



Prenatal Alcohol-Exposure and Perinatal Alcohol-Use by Mothers Enrolled in the Parent-Child Assistance Program in Washington State, 2006-2021

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Learning Objectives

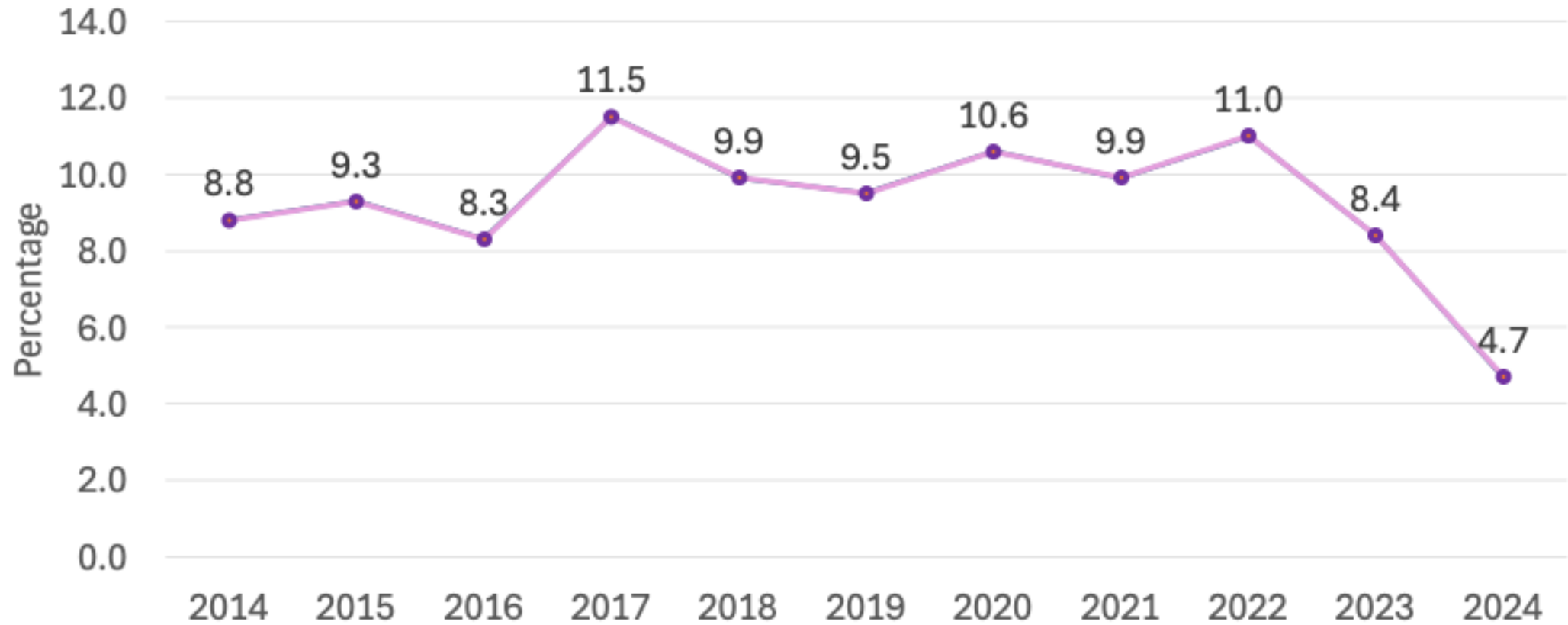
Attendees will be able to:

- Explain how the Parent-Child Assistance Program aims to prevent prenatal substance exposure
- Describe findings related to clients own prenatal alcohol exposure and their risk of alcohol use during pregnancy

Presenter has no COI to disclose.



Rates of Alcohol Use During Pregnancy



A close-up photograph of a silver microphone on a stand, positioned diagonally from the bottom right towards the center. The background is heavily blurred, showing warm, out-of-focus lights in shades of orange, yellow, and blue, creating a bokeh effect. The text 'Introducing PCAP' is overlaid in the center in a bold, black, sans-serif font.

Introducing PCAP

Parent-Child Assistance Program (PCAP)

PCAP Aims

To help mothers with substance use problems

- Achieve and maintain recovery
- Build healthy family lives
- Avoid exposing future children to alcohol/drugs prenatally





PCAP Origins

- Grew out of work by Dr. Ann Streissguth examining Fetal Alcohol Syndrome, first discovered in 1973.
- In the 1980's, Therese Grant came on board studying effects of prenatal cocaine exposure on young children, bringing 500 mother-child dyads to a UW lab for assessments.
- Conversations with mothers revealed they wanted to be good moms but were instead giving their babies the same kind of upbringing they had experienced.
- In 1991 PCAP was born, aiming to connect in a meaningful way with at-risk mothers to prevent future births of alcohol/drug exposed children.



Mothers with Substance Use Disorders (SUDs)

- Want to be good mothers but may not know how to be
- May not have had appropriate parenting role models
- May be affected by their own prenatal substance exposure, adverse childhood experiences, physical or emotional trauma in adulthood, comorbid mental health disorders, and/or cognitive effects of their own substance use

Mothers with SUDs

- May never have learned to reflect on their own behavior
- May not find it natural to consider inherent risks in various situations
- May be able to develop these skills with appropriate support
- May find motivation to do so and alter their substance use in their desire to be better parents





PCAP Eligibility

Individuals are eligible for PCAP if they:

- are pregnant or up to 24 months postpartum,
- engaged in at-risk substance use during pregnancy, and
- need help connecting to recovery supports



Case Managers

- Develop relationships with community service providers
- Meet with clients twice monthly, in clients' homes and communities
- Connect families with needed community services, help them address barriers and follow through
- Provide occasional transportation
- Aid clients in setting their own goals
- Coach clients in taking steps to reach their goals
- Provide support to other family members
- Participate in rigorous evaluation and quality control



Relationship Fosters Collaboration

- Built upon trust and mutual positive regard
- Adopts the spirit of motivational interviewing
 - Compassion, Acceptance, Partnership, Evocation
- Incorporates the processes of motivational interviewing
 - Engaging, Focusing, Evoking, Planning



Who are the clients of PCAP?

- Age: M ~ 30 years
- Marital status: ~ 11% married
- Education: M ~ 11 years
- Number of children: M ~ 2.5
- Number of own children living with client: M ~ 0.4
- Most recent child is first born: ~ 32%
- ~ 73% White, 9% American Indian or Alaska Native, 13% Hispanic/Latinx, 5% Black/African-American, 2% Asian/Pacific Islander, 11% Multiracial



Who are the clients of PCAP?

In childhood:

- Parental substance use problem: 89%
- In foster care: 60%
- Were involved with child welfare: 76%
- Experienced physical abuse: 50%
- Experienced sexual abuse: 50%
- ACEs score: M ~ 5.4



Who are the clients of PCAP?

In adulthood:

- Mental health diagnosis (most depression, anxiety): 73%
- Ever incarcerated: 70%
- Ever experienced intimate partner violence: 81%
- Father of index child has problem drug use: 79%
- Most common substances used during pregnancy or in the month prior
 - Nicotine (86%), methamphetamine (83%);
fentanyl (76%), cannabis (69%), alcohol (30%)



Analysis of FASD-Related Data

- Data for 4928 clients, enrolled May 2006-June 2021
- Looked at self-reported alcohol use during pregnancy, clients' own PAE status, and the relationship between these variables



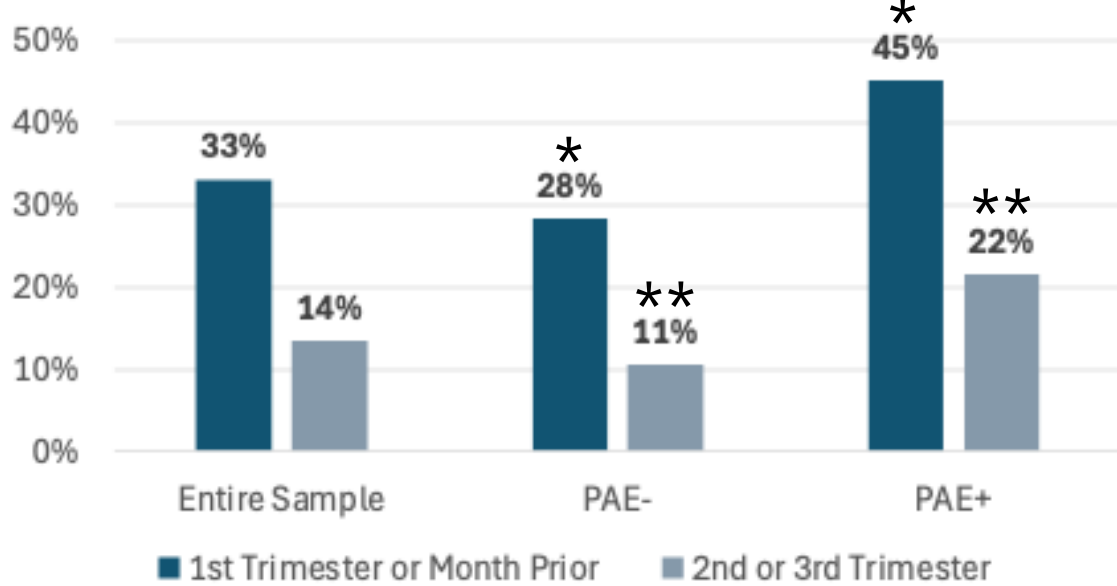
Findings

- 33.0% reported alcohol use (17.1% binge use) in the 1st trimester or the month prior and 13.5% (5.8% binge use) in the 2nd or 3rd trimester.
- 22.2% did not know their own PAE status.
- Of those who knew, 81.5% said she didn't drink while pregnant, 12.6% said their mother drank heavily, and 5.9% said she drank alcohol lightly.

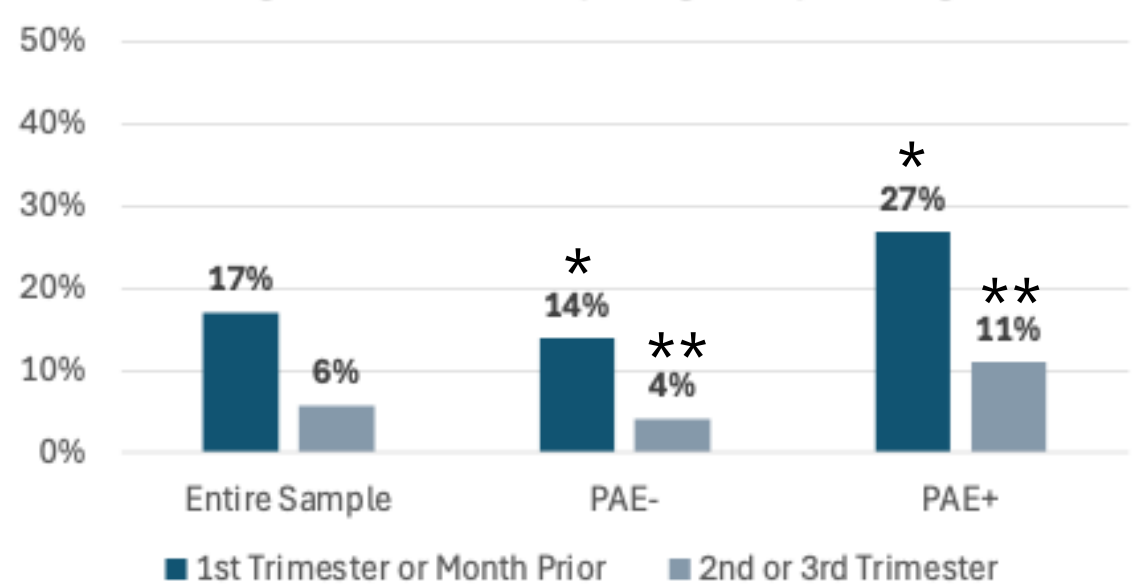


**Is there a relationship
between clients' own
prenatal alcohol
exposure and alcohol
use during pregnancy?**

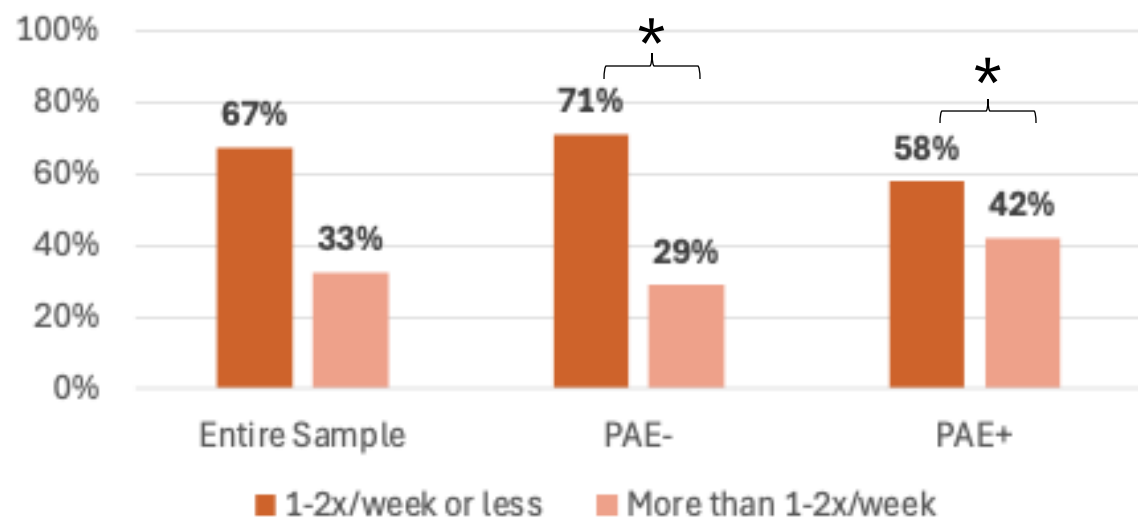
Any Alcohol Use by Pregnancy Timing



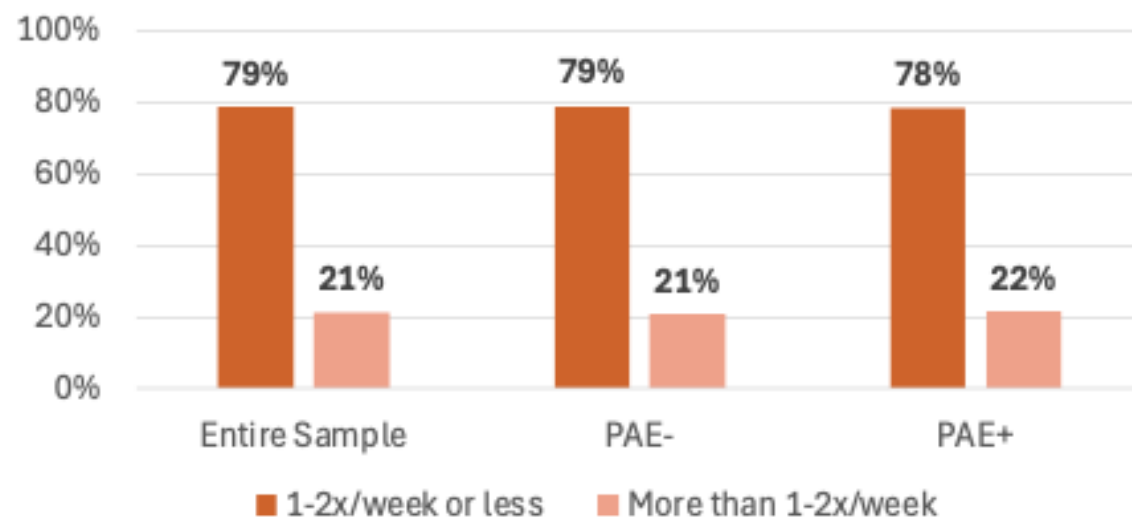
Binge Alcohol Use by Pregnancy Timing



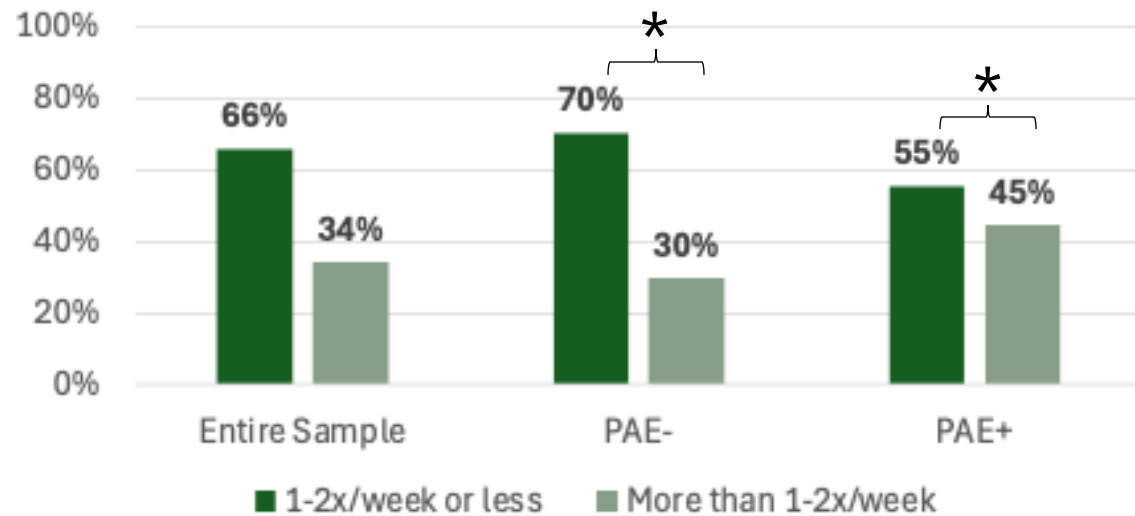
Drink Frequency Among Drinkers First Trimester or Month Prior



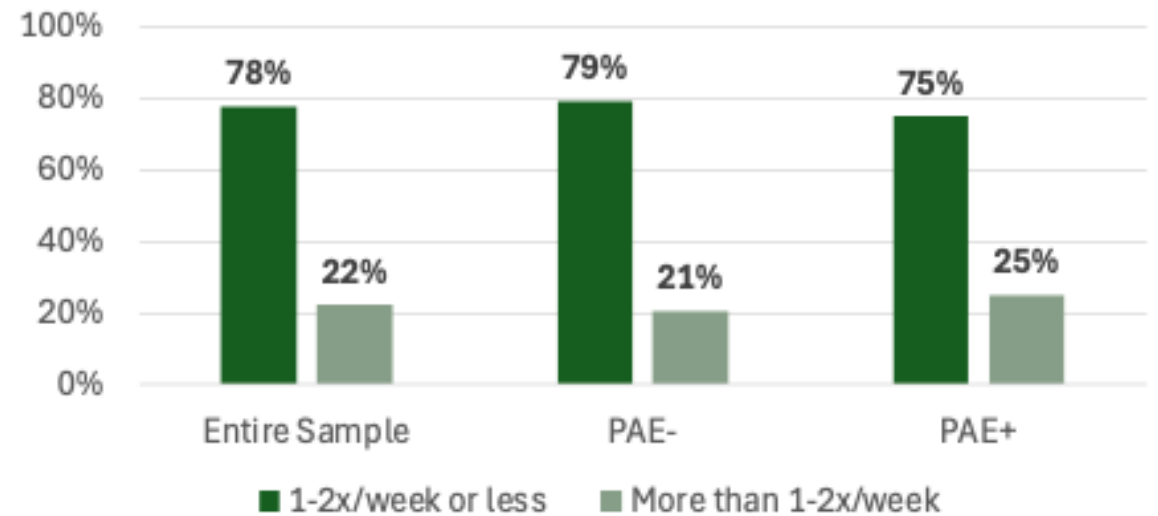
Drink Frequency Among Drinkers Second or Third Trimester



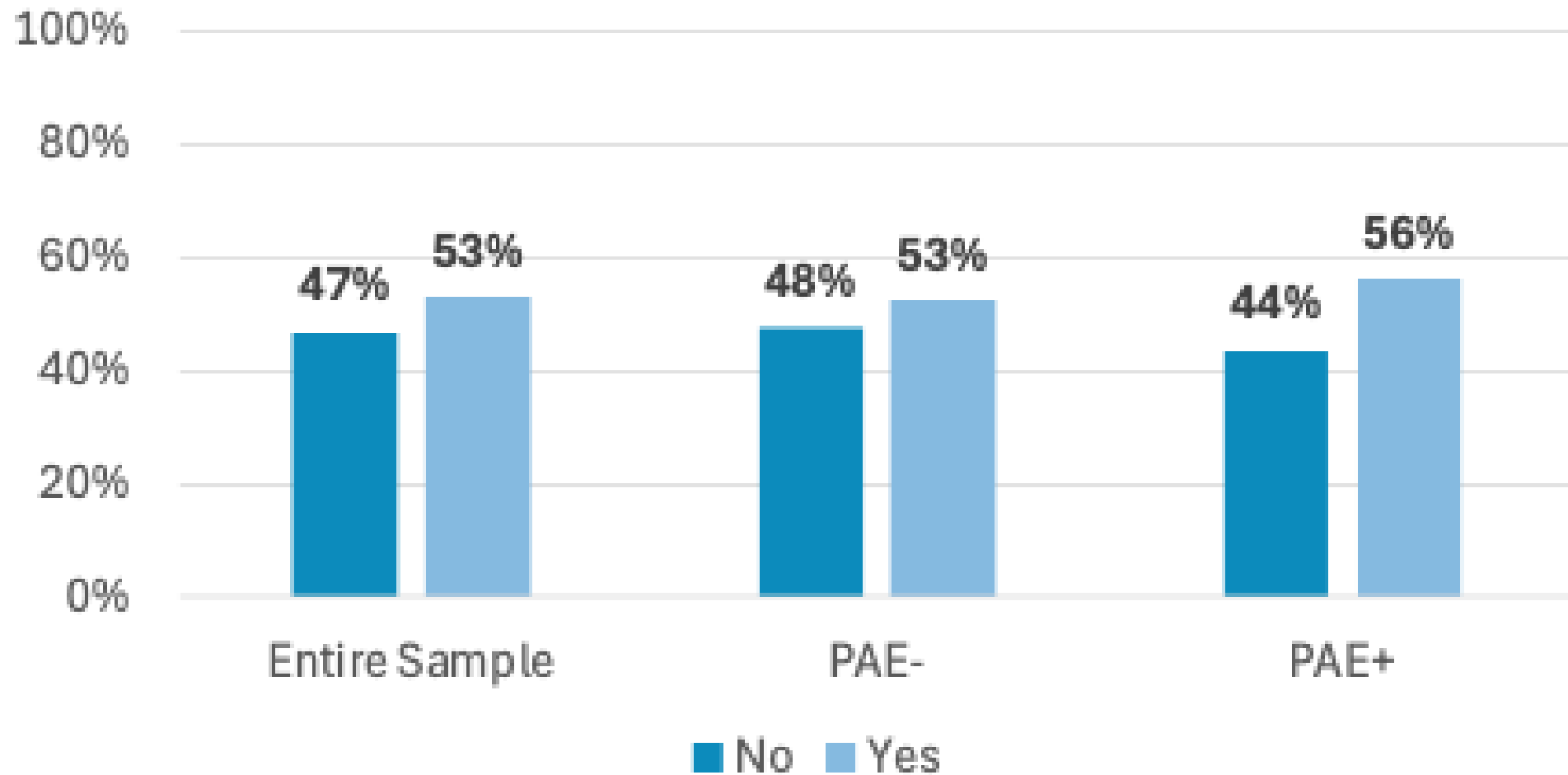
Binge Frequency Among Bingers First Trimester or Month Prior



Binge Frequency Among Bingers Second or Third Trimester



Completed PCAP and Exit Interview





PCAP case managers are trained to...

“think younger”

- adjust expectations – is it *won't* or *can't* ?
- recognize possible language issues
- tailor intervention style to client level

When clients have compromised cognitive functioning, PCAP...

- presents information using multiple modes and concrete tangible tools, e.g., durable checklists
- always checks for true understanding
- role plays situations the person may get into, modeling adaptive ways to respond
- helps to identify a trusted point person in addition to their case manager



Leveraging Concrete or Literal Thinking

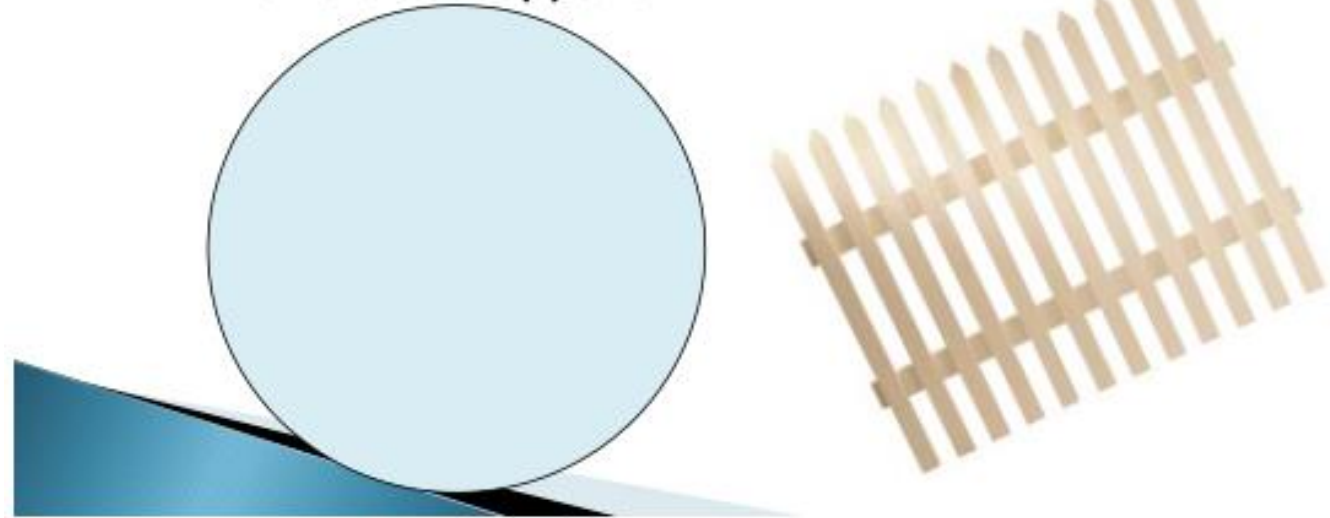
- Visual aids can be used to help clients understand concepts
- PCAP uses a Circle and Fence exercise to encourage clients to think about helpful vs. harmful people in their lives

Circle and Fence

Parent Child Assistance Program 2010

- Who is helpful to you and who is someone who is not good for you (e.g., has gotten you in trouble or has encouraged you to do things you should not)

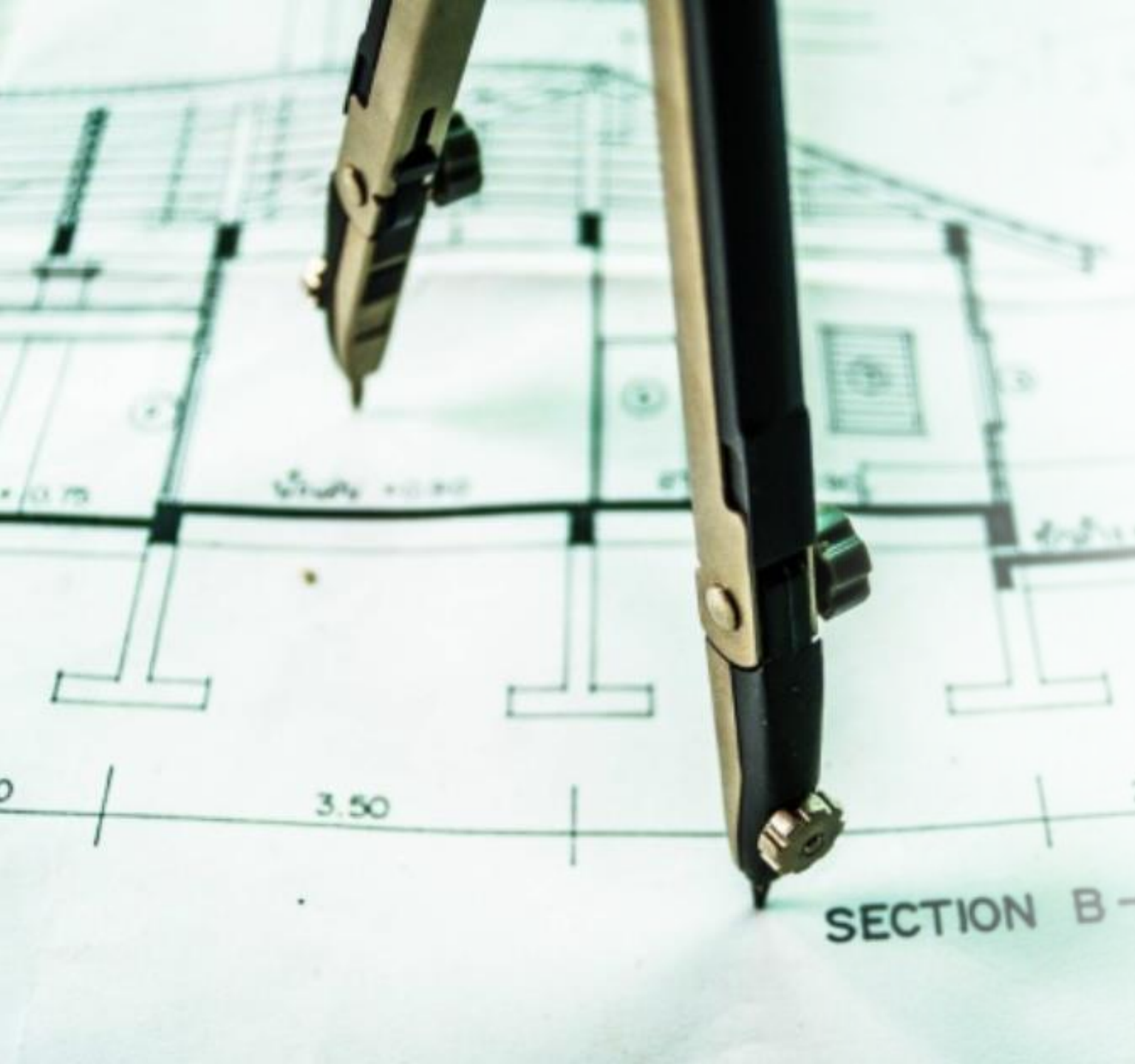
Circle of Support



Case managers take a strengths-based approach

- Ask open-ended questions to encourage clients to think about their interests, skills, and resources
- Reframe challenges and shortcomings as learning opportunities
- Help the client to use their strengths effectively
- Help clients identify goals that build on their strengths and interests
- Help to identify concrete, manageable action steps





Summary

- PCAP has a blueprint for an individually tailored program
- Individual tailoring stands to enhance equity by recognizing each client's needs and goals
- PCAP considers and adapts to client limitations
- Assertive outreach engages and re-engages clients who may struggle with recovery
- One-on-one goal-setting with barriers anticipation helps to overcome significant challenges



Acknowledgments

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- Contact: sastoner@uw.edu