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
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.

NCDAS: Substance Abuse and Addiction Statistics [2021] (drugabusestatistics.org)
"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.
MAT
Medically-Assisted-Treatment

- **Subutex**
  - Buprenorphine

- **Suboxone**
  - Buprenorphine and Naloxone

- **Methadone**
Opiate Receptors
Opiate Receptors
Replacing One Drug With Another

“Abstinence is best!”

Why we recommend MAT

- 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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References


https://www.cdc.gov/violenceprevention/childabuseandneglect/aces/fastfact.html

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4917415/