

THE 5TH ANNUAL

PERINATAL SUBSTANCE EXPOSURE SUMMIT

Join us live via webinar!

OCT 29, 2021 & NOV 5, 2021



DESCRIPTION

Please join us for the 5th Annual Perinatal Substance Exposure Summit. This two half-day, virtual Summit will take place on the mornings of Friday, October 29th and Friday, November 5th from 8:30 am to 12:30 pm. This year we are expanding, giving you the opportunity to hear from both national and state leaders who work with families affected by substance use disorder. You can expect to continue to receive this education in an interdisciplinary, comprehensive approach to engage your whole team.

Each day of the Summit will feature a keynote program. The first keynote will be led by Dr. Matthew Grossman and will focus on Eat, Sleep, Console - the recommended assessment and treatment model of care for newborns affected by maternal opioid use. This topic is a priority area as our state perinatal quality collaborative is rolling out the Eat, Sleep, Console method across North Carolina hospitals.

The second keynote will be led by Donna F. Murray, DMSc., MS, PA-C, presenting on Using Social Determinants of Mental Health to Change the Narrative around Perinatal SUD. This presentation will be followed by a panel discussion of people with lived experiences. The panel will discuss the multiple inequities faced by patients in the perinatal substance use disorder space. This panel will focus on populations that have been historically left behind in perinatal substance use disorder care, including but not limited to persons of color, those who are judicially involved, and those who are affected by social services.

In addition to these powerful topics, we will highlight trending issues including stimulant use disorders and their impact on pregnant and parenting people, as well a review of biological drug testing that you won't want to miss!

We continue to share the most up-to-date and clinically relevant information you need to know on how to deliver care to pregnant and postpartum people, infants, and families affected by substance use disorders across disciplines.

AUDIENCE

Medical providers, nurses, medical assistants, law enforcement, behavioral health clinicians, psychologists, peer support specialists, care managers, lactation consultants, DHHS social workers, and other professionals interested in or working with this population.

HAVE A QUESTION? Contact the Program Planner

Karen Lambert
karen.lambert@mahec.net or 828-257-4761



Special Services 828-257-4761

REGISTRATION INFORMATION 828-257-4475

FAX REGISTRATION 828-257-4768

ONLINE REGISTRATION www.mahec.net/cpd

EMAIL registration@mahec.net

MAIL MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

LOCATION

Join live via webinar

DAY 1 PROGRAM

Friday, October 29, 2021
8:30 am–12:30 pm

DAY 2 PROGRAM

Friday, November 5, 2021
8:30 am–12:30 pm

Early registration fees available through October 22, 2021!

PROGRAM FEE

\$35.00 per person

MAHEC EMPLOYEES & COMMUNITY HEALTH WORKERS AND PEER SUPPORT SPECIALISTS*

FREE

(must register in order to attend)

**A limited number of scholarships are available for Community Health Workers and Peer Support Specialists (including those in training) through the Foundation for Opioid Response Efforts.*

CLICK HERE TO REGISTER

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This program is supported by funds from the Foundation for Opioid Response Efforts and the Dogwood Health Trust.



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FRIDAY, OCTOBER 29, 2021

- 8:30–8:45** Welcome Remarks
— Mel Ramage, MSN, FNP-BC, CARN-AP
- 8:45–9:30** **The Development of the Eat, Sleep, Console Approach**
— Matthew Grossman, MD
- 9:30–10:30** **Stimulant Use Disorders During the Perinatal Period**
— Dustin Patil, MD
— Jan Westphal, MD
- 10:30–10:45** Break and Transition to Breakout Sessions
- 10:45–11:45** **Breakout Sessions (Repeated on Day Two)**
(Please Select One Different Breakout for Each Day)
- 1A.** Infant Mental Health (IMH) Considerations in Cases of Parent-Infant Separation and Perinatal SUD
— Clay Jones, MEd, IMH-E
- 1B.** From an FQHC Perspective: A Multidisciplinary Collaborative Approach to the Treatment of Perinatal Opioid Use Disorders
— Sarah Dergins, LCSW
— Kaitlin Padgett, LCSW, LCAS-A
- 1C.** Isn't There a Better Way? Intersections of Perinatal Substance Use Disorders and the Criminal Legal System
— Andrea Knittel, MD, PhD, FACOG
— Essence Hairston, MSW, LCSWA, LCAS, CSI
- 1D.** Neonatal and Maternal Toxicology Assays: The Limitations of Testing **This session does not qualify for NBCC credit*
— Marty McCaffrey, MD
— Nathan Mullins, MD, FACOG
- 11:45–12:00** Break and Transition to Plenary Session
- 12:00–12:30** **Inter-professional Collaboration in Perinatal Substance Use Disorders**
— Gina Hofert, MA
— Elisabeth Johnson, PhD, FNP-BC, CARN-AP
— Tammy Cody, MSW, LCSW
— Skip Johnstone, MD, JD, MBA, FACOG, FACS
- 12:30** Adjourn

FRIDAY, NOVEMBER 5, 2021

- 8:30–8:45** Welcome Remarks
— Mel Ramage, MSN, FNP-BC, CARN-AP
- 8:45–9:30** **Using Social Determinants of Mental Health to Change the Narrative around Perinatal SUD**
— Donna Murray, DMSc., MS, PA-C
- 9:30–10:30** **Who is Left Behind in Perinatal Substance Use Care?: A Panel on (In)Equity**
— Facilitator: Erin Bowman, LCAS, LCSW, CCS
— Panelists: Donna Murray, DMSc., MS, PA-C; Samantha Brawley, NCCPSS; Cindy McMillan, CD, DBD, CBPC, CBE, NCPSS
- 10:30–10:45** Break and Transition to Breakout Sessions
- 10:45–11:45** **Breakout Sessions (Repeated from Day One)**
(Please Select One Different Breakout for Each Day)
- 2A.** Infant Mental Health (IMH) Considerations in Cases of Parent-Infant Separation and Perinatal SUD
— Clay Jones, MEd, IMH-E
- 2B.** From an FQHC Perspective: A Multidisciplinary Collaborative Approach to the Treatment of Perinatal Opioid Use Disorders
— Sarah Dergins, LCSW
— Kaitlin Padgett, LCSW, LCAS-A

2C. Isn't There a Better Way? Intersections of Perinatal Substance Use Disorders and the Criminal Legal System
— Andrea Knittel, MD, PhD, FACOG
— Essence Hairston, MSW, LCSWA, LCAS, CSI

2D. Neonatal and Maternal Toxicology Assays: The Limitations of Testing **This session does not qualify for NBCC credit*
— Marty McCaffrey, MD
— Nathan Mullins, MD, FACOG

11:45–12:00 Break and Transition to Plenary Session

12:00–12:30 **Why Does This Matter? A Summary from the Summit Planning Committee**
— Dan Pizzo
— Mel Ramage, MSN, FNP-BC, CARN-AP
— Tammy Cody, MSW, LCSW

12:30 Adjourn

OBJECTIVES

Upon completion of this summit, participants will be able to:

- Describe the family-centered approach to management of NAS known as Eat, Sleep, Console
- Outline maternal and neonatal effects of stimulant use during the perinatal period
- Define Infant Mental Health (IMH) and identify evidence-based competencies and practice settings
- Examine the role and function of one federally qualified health center (FQHC) in the delivery of behavioral health, substance use disorder, and psychiatric treatment services for the pregnant and post-partum population
- Discuss particular challenges in the management of perinatal SUD in the setting of criminal legal involvement
- Review strategies to promoting collaboration across sectors for perinatal SUD care
- Examine the connection of social determinants of mental health to perinatal SUD
- Highlight inequities in perinatal care, in substance use disorder care and in their intersections
- Discuss the importance and impact of evidence-based perinatal substance use disorder work

REGISTRATION

Early registration deadline: Friday, October 22, 2021

The registration fees include administrative costs and educational materials. If your registration is received after the above deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Any registrations received without an accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

FACULTY

Erin Bowman, LCAS, LCSW, CCS, works as the director of the Julian F. Keith Alcohol and Drug Abuse Treatment Center. As an addictions therapist specializing in trauma, she understands the importance of treating the whole person without judgment or stigma. Erin holds a BA in Communications and Master of Social Work from the University of North Carolina at Chapel Hill. She is a clinical supervisor and helped start an inpatient opioid treatment program at the inpatient substance use program that she leads. Erin's passions include connecting patients to the care they need and building bridges between different community partners. She trains on Trauma-Informed Care and specializes in perinatal mood and anxiety disorders as well as substance use disorders.

Samantha Brawley, NCCPSS, is a peer support specialist with Sunrise at the Buncombe County Detention Facility, as well as a mother to a 7-year-old son and a part of the Eastern Band of Cherokee Indians. She began using substances at 13 and struggled with an abusive relationship, incarceration, involuntary commitments, and near death experiences. After trying it all (a number of treatment centers, detoxes, outpatient programs, NA, AA, faith based programs, long term programs, and inpatient treatment), Samantha found what worked for her — medication-assisted treatment. She has been on MAT since then and asserts that it was the best decision she made for herself in her recovery journey. She takes her medication daily and is able to live her life to the fullest as a parent, loving family member, responsible employee, and advocate for MAT. Samantha has been active in the recovery community for nearly 6 years and has had the opportunity to be a peer support in the jail system, helping people get on MAT while they are incarcerated and aid with continuity upon release. She is thankful to be a part of the Strategic Opioid Response Team (SCOR), and that, with so many different pathways to recovery, she has found the one that works for her.

Tammy Cody, MSW, LCSW, has been a social worker focusing on the mother-baby dyad for over 25 years. She is the Western North Carolina regional lead for plan of safe care and integration of multi-disciplinary teams that work with substance affected families both inpatient and outpatient. A graduate of UNC-Chapel Hill, she has spent 20 years in a neonatal intensive care unit providing complex care management and crisis intervention services to the families of Western North Carolina. Her current role is the Lead Navigator of the Integrated Care Team of Project CARA.

Sarah Dergins, LCSW, has served as a clinician in Kintegra Health's medication for opioid use disorder treatment program since January of 2018. Ms. Dergins received her graduate degree from the University of North Carolina Chapel Hill, where she completed a fellowship in integrated behavioral healthcare. In early February 2020, Ms. Dergins became Kintegra Health's Director of Behavioral Health Operations where she helps to expand and support Kintegra's perinatal, integrated behavioral health, and MOUD treatment programming.

Matthew Grossman, MD, graduated from SUNY Stony Brook School of Medicine in 2003 and completed his pediatric residency at Yale-New Haven Children's Hospital (YNHCH) in 2006. He is an Associate Professor of Pediatrics at Yale School of Medicine and a pediatric hospitalist. He has been the quality and safety officer for YNHCH since 2013 and was named the vice-chair of quality for the Department of Pediatrics in 2017. His team was awarded the 2015 Pediatric Quality Award from the Children's Hospital Association for their work on improving outcomes for infants with neonatal abstinence syndrome and again in 2017 for their work on reducing serious safety events.

Essence Hairston, MSW, LCSWA, LCAS, CSI, is the clinical instructor for the Department of Obstetrics and Gynecology School of Medicine, University of North Carolina at Chapel Hill and also the Program Manager of UNG Horizons in Wake County. Her clinical and research work is focused on the intersectionality of maternal and perinatal substance use and mood disorders, adverse childhood experiences, reproductive justice, and integrative healthcare models that includes a social justice lens. She was recently given the 2021 North Carolina Society for Clinical Social Work's award of Social Worker of the Year.

Gina Hofert, MA, is the project manager for the SUN project, a cross-sector collaborative system of care using best practices to support the health, safety, and recovery of pregnant mothers with an opioid

use disorder. She focuses her work on testing innovative projects using rigorous designs as well as monitoring the replication of evidence-based programs. She specializes in building sustainable partnerships across sectors to achieve common goals.

Elisabeth Johnson, PhD, FNP-BC, CARN-AP, is a clinical assistant professor in the UNC Department of Obstetrics and Gynecology. She is also the Director of Health Services for UNC Horizons, a comprehensive substance use disorder treatment center for pregnant and parenting women and their children. As a nurse practitioner, she has over twenty years of clinical experience in women's health and pediatrics, including caring for women with substance use disorders. Her current clinical practice consists primarily of providing obstetric care to women with substance use disorders, many of whom are on opioid agonist therapy.

William "Skip" Johnstone, MD, JD, MBA, FACOG, FACS, is a Professor of OB/GYN through the University of North Carolina at Chapel Hill School of Medicine serving at The New Hanover Regional Medical Center in Wilmington, NC. Prior to focusing on academics, he had a 20-year private practice and still practices as a female pelvic floor surgeon. Dr. Johnstone completed medical school at East Carolina University School of Medicine and residency at the University Medical Center of Eastern North Carolina. In addition, he completed a Master of Business Administration through the University of Massachusetts Amherst and a law degree from Concord Law School in Los Angeles. Dr. Johnstone's commitment to contributing to the opioid epidemic is demonstrated by his recent completion of the Buprenorphine Waiver course through the American Society of Addiction Medicine. Dr. Johnstone is the founder and president of The Tides, a comprehensive, community consortium, organized to treat pregnant women, women immediately postpartum and women anticipating pregnancy with opioid use disorder.

Clay Jones, MEd, IMH-E, has over 20 years of experience in child abuse prevention in Arizona. Clay received his BA of Psychology from Arizona State University and his MEd from Northern Arizona University. Using a trauma and Infant Mental Health informed lens, with the Maricopa County Department of Public Health, (Phoenix, AZ), Clay is the Coordinator of Maricopa SHIFT- Safe, Healthy Infants and Families Thrive, a CDC-funded initiative in response to the opioid crisis aimed at reducing the incidence of SEN infants, increasing service engagement across systems, and reducing the stigmatization of this population.

Andrea Knittel, MD, PhD, FACOG, is an Assistant Professor and Medical Director for Incarcerated Women's Health in the UNC-Chapel Hill Department of Obstetrics and Gynecology. Clinically, she provides obstetric and gynecologic care for women who are imprisoned in North Carolina and led the development and implementation of a medication-assisted treatment (MAT) program for opioid use disorder for women who are incarcerated during pregnancy. Dr. Knittel's research focuses on the effects of the criminal legal system on reproductive health transitions and decisions at the individual, partner, and community levels.

Vicki Lewis, MBA/MHA, BSN, RN, received her BSN from Western Carolina University in 1979 and her MBA with a concentration in Health Administration from Western Carolina University in 2004. In 2000, she was elected to the Great 100 Nurses of North Carolina. Vicki has 15 years of experience working in the OR and PACU, and much of her career has been spent in leadership positions in several acute care areas. She spent 5 years as the Director of the Emergency Department at Cherokee Indian Hospital and 3 years as the Director of Women and Children's Services at Harris Regional Hospital. Vicki is currently the Administrator/Nursing Supervisor for the Southwestern Child Development Nurse Family Partnership in Sylva, NC.

Marty McCaffrey, MD, is a Professor of Pediatrics at UNC Chapel Hill in the Division of Neonatal-Perinatal Medicine. He is a retired Captain in the US Navy and served as the Director of Neonatal Care at the Naval Medical Center San Diego and the Consultant to the US Navy Surgeon General for Neonatology. Dr. McCaffrey is the Director of the Perinatal Quality Collaborative of North Carolina (PQCNC or "PICNIC") which has conducted 11 statewide quality improvement projects across the North Carolina. The mission of the PQCNC is to make North Carolina the best place to give birth and be born. He is also the Co-Chair of the CDC's National Network of Perinatal Quality Collaboratives. Dr. McCaffrey also

Continued on next page

has a strong interest in the care of infants and children, and the support of families with challenging prenatal diagnoses. As a member of the International Trisomy Alliance Board and the Be Not Afraid Board he offers significant medical and emotional support to families dealing with difficult diagnoses in their unborn and born children. He has most recently published on the topic of trisomies in the September 2016 issue of the American Journal of Medical Genetics.

Cindy McMillan, CD, DBD, CBPC, CBE, NCPSS, is a mother of four who has experienced infant loss shortly after the birth of her twin boys in 2002. She is currently a DONA Certified Birth Doula, Lamaze Trained Childbirth Educator, NCPSS, Death and Bereavement Doula, Certified Breastfeeding Peer Counselor, Community Advocate Partner as well as the newly appointed Executive Director of Sistat's Caring 4 Sistat's (SC4S) Community Based Doulas for Social Justice in Asheville, NC. SC4S has a sharp focal point towards increasing community capacity building skills that support and meet families where they are as a way to address, restructure, and combat negative birth outcomes for individuals and families of color. Cindy's personal experience with loss, childbirth, and maternal health inequities has made her a strong ally, advocate, and leader among those who fight for justice and equality within Black maternal health to increase better outcomes through equitable methods of care and support.

Nathan Mullins, MD, FACOG, is a board certified obstetrician and gynecologist and addictionologist with expertise in substance use disorders in pregnancy. He works as the medical director for an opioid treatment program as well as part-time faculty for the Mountain Area Health Education Center OB/GYN residency program. Dr. Mullins earned his medical degree from the University of Kentucky College of Medicine and completed his residency at MAHEC.

Donna F. Murray, DMSc., MS, PA-C, is the Clinical Training Project Outreach Director for the Physician Assistant Education Association's Opioid Response Network Clinical Sites Initiative. She was the founding Director of Clinical Education at Lenoir-Rhyne University, College of Health Sciences, Master of Science in Physician Assistant Studies Program. She is also a practicing clinician and philanthropist who resides in Charlotte, NC. During her career, Dr. Murray founded two major healthcare initiatives — the African American Miracle Match Network and Project HealthShare, Inc. / Charlotte Volunteers in Medicine Clinic. Dr. Murray is still actively engaged in teaching and is a clinical adjunct professor with the Morehouse School of Medicine PA Program and a visiting professor with Gardner-Webb University PA Program, Pfeiffer University PA Program and a guest lecturer for Drexel University PA Program.

Kaitlin Padgett is a Licensed Clinical Social Worker and Licensed Clinical Addiction Specialist Associate serving as the MAT (Medication-Assisted Treatment) Program Manager at Kintegra Health. Kaitlin has experience in child/adolescent mental health, although has come to enjoy working with adult populations impacted by substance use since joining Kintegra Health in August 2019. She strives to foster relationships and considers teamwork important for both her professional and personal life. Kaitlin continues to develop her clinical skill set within direct practice while also enhancing leadership and managerial skills. Kaitlin received a Master of Social Work degree from Winthrop University in South Carolina and a Bachelor of Arts in Global Studies from Appalachian State University in North Carolina.

Dustin Patil, MD, is the Medical Director of Addiction Services at the MAHEC Center for Psychiatry and Mental Wellness. He completed his undergraduate education at Vanderbilt University and earned his medical degree at the University of Tennessee Health Science Center College of Medicine. He completed his general psychiatry residency training at Boston Medical Center/Boston University School of Medicine, where he also completed a fellowship in addiction psychiatry. Following completion of his training, Dr. Patil worked as the Director of the Division of Addiction Psychiatry at Tufts Medical Center in Boston prior to relocating to Asheville and joining MAHEC where he now provides outpatient treatment to individuals with co-occurring mental health and substance use disorders. He has specific interest in providing mental health and substance use disorder treatment to individuals experiencing homelessness.

Dan Pizzo, is first and foremost a parent in long term recovery. Dan has been working in the helping profession for over a decade and a half with

experiences varying from working with the homeless in various locations around the world, mentoring adolescent youth who struggled with substance use and most recently 7 and a half years in child welfare. During his most recent experience, he led the first substance use specialty team in NC. The team showed broad success in preventing family separation for families with young children, by utilizing peer supports and an intentional cross-systems collaborative approach. Over the years, he has worked alongside hundreds of individuals that are trying to navigate systems that seem to favor easy outcomes over forging the harder gained relationships of the most marginalized: marginalizing the "harder to serve client" further. While this has often been a painful experience, it has galvanized his commitment to continue to advocate for the underserved.

Mel Ramage, MSN, FNP-BC, CARN-AP, is a family nurse practitioner with focused training in high risk pregnancy. She is a certified diabetes educator specializing in women who have type one and type two diabetes during pregnancy. She is also a Certified Advanced Practice Addictions Nurse and is currently the Medical Director of MAHEC OB's Perinatal Substance Use Clinic/Project CARA.

Jan Westphal, MD, completed her undergraduate education in biophysics at the University of Southern Indiana in Evansville, Indiana, medical school at The Ohio State University College of Medicine, and her family medicine residency at Mountain Area Health Education Center (MAHEC) in Asheville in 2014. She spent the next six years in Columbus, Ohio, gaining important experience in clinical and academic family medicine as a private practice physician and subsequently as a core faculty member for The Ohio State University Family Medicine Residency. She is passionate about education, innovation in primary care, and treating our most vulnerable populations. She returned to MAHEC as a special projects faculty physician in 2020 to pursue these passions and currently serves as an expert educator on treating pain safely and substance use disorders.

CREDITS



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Approved for **6.5** hours.



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Accreditation: MAHEC is accredited by the NC Medical Society (NCMS) to provide continuing medical education for physicians.

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REGISTRATION FORM

MAHEC engages in evaluation activities to better understand the impact of our programs. By registering for this course, you agree that we may use your personal information in evaluative research regarding this program. Any reports published will be de-identified and reported in aggregate format.

By registering for this webinar, you are granting permission for your contact information to be shared with the Foundation for Opioid Response Efforts and Dogwood Health Trust which are supporting partners of this continuing education activity.

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MAHEC EMPLOYEES & COMMUNITY HEALTH WORKERS AND PEER SUPPORT SPECIALISTS* ☐ FREE (must register in order to attend)

* limited number of slots available — must register in order to attend

PLEASE SELECT ONLY ONE BREAKOUT SESSION PER DATE:

Friday, October 29, 2021 from 10:45 am–11:45 am

(Breakout Sessions Repeated on Day Two)

- ☐ Infant Mental Health (IMH) Considerations in Cases of Parent-Infant Separation and Perinatal SUD
- ☐ From an FQHC Perspective: A Multidisciplinary Collaborative Approach to the Treatment of Perinatal Opioid Use Disorders
- ☐ Isn't There a Better Way? Intersections of Perinatal Substance Use Disorders and the Criminal Legal System
- ☐ Neonatal and Maternal Toxicology Assays: The Limitations of Testing *This session does not qualify for NBCC credit

Friday, November 5, 2021 from 10:45 am–11:45 am

(Breakout Sessions Repeated from Day One)

- ☐ Infant Mental Health (IMH) Considerations in Cases of Parent-Infant Separation and Perinatal SUD
- ☐ From an FQHC Perspective: A Multidisciplinary Collaborative Approach to the Treatment of Perinatal Opioid Use Disorders
- ☐ Isn't There a Better Way? Intersections of Perinatal Substance Use Disorders and the Criminal Legal System
- ☐ Neonatal and Maternal Toxicology Assays: The Limitations of Testing *This session does not qualify for NBCC credit

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

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