Behavioral Health Interventions for Reduction of Neonatal Abstinence Syndrome
The Problem: 2007-2011

2011-2012 NAS Babies per 1,000 BlueCare Tennessee Members, by County of Residence
Background

In 2008, East Tennessee Children's Hospital (Children’s) treated 33 infants at the hospital for drug dependence, Neonatal Abstinence Syndrome.

Since 2008, the hospital has treated over 500 infants who are dependent on drugs. Last year, the hospital treated 283 babies suffering from dependence. That number may reach 320 this year.
BlueCare Tennessee Newborns at Children’s

BC TN Newborns at East TN Children's with NAS

*By quarter; NAS as primary or secondary diagnosis*
New Beginnings IOP at Children’s

Planned Intervention – New Beginnings IOP at Children’s

- Children’s donating space at hospital for Helen Ross McNabb (HRM) to provide substance abuse IOP for mothers, along with parenting education, family planning and follow-up services
- IOP Clinician joins daily rounds with the parent(s), ETCH social worker and nurse. The DCS case worker and BlueCare NICU nurse will attend at least weekly.

- Mothers to be referred to program by DCS

- Plan is for a summer 2014 start date
  - Children’s having to build office space for therapist for confidentiality purposes
  - Construction scheduled to begin: 5/2/14
Campbell County
Partnering in Behavioral Health Innovations
Campbell County

Campbell County is nestled between the Cumberland Mountains and the foothills of the Great Smoky Mountains. It is a unique population with many barriers and challenges, but a very proud community.

- Total Population of 40,970
- 29.4% receiving TennCare Benefits
- BlueCare has 52.8% of the market share
Demographics – BlueCare Target Population, Campbell Co.

### Women Ages 15-44, Campbell Co.

<table>
<thead>
<tr>
<th>Member Race</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American</td>
<td>5</td>
<td>0.29</td>
</tr>
<tr>
<td>Hispanic</td>
<td>2</td>
<td>0.11</td>
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<tr>
<td>Other</td>
<td>32</td>
<td>1.84</td>
</tr>
<tr>
<td>White</td>
<td>1701</td>
<td>97.76</td>
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</tbody>
</table>

### Women with Identified Pregnancy, Campbell Co.

<table>
<thead>
<tr>
<th>Member Race</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other</td>
<td>2</td>
<td>0.56</td>
</tr>
<tr>
<td>White</td>
<td>356</td>
<td>99.44</td>
</tr>
</tbody>
</table>
Opioid Utilization in Campbell County*

- 2,034 members with opioid prescriptions in the last year
- 865 were women 15-44 years old
  - That’s **almost 50%** of the 1,740 female BlueCare members in that age band
- Of those 865 women, 231 recorded a pregnancy-related claim
  - That’s **almost 65%** of the 358 female BlueCare members with a pregnancy-related claim

*Does not include Clairfield, TN and Williamsburg, KY, outside Campbell Co. but in Jellico catchment area
MIST Program Launch
July 11, 2013

• Recognition of the JOC’s year long program planning and program launch June 2013
• Over 60 attendees including 4 State Department’s legislative liaisons, DCS, Campbell County, TN Department of Health and Bureau of TennCare
• Keynote presented by Dr. David Reagan

“Congratulations on the successful launch of the MIST program! I continue to be impressed with the way the program is constructed and how well the community partnership was developed. I hope the program has the very best success for the mutual benefit of the women, their babies, and the community.”
- David Reagan, MD PhD
Chief Medical Officer
Tennessee Department of Health
Campbell County’s MIST Program – Jellico, TN

HOW DOES THE MIST PROGRAM WORK?

- The MIST team consists of a case manager, a counselor, and a program manager who work together to support and care for families struggling with substance abuse.
- The program is fully integrated on-site at the Dayspring FQHC.
- The team connects with moms through home visits, individual therapy sessions, and weekly support groups. Moms are welcome to bring their children to their visits.
Program Statistics

- 82 women referred to MIST since program start in June 2013
- 20 women enrolled since program start
- Average number of clients in group – 4.5
- Total number of case management visits – 148
- Total number of warm hand offs – 50
- Total number of pregnant women enrolled – 2
- 1st Graduate – February, 2014!
Program Evaluations for MIST and New Beginnings at Children’s

BlueCare Tennessee is providing program evaluation for both MIST and New Beginnings with the support of our Bio-statistical Research Scientists. We will be assessing engagement rates, permanency, reduction of NAS and reoccurrence of NAS, and maternal drug and alcohol abstinence.