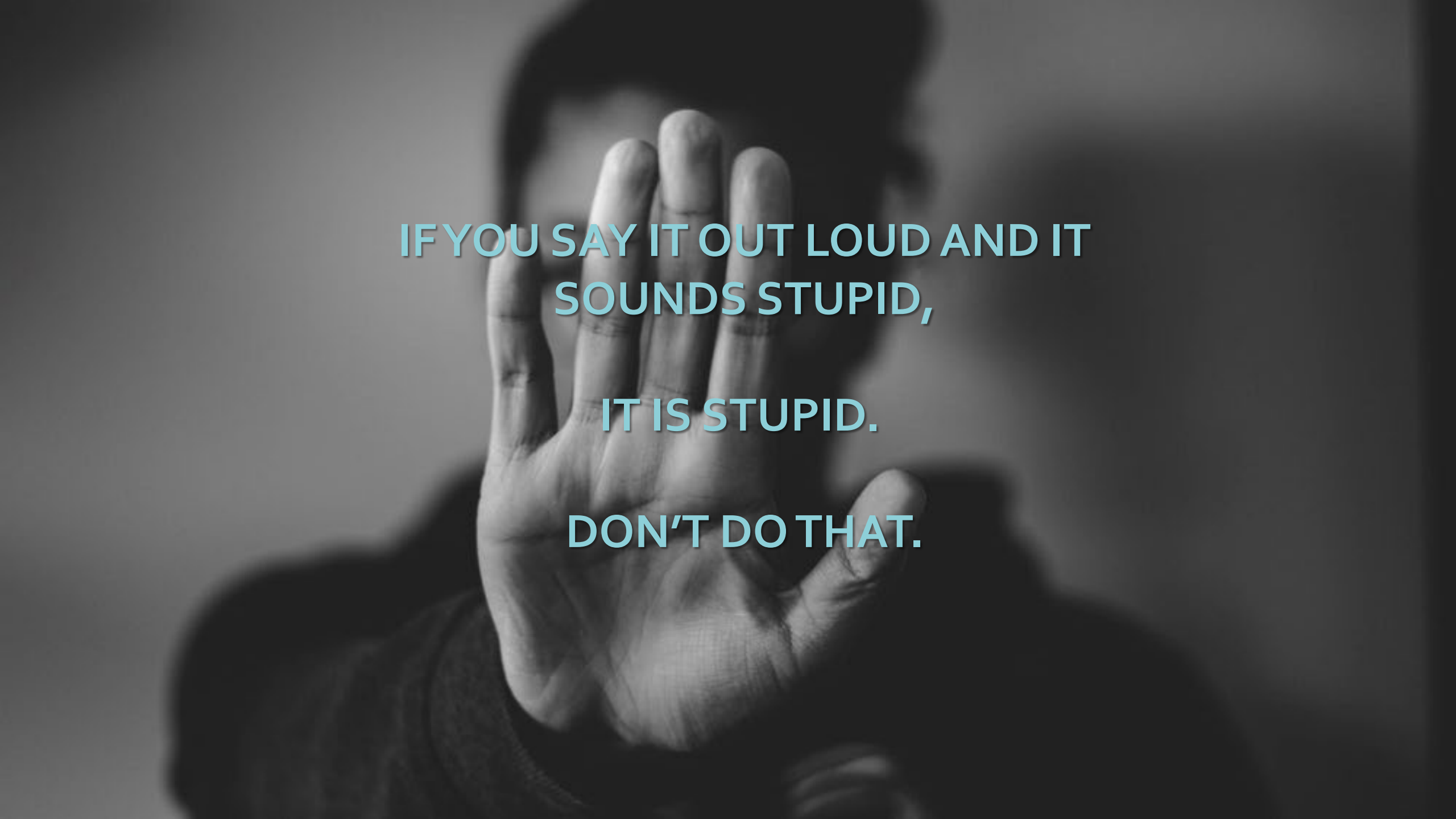


- When I hear too many no's, I ask for a yes
- What CAN we do to help?
- What CAN you do for her?
- Be solution-focused
- Set the pace for YES



**Compassion
does not have a
limited supply**





IF YOU SAY IT OUT LOUD AND IT
SOUNDS STUPID,
IT IS STUPID.
DON'T DO THAT.

Take Aways:

- "I am even nicer than I was this morning"
- Tough love is for your mama
- People are not clean and dirty in health care
- Buprenorphine is not heroin
- The way we word things has power
- To beat stigma, we must think outside our own comfort zones
- Look for the Yes and be the example
- Compassion is not regrettable
- Set people up for success

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