

MNCHP Network Bulletin



*best start
meilleur départ*

by/par health **nexus** santé

In this Special Bulletin:

This week's bulletin provides an overview of substance use and pregnancy including recent reports and studies, resources, and links to organizations and programs working in this area. This selection of information is based on a preliminary scan and is not exhaustive.

We invite you to share other relevant information about this topic.

I. OVERVIEW OF SUBSTANCE USE AND PREGNANCY

1. [Coalescing on Women and Substance Use, Linking Research, Practice and Policy: Mothering and Substance Use](#)
2. [Clearing the Smoke on Cannabis: Maternal Cannabis Use During Pregnancy](#) (also available in French)
3. [A Prenatal Perspective on the Cost of Substance Use in Canada](#)
4. [Motherisk Information Regarding Alcohol Use and Pregnancy](#)
5. [Women and Tobacco Info Pack \(Program Training and Consultation Center\)](#) (also available in French)

II. RECENT RESEARCH STUDIES

6. [A National Survey of Services for Women with Substance Use Issues and Their Children in Canada: Challenges for Knowledge Translation](#)
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9. [Women Still Drinking During Pregnancy](#)
10. [Environmental Tobacco Smoke and Fetal Health: Systematic Review and Meta-Analysis](#)
11. [Prenatal Meth Exposure May Harm Brain Development](#)
12. [Effects of Prenatal Cocaine Exposure on Special Education in School-Aged Children](#)

III. ORGANIZATIONS AND PROGRAMS

Please note that this list is not exhaustive – please share programs from across Ontario!

13. [Moms Matter – AWARE \(Action on Women's Addictions: Research and Education\)](#)
14. [T-Cup: The Toronto Centre for Substance Use in Pregnancy](#)
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16. [The Jean Tweed Center](#)
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V. RESOURCES

23. [The SMART Guide](#)
24. [PRIMA -Pregnancy-Related Issues in the Management of Addictions: A Reference for Care Providers](#) (also available in French)

VI. FEATURED BEST START RESOURCES

25. [Un environnement sans fumée pour vos enfants. Comment y parvenir? \(Vidéo\)](#) (only available in French)
26. [Ontario Alcohol and Pregnancy Awareness Materials and Strategies](#) (also available in French)
27. [Best Start Materials on Smoking and Pregnancy](#) (also available in French)
28. [Supporting Change: Preventing and Addressing Alcohol Use in Pregnancy](#)

I. OVERVIEW OF SUBSTANCE USE AND PREGNANCY

1. COALESCING ON WOMEN AND SUBSTANCE USE, LINKING RESEARCH, PRACTICE AND POLICY: MOTHERING AND SUBSTANCE USE

This project (BCCEWH, 2010) is sponsored by the British Columbia Centre of Excellence for Women's Health (BCCEWH) in partnership with the Canadian Women's Health Network and the Canadian Centre on Substance Abuse. The website offers a wealth of information regarding substance use and pregnancy. It has information sheets, links to websites and articles, as well as webcasts and presentations on the topics. The information sheets give a good overview of issues related to substance use and pregnancy including: mothering and substance use connections; mothers with substance use problems and the child welfare system; mothers with substance use problems, their children and the addictions treatment system; and mothering and substance use - collaborative systemic work.

<http://www.coalescing-vc.org/virtualLearning/community3/default.htm>

2. CLEARING THE SMOKE ON CANNABIS: MATERNAL CANNABIS USE DURING PREGNANCY

(also available in French)

This report (Porath-Waller, 2009) created by the Canadian Centre on Substance Abuse explores the prevalence of cannabis use during pregnancy. It looks specifically at the effects of cannabis use during pregnancy on birth outcomes of the infant, including: neurocognitive functioning, behaviour and mental health. The report finds that there are some adverse effects on offspring, but that prevention and intervention programs aimed at reducing prenatal cannabis exposure could also help reduce the percentage of those affected.

English: http://www.ccsa.ca/2009%20CCSA%20Documents/ccsa0117832009_e.pdf

French: http://www.ccsa.ca/2009%20CCSA%20Documents/ccsa0117842009_f.pdf

3. A PRENATAL PERSPECTIVE ON THE COST OF SUBSTANCE ABUSE IN CANADA

This article (Hutson, 2006) looks at the estimated cost of substance abuse in Canada related to prenatal exposure to tobacco, alcohol and illicit drugs.

http://www.motherisk.org/JFAS_documents/jfas_6006_e9.pdf

4. MOTHERISK INFORMATION REGARDING ALCOHOL USE AND PREGNANCY

This website (Motherisk, 2010) offers information regarding myths and facts about alcohol and substance use during pregnancy along with a number of links to further articles on the issue.

<http://www.motherisk.org/women/alcohol.jsp>

5. WOMEN AND TOBACCO INFO PACK (PROGRAM TRAINING AND CONSULTATION CENTER)

(also available in French)

This Info Pack (Nevala et al., 2010) is for local public health agency staff, tobacco control area network partners, health care and social service providers that work with women. It looks at why girls and women start smoking and why they continue to smoke regardless of the risks involved. This Info Pack offers a variety of information specific to women and smoking, including information on reproductive health and pregnancy.

English: <http://www.ptcc-cfc.on.ca/english/Resources/Resource-Search/Resource/?rid=12381>

French: <http://www.ptcc-cfc.on.ca/french/Resources/Resource-Search/Resource/Default.aspx?rid=12381>

II. RECENT RESEARCH RESULTS

6. A NATIONAL SURVEY OF SERVICES FOR WOMEN WITH SUBSTANCE USE ISSUES AND THEIR CHILDREN IN CANADA: CHALLENGES FOR KNOWLEDGE TRANSLATION

This study (Niccols et al., 2010) has found that there is a gap in services that address women with substance use issues and their children in Canada. The authors (Niccols et al., 2010) are concerned that regardless of the high number of women of child-bearing age using substances during their pregnancies, addiction services might not be offering services that integrate pregnancy, parenting and child development services.

Abstract: <http://www.springerlink.com/content/u0350285qg9x2rr4/>

7. CHILD PROTECTION OUTCOMES FOR INFANTS OF SUBSTANCE-USING MOTHERS: A MATCHED COHORT STUDY

This Australian study (McGlade et al., 2009) has found that infants of substance-using mothers have much poorer child protection outcomes than infants of non-substance-using mothers. This study compared 119 infants of substance-using mothers with 238 infants of non-substance using mothers. All infants were linked to the Department of Child Safety Child Protection Information System database. Infants of substance-using mothers were more likely to suffer substantiated harm and to enter foster care. This study (McGlade et al., 2009) provides support for the association between maternal drug use and child abuse and suggests that greater interagency collaboration is urgently required to reduce this risk.

Abstract: <http://pediatrics.aappublications.org/cgi/content/abstract/124/1/285?rss=1>

8. STUDY HIGHLIGHTS NEW RISK IN PREGNANCY

This study (Malek et al., 2009) highlights the risks of co-consuming cocaine and/or heroine while taking methadone during pregnancy. Methadone is used widely to help treat opiate addiction in pregnancy, however, if used with cocaine and/or heroine, the placenta may be weakened which could lead to harmful infections that could compromise the pregnancy.

News article:

http://www.reuters.com/article/idUSTRE5597DM20090611?feedType=RSS&feedName=healthNews&utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%253A+reuters%252FhealthNews+%2528News+%252F+US+%252F+Health+News%2529&utm_content=Google+Reader

Research article: <http://www.rbej.com/content/7/1/61>

9. WOMEN STILL DRINKING DURING PREGNANCY

A study (Denny et al., 2009) looking at alcohol use between 1991 and 2005 among pregnant and non-pregnant women of childbearing age in the United States shows that rates of alcohol use have not changed significantly in that time, regardless of public health messages like the Surgeon's General warning that indicates that drinking alcohol during pregnancy can harm the fetus.

News article: <http://www.medpagetoday.com/OBGYN/Pregnancy/14331>

Research article: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5819a4.htm>

10. ENVIRONMENTAL TOBACCO SMOKE AND FETAL HEALTH: SYSTEMATIC REVIEW AND META-ANALYSIS

This systematic review and meta-analysis (Leonardi-Bee et al., 2008) sought to determine the effects of environmental tobacco smoke exposure on birth outcomes. The authors found that although exposure of non-smoking women to environmental tobacco smoke reduced birth weight and increased the risk of birth weight below 2500g, there were no clear effects on gestation or the risk of being small for gestational age.

Abstract: <http://fn.bmj.com/content/93/5/F351.abstract>

11. PRENATAL METH EXPOSURE MAY HARM BRAIN DEVELOPMENT

A study (Cloak et al., 2008) looking at prenatal exposure to methamphetamine has found that brain development can be affected by this exposure. "Our findings suggest prenatal methamphetamine exposure accelerates brain development in an abnormal pattern," the researchers said (Phend, 2009). The authors have noted that this study is limited due to lack of background information (e.g., incomplete drug histories, lack of data on genetic and environmental histories) as well as not knowing whether these brain differences normalize in the future.

News article: <http://www.medpagetoday.com/Psychiatry/Addictions/13742>

Abstract: <http://www.neurology.org/cgi/content/abstract/01.wnl.0000346516.49126.20v1>

12. EFFECTS OF PRENATAL COCAINE EXPOSURE ON SPECIAL EDUCATION IN SCHOOL-AGED CHILDREN

As part of a larger prospective, longitudinal, multi-site study of children with prenatal cocaine exposure, this study (Levine, 2008) found that prenatal cocaine exposure increased the likelihood of needing special educational support (i.e., individualized education plan and support services).

Abstract: <http://www3.interscience.wiley.com/journal/121384477/abstract>

III. ORGANIZATIONS AND PROGRAMS

13. MOMS MATTER – AWARE (Action on Women’s Addictions: Research and Education)

AWARE, based out of Kingston, Ontario, provides information about the safe use of alcohol, prescription medications, tobacco, and other drugs within the social context of women's lives. Two of their programs, Moms Matter and STARSS (Start Thinking About Reducing Secondhand Smoke) specifically address issues of substance use, smoking and parenting. Both programs offer online resources and project descriptions.

<http://www.aware.on.ca/>

14. T-CUP: THE TORONTO CENTRE FOR SUBSTANCE USE IN PREGNANCY

The Toronto Centre for Substance Use in Pregnancy (T-CUP) is a non-judgmental substance use program for pregnant women. They offer comprehensive services to address addiction, obstetric and neonatal care in an empathic environment.

<http://www.stjoe.on.ca/programs/family/tcup.php>

15. BREAKING THE CYCLE

Breaking the Cycle (BTC) is a Toronto-based early identification and prevention program designed to reduce risk and to enhance the development for substance-exposed children. BTC provides services that address maternal addiction problems and the mother-child relationship.

<http://www.mothercraft.ca/index.php?q=breaking-the-cycle>

16. THE JEAN TWEED CENTER

The Jean Tweed Center provides counselling and care to women with substance use and gambling problems. They offer support to both women and their families, with a focus on young children.

<http://www.jeantweed.com/>

17. PREGNETS – ONLINE FORUM AND INFORMATION (TOBACCO USE DURING PREGNANCY)

This site offers a space for both health care professionals and pregnant women or postpartum mothers to discuss and share information about tobacco use during pregnancy. The site is intended to create a network between health professionals and develop best practices for addressing issues of smoking and pregnancy. The site also offers a forum for moms and moms-to-be to discuss issues related to smoking as well as to access information regarding smoking.

<http://www.pregnets.org/providers/about.aspx>

IV. BEST PRACTICES AND GUIDELINES

18. BEST PRACTICES: EARLY INTERVENTIONS, OUTREACH AND COMMUNITY LINKAGES FOR WOMEN WITH SUBSTANCE USE PROBLEMS

(also available in French)

This document (Health Canada, 2006) provides best practice guidelines related to early intervention, outreach and community linkages for women with substance use problems. It includes a literature review, interviews with key experts, focus groups and best practices.

English: http://www.hc-sc.gc.ca/hc-ps/alt_formats/hecs-sesc/pdf/pubs/adp-apd/early-intervention-precoce/early-intervention-precoce-eng.pdf

French: http://www.hc-sc.gc.ca/hc-ps/alt_formats/hecs-sesc/pdf/pubs/adp-apd/early-intervention-precoce/early-intervention-precoce-fra.pdf

19. FETAL ALCOHOL SPECTRUM DISORDER (FASD): CANADIAN GUIDELINES FOR DIAGNOSIS

This document (Chudley et al., 2005) reviews and clarifies the use of FASD diagnostic systems and recommends the most appropriate diagnostic approaches for people of all ages.

http://www.cmaj.ca/cgi/reprint/172/5_suppl/S1

20. BEST PRACTICES IN ACTION: GUIDELINES AND CRITERIA FOR WOMEN'S SUBSTANCE ABUSE SERVICES IN ONTARIO

This document (MOHLTC, 2005) was created to support accessible and appropriate services for women through ensuring the use of best practices in women's substance abuse treatment programs. This document focuses on the context of women's substance use, with a chapter on parenting and pregnancy as well as a focus on best practices in action.

<http://www.jeantweed.com/documents/BestPracticesGuidelinesFINAL.pdf>

21. PRACTICE GUIDELINES: EARLY CHILDHOOD DEVELOPMENT – ADDICTIONS

This document (Van Wyk, 2007) was developed to provide Practice Guidelines to support the work of the Early Childhood Development – Addictions Initiative Projects in Ontario. These projects are developing and providing services for pregnant and parenting women with substance use problems.

<http://www.jeantweed.com/documents/PracticeGuidelinesECDAddictionsfinalforconversion2007.pdf>

22. PRACTICE GUIDELINES BETWEEN TORONTO SUBSTANCE ABUSE TREATMENT AGENCIES AND CHILDREN'S AID SOCIETIES

This document (2005) was developed by a working group in consultation with a broad group of stakeholders in both the substance use and child welfare sectors in order to develop guidelines between Toronto substance abuse treatment agencies and children's aid society.

http://www.camh.net/education/Resources_communities_organizations/Practice_Guidelines_Substance_Abuse_and_Child_Welfare.pdf

V. RESOURCES

23. THE SMART GUIDE

The SMART Guide (Reynolds & Leslie, 2009) is a training manual for service providers on motivational approaches within stages of change for pregnant women who use alcohol. This guide was developed for service providers who have direct contact with pregnant women. It helps set the stage to intervene, describes the stages of change, helps service providers identify the stages of change, outlines motivational techniques, provides appropriate strategies, and generally lessens the anxiety that many service providers feel when dealing with these issues.

http://www.aware.on.ca/sites/default/files/Smart-Guide_1.pdf

24. PRIMA – PREGNANCY RELATED ISSUES IN THE MANAGEMENT OF ADDICTIONS: A REFERENCE FOR CARE PROVIDERS (also available in French)

This reference guide (PRIMA, 2008) outlines general standards of care, identifies and explains care related to specific substances, discusses labour and delivery and postpartum care issues. It also includes a list of national resources.

English: <http://www.addictionpregnancy.ca/lnr/downloads/PRIMAlaminate.pdf>

French: <http://www.addictionpregnancy.ca/lnr/downloads/Frenchlaminates.pdf>

VI. FEATURED BEST START RESOURCES

25. UN ENVIRONNEMENT SANS FUMÉE POUR VOS ENFANTS. COMMENT Y PARVENIR? (VIDEO) (only available in French)

Une vidéo (Best Start Resource Centre, 2010) sur l'impact social de la fumée secondaire chez les jeunes familles. Cette vidéo contient les témoignages de certaines situations vécues par des familles par rapport à la fumée secondaire. Plusieurs stratégies pour réduire l'exposition des jeunes enfants et des femmes enceintes à la fumée secondaire sont décrites.

French: <http://www.meilleurdepart.org/resources/tabagisme/index.html>

26. ONTARIO ALCOHOL AND PREGNANCY AWARENESS MATERIALS AND STRATEGIES (also available in French)

This website (Best Start Resource Centre, 2008) offers a number of awareness materials about alcohol use during pregnancy available for download. It includes a variety of posters, bookmarks, and displays.

English: http://www.beststart.org/alcohol_fasd/awareness.htm

French: <http://www.meilleurdepart.org/resources/alcool/index.html>

27. BEST START MATERIALS ON SMOKING AND PREGNANCY (also available in French)

These are downloadable posters (Best Start Resource Centre, 2010) encouraging pregnant women to stop smoking, or to cut back on their smoking as possible. They are also encouraged to reduce their exposure to second-hand smoke.

English: <http://www.beststart.org/resources/tobacco/index.html>

French: <http://www.meilleurdepart.org/resources/tabagisme/index.html>

28. SUPPORTING CHANGE: PREVENTING AND ADDRESSING ALCOHOL USE IN PREGNANCY

This guide, designed as part of a training module (Best Start Resource Centre, 2005), informs physicians about alcohol use and abuse in pregnancy. It supports physicians in appropriate screening and assessment of their pregnant patients and provides tools and resources.

http://www.beststart.org/resources/alc_reduction/pdf/participant_hndbk_june05.pdf

Click here to access Health Nexus' other e-bulletins and listservs:

In English:

- **OHPE** - The free weekly Ontario Health Promotion E-mail bulletin (OHPE) offers a digest of news, events, jobs, feature articles on health promotion issues, resources, and much more, to those working in health promotion. <http://www.ohpe.ca/>
- **Click4HP** - An open, facilitated public listserv, is an international dialogue on health promotion. Participants exchange views on issues and ideas, provide leads to resources, and ask questions about health promotion. <https://listserv.yorku.ca/archives/click4hp.html>
- **Health Nexus Today** - Health Nexus Today is our Blog on health promotion. According to Google, "Blog is short for weblog - a journal or newsletter that is frequently updated and intended for the general public." Find the latest on health promotion including breaking news, highlights, studies, and issues in health promotion and the determinants of health in Canada and internationally. <http://www.blogs.opc.on.ca/>

In French:

- **French distribution list** – The free distribution list offers information in French on maternal, newborn, and child health promotion topics. http://www.meilleurdepart.org/index_fr.html
- **Le Bloc-Notes** – The biweekly French language bulletin provides information on health promotion. <http://leblocnotes.ca/>