

Volunteers of America

Fresh Start Recovery Center

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Presentation Objectives

- Learn about how the opioid epidemic is impacting mothers and newborns in the state.
- Learn about the Fresh Start program interventions and outcomes.

The Opiate Epidemic in Indiana

- 2013- there was a 30% increase in children entering DCS, primarily due to parental substance abuse.
- Children placed in protective custody rose and cases where parental rights were terminated grew by 31%.
- 2014- Indiana ranked 15th nationally for drug overdose fatalities with 1,152 deaths, a 500% increase since 1999.
- Infants exposed to opioids in utero often have Neonatal Abstinence Syndrome (NAS)
- In Indiana, 657 infants had NAS in 2014
 - 187 (28%) were born in Marion County
- Indiana hospital costs for NAS babies exceeded \$64 million (\$18,242,785 in Marion County).
- 23,000 children on the foster care wait list (March 2017)

Indianapolis Fresh Start Recovery Center

- Opened in 2015 with Indiana Dept of Child Services
- 30 bed intensive residential substance use treatment program with parenting support
- 2 children under 5, targeting newborns
- Targeting pregnant women with local hospital



Neonatal Abstinence Syndrome and Fresh Start

- [VIDEO](#)

Pregnant Women Pilot

- Targeting 25-30 pregnant women who are abusing opiates
- Stay up to 6 months+
- Collaboration with Nurse Family Partnership (NFP)
- Include family coaches with NFP
- Proposed outcomes
 - Reduced DCS cases, foster care/ out of home placement, NAS, NICU stays, NFP ongoing healthy baby outcomes

Federal Grants

- SAMHSA and Administration for Children and Families, 2 five year grants
- Marion County Juvenile Court
- Enhanced model

Impact



- 7 babies born without illicit drugs in their system
 - Only 1 had any NICU time for NAS
- 11 moms came with newborns
 - 7 had NICU days for NAS exceeding 2 weeks
- 61% moms with children successfully completed the program
- 57% moms without children successfully completed the program

Indianapolis Fresh Start Recovery Center

- 137 mothers served last year
- 7 babies born free of illicit drugs
- 60% of mothers successfully completed
- 85% Caucasian/ 7% Black/ 6% bi-racial/ 2% other
- 150+ women on the waitlist (current)
- Average age is 26



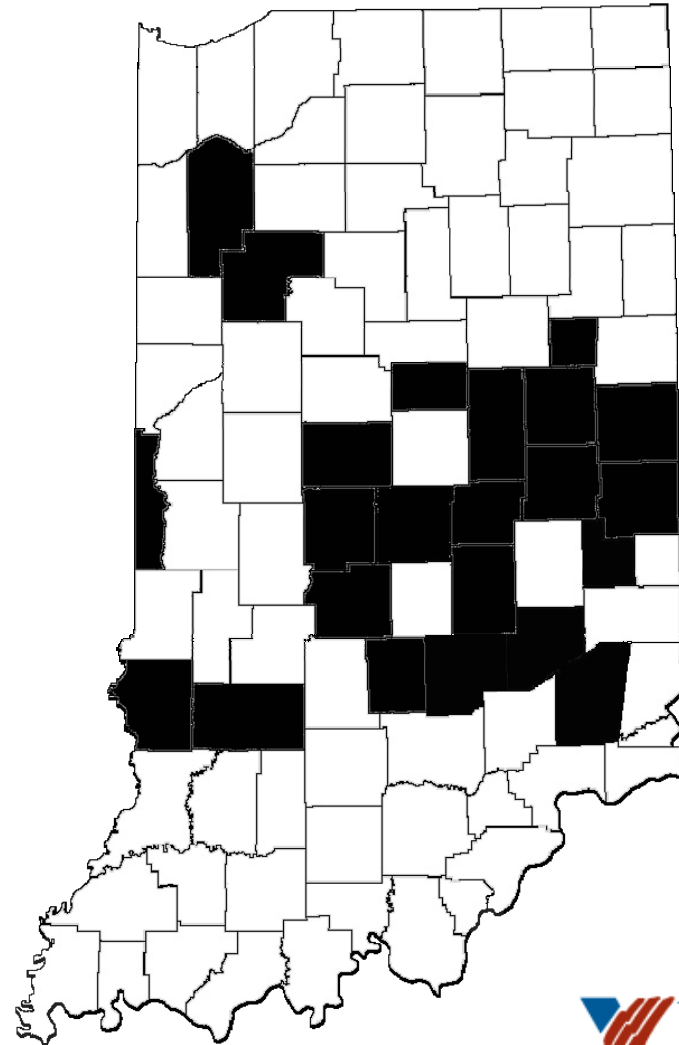
Home

There are no limits to caring.®

Counties

**23 counties
total**

- **44% Marion
(Indianapoli
s)**
- **66% from
rural
communitie
s**



Fresh Start

■ Program Components

- Assessment
- Groups and Individual
- Case management
- Aftercare
- Child engagement specialists /in vivo parenting skills reinforcement
- Many community connections / community partnerships
- Treatment protocol gender-responsive / trauma informed
- MAT

Fresh Start Challenges

■ Challenges

- Limited number of beds/ facilities are expensive
- Limited access to MAT providers
- Lack of detox services
- Shortage of qualified addictions counselors
- Lack of quality aftercare (poverty related, substance use related, relationship related)
- Need more focus on pregnant women / NAS prevention

Questions?

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