My Home…
TN’s Drug Epidemic

Opioid Prescription Rates by TN Counties

2007

2008

2009

2010

2011

Prescription Rate per 100 Population

- <105
- 105 - 121
- 122 - 140
- >= 141

Data source: Tennessee Department of Health; Controlled Substance Monitoring Database.
Neonatal Abstinence Syndrome - NAS

- Trembling (tremors)
- Fever, Sweats
- Excessive crying/high-pitched crying
- Hyperactive reflexes
- Rapid breathing
- Seizures
- Diarrhea
- Poor feeding
- Vomiting
- Slow weight gain
NAS Hospitalizations in TN: 1999-2012

Data sources: Tennessee Department of Health; Office of Health Statistics; Hospital Discharge Data System (HDDS) and Birth Statistical System. Analysis includes inpatient hospitalizations with age less than 1 and any diagnosis of drug withdrawal syndrome of newborn (ICD-9-CM 779.5). HDDS records may contain up to 18 diagnoses. Infants were included if any of these diagnosis fields were coded 779.5.
## What’s NAS Costing TN?

### Non- NAS Baby Costs

<table>
<thead>
<tr>
<th>Non NAS</th>
<th>LOS</th>
<th>Cost per child</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non NAS</td>
<td>2 days in Nursery</td>
<td>$4,700</td>
</tr>
</tbody>
</table>

### NAS Baby Costs

<table>
<thead>
<tr>
<th>NAS</th>
<th>LOS</th>
<th>Cost per child</th>
<th># ofNAS Babies</th>
<th>Total Cost to State</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>26 days in NICU</td>
<td>$62,000</td>
<td>736</td>
<td>$46 million</td>
</tr>
<tr>
<td>2014</td>
<td>26 days in NICU</td>
<td>$62,000</td>
<td>973</td>
<td>$60 million</td>
</tr>
</tbody>
</table>
We’re on the map!!!
The Voice of the Mothers

FEAR
- Fear of Legal Implications (Jail, custody)
- Fear of losing baby
- Fear of having a damaged baby
- Fear of never being able to break habit

LOW SELF-WORTH
- I don’t have the right to my baby
- Hopeless, confused, and in a daze
- My poor choices will follow me forever

DISTRUST
- Not sure what to believe? “A little won’t harm the baby”
- Not sure who can be trusted. Family? Friends? OB? Pain Clinics?
Where are they going?

- Abortion
- Self-Detox w/ street drugs
- Continue Street Drugs
- Pain Clinic (Pill Mill)
- Detox
- Suboxone Maintenance Treatment
Move the Needle

Move RIGHT

- Abortion
- Self-Detox w/ street drugs
- Continue Street Drugs
- Pain Clinic (Pill Mill)

Addicted and Pregnant

- Detox
- Suboxone Maintenance Treatment
What needs to happen

- Change the Message
  DETOX IS SAFE IN PREGNANCY

- Develop a comprehensive integrated program that is sustainable for providers and makes sense for patients
Goal #1 - Change the Message

Why not detox?

- Standard of care since 1970’s is not to withdraw but place them in a methadone maintenance program – Based on 2 reports, 2 patients!!!
Goal #2 – Comprehensive Integrated Care

- **Team Based, Patient Centered Care**
  - Integrated Behavioral Health

- **Ante partum Care**
  - Surveillance (NST, Ultrasounds, High Risk OB)

- **Postpartum Care**
  - Voluntary Reversible Long Acting Contraceptives

- **Partner/Family Inpatient Detox**
## Potential Cost Savings of Detox

<table>
<thead>
<tr>
<th>Detox or No Detox</th>
<th>LOS</th>
<th>Cost per mom/child</th>
<th># of NAS Babies Prevented</th>
<th>Total Cost to State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Detox</td>
<td>10 day detox</td>
<td>$7,500</td>
<td>300</td>
<td>$2,250,000</td>
</tr>
<tr>
<td></td>
<td>2 days in Nursery</td>
<td>$4,700</td>
<td>300</td>
<td>$1,410,000</td>
</tr>
<tr>
<td>No Detox (Treat NAS)</td>
<td>26 day NICU</td>
<td>$62,000</td>
<td>300</td>
<td>$18.6 million</td>
</tr>
</tbody>
</table>

$3.7 million

$15 million SAVINGS!!! (80%)
Our Vision

Wellspring – Center for Addiction Help and Resources

Regional Center of Excellence

- Inpatient & Outpatient Detox
- Integrated Behavioral Health
- Aftercare services
- VRLAC
- Partner care/detox
Kick the can/baby down the road…

- Prenatal Care
- High Risk Care
- NICU Care
- Pediatric Care
Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat.

-Mother Teresa