# **Trauma-Informed Organizations Initiative**

Critical Shift:

I worry about stigma and punishment for seeking care.

I feel safe and supported in seeking care

# Goal 1: Identify and strengthen best pathways for disclosing perinatal substance use.

**Strategies** 

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# **Summary of Current State**

### **Community Needs:**

Families do not feel safe reaching out for help with substance use during pregnancy. Concerns about child removal, other legal consequences, and general stigma contribute to this problem. We are uncertain what is currently working in our community, and what specific changes would improve access to support for families.

### **Community Assets:**

- Connection with UM and MSU
- Connection with PSU Network members.
- Paid Coordinators with flexible workplans.
- Existing interviews and lived experience representatives.
- Connection to Community Organizer
- Experience with Story Writing Workshop.

1. Better understand the experiences of people who use substances during the perinatal period.

2. Better understand the perspectives, beliefs, and attitudes of providers in Missoula County towards people who use substances while pregnant.

3. Elevate the voice of parents with lived experience as agents in system change.

4. Identify trusted entries into care, and strengthen communitybased, trauma-informed, culturally-safe pathways to care.

### **Resarch Project:**

Interview families impacted by perinatal substance use and providers to identify and strengthen best pathways for disclosing perinatal substance use in Missoula County and to build support in navigating the perinatal journey.

### Story Writing Workshop:

Assist partners with lived experience as well as professionals in writing compelling stories to share in order to create change.

# **MISSOULA COUNTY PERINATAL SUBSTANCE USE NETWORK**

## **Specific Projects**

Lived Experience Advisory **Group:** Organize parents with lived experience to advocate for needed change in our community, and to advise the PSU Network.

Trainings for Professionals: Provide ongoing professional development seeking to increase safety in accessing care.

# **Trauma-Informed Organizations Initiative**

Critical Shift:

I worry about stigma and punishment for seeking care.

I feel safe and supported in seeking care

Goal 2: Create options for support in navigating health and treatment programs (i.e. doulas, community health workers or peer support).

Summary of Current State	Strategies	Spec
<ul> <li>Community Needs:</li> <li>Doulas, Community Health Workers and Peer Support Specialists have been shown to improve outcomes for families during both birth and SUD recovery. However, not all families impacted by perinatal substance use have access to this support. Even if the PSU Network is successful in increasing safety in reaching out for help, it is likely that families will still benefit from this type of support.</li> <li>Connection with UM and those working under the MOMS grant.</li> <li>Medicaid reimbursement possibility for Peer Support Specialists.</li> <li>Existing Recovery Doula efforts.</li> </ul>	1. Better understand various efforts to increase access to these supports across our state.	<b>Quarterly Updates</b> Dr. Reese will update the group on statewide efforts in this area on a quarterly basis.
	2. Advocate for the need for peer support, doulas and community health workers for families impacted by perinatal, substance use when possible.	Information Sheet Create or identify existing info sheet citing research related to the benefits of these supports during the perinatal period.

# MISSOULA COUNTY **PERINATAL SUBSTANCE USE NETWORK**

# cific Projects

Present about PSU Network to local leaders Include information about the need for these services in our community.

# Family Treatment/Recovery Housing Initiative

Critical Shift:

Many housing opportunities are not available to individuals with criminal records.

Safe and affordable housing is available to all, regardless of past histories of SUD, incarceration, CFS involvement, etc.

# **Summary of Current State**

# **Strategies**

**Goal:** Increase the number of beds for full-family treatment and recovery residences in Missoula County.

### **Community Needs:**

There are currently very few facilities offering residential treatment or recovery housing that allow parents to bring children. Options for fathers are even more limited than those for mothers. Several program across the state serving mothers with children have recently closed.

### **Community Assets:**

- Mountain Home Montana's expansion.
- Increased Medicaid reimbursement rates.
- Creation of Recovery Residence Alliance of Montana, and NARR accreditation process.

1. Better understand the demand for treatment and recovery housing that allows children.

## **Data collection and Report**

Collect data related to current capacity and demand for residential treatment, recovery and sober living facilities that allow children. Disseminate report widely.

2. Support programs that are expanding to provide residential treatment and recovery services that allow children.

## Support Mountain Home Montana

Invite Mountain Home Montana to presentations and provide letters of support as needed.

Goal: Ensure quality of full-family treatment & recovery residences in Missoula County.

3. Increase quality of existing residential treatment and recovery facilities that allow children.

**Trainings for Professionals:** Provide ongoing professional development to increase quality of residential treatment and recovery facilities that allow children.

# **MISSOULA COUNTY** PERINATAL SUBSTANCE USE NETWORK

# **Specific Projects**

**Build Relationship with Possible Residential** Treatment/Recovery Programs Identify other groups that are in a position to run family treatment/recovery facilities. Build relationships to better understand their needs and interests, and share our group goals.

Learn about existing programs: Meet with staff from existing facilities to learn more about effective policies, programs, and practices.