



# WV ECPBIS and NAS

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# NAS and ECPBIS: What's here and what's coming...

## What is NAS?

- **Neonatal Abstinence Sndrome is a group of problems that occur in a newborn who was exposed to drugs while in the mother's womb and who experience withdrawal symptoms following birth.**
- **Includes neonatal withdrawal from MANY substances, not just opiates.**
- **Symptoms of withdrawal that come from utero exposure to drugs**
- **It is not limited to cases that require pharmacological treatment**
- **The incidence of NAS has increased approximately 400% nationally, from 1.2 per 1,000 hospital births in 2000 to 5.8 in 2012, with some states reporting rates in excess of 30 per 1,000 hospital births. By 2012, on average, one NAS-affected infant was born every 25 minutes in the United States. (CDC, Grand Rounds, March 2017).**

# Neonatal Abstinence Syndrome (NAS)

- NAS Trends: More Common and More Complex
  - Years ago, NAS was secondary to heroin or morphine
  - Today, NAS is secondary to: morphine, heroin, methadone, prescription opioids, and antidepressants.

# Neonatal Abstinence Syndrome (NAS)

## Multi- System Disorder Involving:

- Central Nervous System
- Autonomic Nervous System
- Gastrointestinal Tract
- Respiratory System



The CDC has identified opioid abuse as an epidemic. (CDC, 2016)

- Every 25 minutes, an infant is born who is suffering from withdrawal from opioids.

Gaither, J.R., Leventhal, J.M., Ryan, S.A., & Camenga, D.R. (2016). National trends in hospitalizations for opioid poisonings among children and adolescents, 1997 to 2012. *JAMA Pediatrics*, 170(12), 1195-1201.



## NAS: Why should we care?

In addition to attention problems, drug-exposed children exhibit more internalized emotional regulation problems, such as anxiety and depression, and externalized aggressive behavior. (June, 2016 in PLoS).

### Activity Time:

**Take 10 minutes and talk about challenges you've seen, if any, that you believe to be related directly to NAS. Few volunteers to report out.**

# NAS and the Long-term impact

- Developmental (communication, motor, adaptive, social-emotional, cognitive) problems
- Behavior problems (attention difficulties, hyperactivity, memory issues, self-regulation)
- Cognitive problems
- Vision problems
- Chronic Otitis Media (methadone)
- Environmental Factors and Risks
- Family Instability
- Secondary damage from withdrawal symptoms (e.g. seizures)

Maguire, D.J., Taylor, S., Armstrong, K., Shaffer-Hudkins, E., Germain, A.M., Brookes, S.S., Cline, G.J. and Clark, L. (2016). Long-Term Outcomes of Infants with Neonatal Abstinence Syndrome. Neonatal Network, 35 (2), p. 277-286.

## Areas affected by prenatal drug exposure

- “The Four A’s”

- **Arousal** – Stimulate to action or to bodily readiness for activity. Excite.
- **Attention** – The act or state of applying the mind to something. Observe, notice, sustain.
- **Affect** — A set of observable manifestations of a subjectively experienced emotion, feeling, and reaction.
- **Action** — An act of will. Behavior, conduct, accomplishment of something.

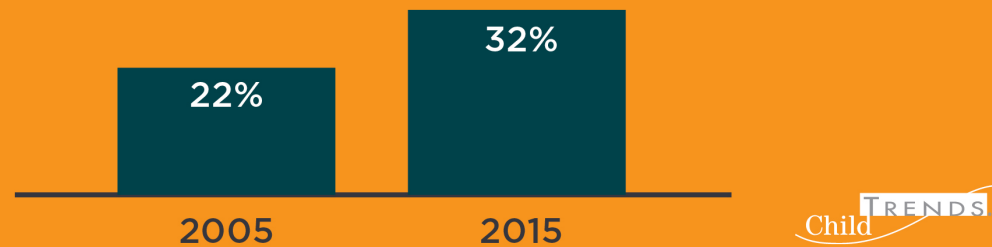


At Risk for



- Developmental (communication, motor, adaptive, social-emotional, cognitive) problems
- Behavior problems (attention difficulties, hyperactivity, memory issues, self-regulation)
- Family instability and home environment
- Transient or inadequate living arrangements

Nearly 1/3 of children entering foster care do so in part because of parental drug abuse.

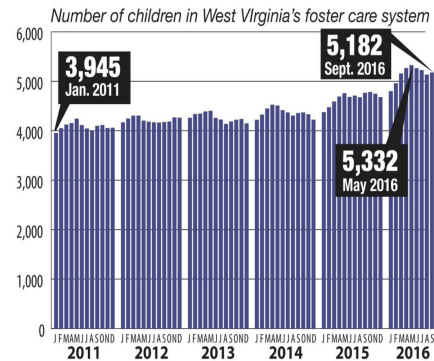


**Source: Organization called Child Trends and data collected across the U.S. from 2014.**



## Kids in W.Va. care on rise

The West Virginia Department of Health and Human Services' monthly reports from Jan. 2011 to May 2016 show an increase of more than 1,400 children in the foster care system.



West Virginia led the nation in 2012 for kids entering foster care, but that number is made up of both child protective services cases (abuse and neglect) and youth services cases (status offenses, truancy, behavioral reasons for removing a child from their home). Many states don't include Youth Services cases in their number.

SOURCE: DHHR LEGISLATIVE FOSTER CARE REPORT

## • Kinship Care

**“In West Virginia the number of children being raised by their grandparents or their relatives has risen from 19,000 in 2009 to 22,000 in 2016. Experts say the opioid epidemic is contributing to the number of children in kinship care and to a rise in the number of children in foster care in West Virginia.”**

**(WV Gazette, January 2018).**

# Neonatal Abstinence Syndrome (NAS)



## •Future Outcomes...

### Let's look at some recent research:

January 2017 study published in HealthDay News (Australia) = A study found that Neonatal Abstinence Syndrome was tied to poor school performance.

By seventh grade, 4 out of 10 failed to meet standards in at least one academic area.

- "These drugs cause brain cells to die more quickly and impair their proper development," lead author Ju-Lee Oei, M.D., a senior neonatologist at the Royal Hospital for Women in New South Wales, told *HealthDay*. Families affected by addiction also may be more "socially chaotic," the study authors said. "Early intervention and support for both the mothers and their children have been shown to be extremely effective in high-risk populations, and the benefits can extend for decades and even into generations," Oei said.

# Intervention Models and Techniques

## **Behavioral Interventions**

- ECPBIS or Pyramid Model and SWPBIS
- (ARC) Attachment, Regulation, and Competency Framework or ARC Intervention Model

How can  
ECPBIS  
help?

**PREVENTION, PREVENTION, PREVENTION  
TEACH, TEACH, TEACH**

**ECPBIS strategies to work on:**

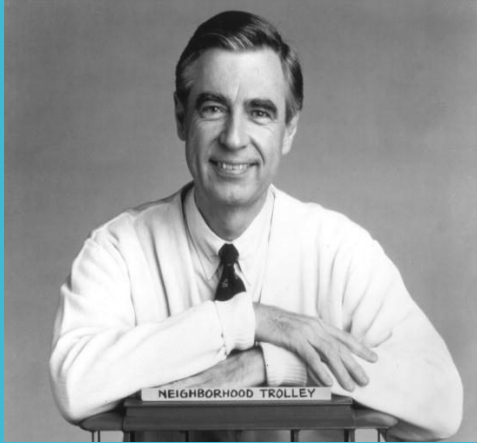
- **Self-regulation**
- **Emotional Literacy**
- **Problem-solving**
- **Anger management/control**
- **Executive functioning**



# ARC

## The 3 Domains of ARC

- **1.) Attachment Domain – Targets a child’s caregiving system to build an safe attachment system.**
- **2.) Self-Regulation Domain- Targets a child’s ability to identify, modulate, and express his or her internal emotions and experiences.**
- **3.) Competency Domain- Focuses on a child’s ability to acquire the foundational skills for ongoing development.**



*“Love is at the root of everything. All relationships, all learning. Love...or the lack of it.” -Fred Rogers*





# Final Questions and Thoughts?



# Thank you!

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