New River Valley Screening and Referral Resources for Prenatal Substance Use Disorder

A Toolbox for Community Health Care and Human Service Providers
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This toolbox was developed in collaboration with key community stakeholders and representatives from:

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Carilion New River Valley Medical Center

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New River Health District

Angie Nichols, CHIP/PAT Coordinator
New River Valley Community Action

Rosemary Sullivan, LCSW; Stephanie Whited, LCSW; Cora Taylor, QMHP-C
New River Valley Community Services

Cathy, Callahan, MD, MPH
Via College of Osteopathic Medicine

Laura Nelson, MPH; Kim Collins, LCSW; Mary Beth Dunkenberger, MBA
Virginia Tech Institute for Policy and Governance

The goal of this substance use disorder screening and referral toolbox is to provide substance use disorder professionals, physicians, obstetricians/gynecologists, and other providers validated screening tools to capture substance use during pregnancy, and to provide referral resources for women struggling with a substance use disorder. The practice of universal screening increases the likelihood of identifying substance users and allows for the earliest possible intervention or referral to specialized treatment. The following Screening, Brief Intervention, and Referral to Treatment (SBIRT) screening tools can provide community resources to help in substance use recovery. SBIRT is an evidence-based practice used to identify, reduce, and prevent use, abuse, and dependence of alcohol and illicit drugs.

“Routinely, women are less likely than men to be identified as having substance abuse problems yet, they are more likely to exhibit significant health problems after consuming fewer substances in a shorter period of time, especially during pregnancy.”

Dear Colleagues,

Southwest Virginia, including the New River Valley, has experienced a significant increase in substance exposed births, prenatal substance use disorder and related incidence of Neonatal Abstinence Syndrome. Several workgroups have formed locally and at the state level to examine the causes of this increase and to recommend measures to better coordinate prenatal and postnatal treatment for women struggling with substance use disorder, to reduce the incidence of prenatal substance use, and related maternal and child health risks. Please see the summary data that highlights this public health concern at the end of this document.

Outputs of this efforts include this provider resource guide, and a care notebook for pregnant women. These resources are available at the New River Valley Community Services – Services for Moms Using Substances website - http://www.nrvcs.org/moms/. Further efforts are focused on increasing the continuum of care for women of child bearing age challenged with substance use disorder, including medication assisted treatment (MAT) while pregnant, regionally accessible residential care, and increased screening practices. If you are interested in being involved in these ongoing regional efforts please contact Dr. Molly O’Dell at the New River Health District) or Rosemary Sullivan at New River Valley Community Services.

Sincerely,

Molly O’Dell, M.D.
Director, New River Health District
(540) 585-3300
Molly.ODell@vdh.virginia.gov

Rosemary Sullivan
Director, New River Valley Community Services
(540) 961-8300
RSullivan@nrvcs.state.va.us
Acknowledgements

The New River Valley Innovation Community would like to thank the CAPE collaborative partnership, the Substance Abuse and Mental Health Services Administration (SAMHSA), the Unites States Department of Agriculture National Institute of Food and Agriculture (USDA, NIFA), the Regional Rural Development Centers (RRDCs), and Virginia Tech for their support throughout this project. We acknowledge the efforts of the following community partnerships and grant funded initiatives that have demonstrated a regional commitment to improving community health and provide a strong foundation for the CAPE 1 and 2 initiatives, as well as other efforts to recognize and address regional health challenges.

- New River Valley Livability Initiative Health Dimension (NRV Regional Commission and Robert Wood Johnson Foundation (RWJF) Roadmaps to Healthy Community Grants)
- RWJF Community Coalition Leadership Program

We express our thanks and gratitude to our community partners which includes many champions for improving community health.

- New River Valley Partners for Access to Healthcare (PATH)
- Kevin Byrd, New River Valley Regional Commission
- Cathy Callahan, Via College of Osteopathic Medicine
- Vicky Collins, Radford Department of Social Services
- Molly O’Dell, New River Health District;
- Rosemary Sullivan, New River Valley Community Services

Finally, we acknowledge several state and regional initiatives that have further supported and shared in our work.

- Virginia Handle with C.A.R.E. Initiative Coordinating Access, Responding Effectively to Maternal Substance Use (Virginia Department of Behavioral Health & Developmental Services National Center for Substance Use and Child Welfare)
- Behavioral Health Integrated Centralized Intake (New River Community Action, Virginia Commonwealth University)
- Smart Beginnings of the NRV (VTIPG, Virginia Early Childhood Foundation)
If you would like your community health service and contact information added or changed in the NRV Screening and Referral Toolbox please contact Laura Nelson at lnel1713@vt.edu.
High Risk Screening for Women of Childbearing Age

Addressing Substance Use, Mental Health, Perinatal Depression, Tobacco Use & Intimate Partner Violence

Screening tools are available to assess for mental health, perinatal depression, tobacco use, intimate partner violence and substance use during pregnancy. Screening for these high risk behaviors is considered “Best Practice” (ACOG, SAMHSA) and can take as little as 10 minutes. These links will provide further information about DMAS reimbursement for certain screening tools:


1. The Virginia Behavioral Health Screening Tool for Women of Childbearing Age is one simple tool that combines standardized screening tools for substance use, perinatal depression and intimate partner violence including and is used by the New River Health District:

   - 5Ps (screens for substance use including tobacco)
   - Edinburgh 3 (screens for perinatal depression)
   - A comprehensive question regarding experience with intimate partner violence.

The Virginia Behavioral Health Screening tool for providers was adapted by the Virginia Department of Behavioral Health and Developmental Services (DBHDS), the Virginia Department of Medical Assistance (DMAS) and the Virginia Department of Health (VDH) from a tool created by the Institute of Health and Recovery in Massachusetts and is approved for reimbursement by DMAS for substance use screening and brief intervention services (only the provider tool is reimbursable).

This tool is currently used as a risk screen for all maternity and Family Planning patients seen at health departments in the New River Health District.

Additional VA Department of Behavioral Health and Developmental Services:
Additional SBIRT screening tools, not reimbursable by DMAS


4. CRAFFT: Knight JR, Sherritt L, Shrier LA, Harris SK, Chang G. Validity of the CRAFFT substance abuse screening test among adolescent clinic patients. Arch Pedia

Additional SBIRT resource and training:

<table>
<thead>
<tr>
<th>Resource</th>
<th>Cost</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>SBIRT Training</td>
<td>$50</td>
<td><a href="http://www.sbirttraining.com/SBIRT-Core">http://www.sbirttraining.com/SBIRT-Core</a></td>
</tr>
<tr>
<td>Motivational Interviewing</td>
<td>$20</td>
<td><a href="http://www.sbirttraining.com/miprogram">http://www.sbirttraining.com/miprogram</a></td>
</tr>
<tr>
<td>AMHSA- HRSA Center for Integrated Health solutions</td>
<td>N/A</td>
<td><a href="http://www.integration.samhsa.gov/clinical-practice/sbirt/training-other-resources">http://www.integration.samhsa.gov/clinical-practice/sbirt/training-other-resources</a></td>
</tr>
</tbody>
</table>
# 1. Behavioral Health Risks Screening tool

For pregnant women and women of childbearing age

**Provider Tool**

Women and their children’s health can be affected by emotional problems, alcohol, tobacco, other drug use and violence. Women and their children’s health are also affected when these same problems are present in people who are close to them. Alcohol includes beer, wine, wine coolers, liquor and spirits, Tobacco products include cigarettes, cigars, snuff and chewing tobacco.

<table>
<thead>
<tr>
<th>Have you smoked any cigarettes or used any tobacco products in the past 3 months?</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did any of your parents have a problem with alcohol or other drug use?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Do any of your friends have a problem with alcohol or other drug use?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Does your partner have a problem with alcohol or other drug use?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>In the past, have you had difficulties in your life due to alcohol or other drugs, including prescription medications?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Circle YES if she agrees with any of these statements: In the past month, have you drunk any alcohol or used other drugs? -How many days per month do you think___? -How many drinks on any given day ___? -How often did you have 4 or more drinks per day in the last month ___?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Circle YES if she agrees with any of these statements: In the past 7 days, have you: -Blamed yourself unnecessarily when things went wrong? -Been anxious or worried for no good reason? -Felt scared or panicky for no good reason?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Are you currently or have you ever been in a relationship where you were physically hurt choked, threatened, controlled, or made to feel afraid?</td>
<td>YES</td>
<td>NO</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Brief Intervention</th>
<th>YES</th>
<th>NO</th>
<th>NA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did you <strong>State</strong> your medical concern?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you <strong>Advise</strong> to abstain or reduce use?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you <strong>Check</strong> patient’s reaction?</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Did you <strong>Refer</strong> for further assessment?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you <strong>Provide</strong> written information?</td>
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<td></td>
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</tr>
</tbody>
</table>

Behavio ral Health Risk Screening Tool  
For Pregnant Women and Women for Childbearing Age  
Client tool

Women and their children’s health can be affected by emotional problems, alcohol, tobacco, other drug use and violence. Women and their children’s health are also affected when these same problems are present in people who are close to them. Alcohol includes beer, wine, wine coolers, liquor and spirits. Tobacco products include cigarettes, cigars, snuff and chewing tobacco.

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Have you smoked any cigarettes or used any tobacco products in the past three months?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>2. Did any of your parents have a problem with alcohol or other drug use?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>3. Do any of your friends have a problem with alcohol or other drug use?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>4. Does your partner have a problem with alcohol or other drug use?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>5. In the past, have you had difficulties in your life due to alcohol or other drugs, including prescription medications?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>6. Circle YES if you agree with any of these statements. In the past month, have you drunk any alcohol or used other drugs?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>- How many days per month do you drink? _</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- How many drinks on any given day? _</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- How often did you have 4 or more drinks per day in the last month? _</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Check YES if you agree with any of these statements. In the past 7 days, have you:</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>- Blamed yourself unnecessarily when things went wrong?</td>
<td></td>
<td></td>
</tr>
<tr>
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<td>- Felt scared or panicky for no good reason?</td>
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<tr>
<td>8. Are you currently or have you ever been in a relationship where you were physically hurt, choked, threatened, controlled, or made to feel</td>
<td>YES</td>
<td>NO</td>
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Developed by the Institute for Health and Recovery (IHR), Massachusetts, February, 2007; September 2010; Adapted by Virginia Department of Behavioral Health and Developmental Services, Virginia Department of Medical Assistance Services and Virginia Department
2. Audit-C Questionnaire

Circle the patient’s response to each question, and add the point values given for each answer to determine is a screening is positive. A score of 4 or more for women indicates a positive screen for at risk drinking.

<table>
<thead>
<tr>
<th>Ask the following questions and score accordingly</th>
<th>0 points</th>
<th>1 point</th>
<th>2 points</th>
<th>3 points</th>
<th>4 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. During the last 12 months, about how often did you drink ANY alcoholic beverage?</td>
<td>Never</td>
<td>Monthly or less</td>
<td>2–4 times a month</td>
<td>2–3 times a week</td>
<td>4 or more times a week</td>
</tr>
<tr>
<td>2. Counting all types of alcohol combined, how many drinks did you USUALLY have on days when you drank during the last 12 months?</td>
<td>1–2</td>
<td>3–4</td>
<td>5–6</td>
<td>7–9</td>
<td>10 or more</td>
</tr>
<tr>
<td>3. During the last 12 months, about how often did you drink 4 or more drinks in a single day?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
</tr>
</tbody>
</table>

A score of 4 or more for women is positive for at-risk drinking

For provider use only:

<table>
<thead>
<tr>
<th>Brief Intervention</th>
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</table>
3. TWEAK Screening Tool

**T** Tolerance: How many drinks does it take to make you feel high? No. of drinks
Score 2 points for more than 2 drinks

**W** Have close friends or relatives Worried or complained about your drinking in the past year?
Yes No
Score 2 points for yes

**E** Eye-opener: Do you sometimes take a drink in the morning when you get up?
Yes No
Score 1 point for yes

**A** Amnesia: Has a friend or family member ever told you about things you said or did while you
were drinking that you could not remember?
Yes No
Score 1 point for yes

**K(C)** Do you sometimes feel the need to cut down on your drinking?
Yes No
Score 1 point for yes

**Total Score =**  
2 or more points suggests risky drinking

For provider use only:

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</table>
4. CRAFFT Screening Tool

For young adults and adolescents

An answer of ‘yes’ indicates a positive result.

Have you ever ridden in a Car driven by someone (including yourself) who was high or had been using alcohol or drugs?

Do you ever use alcohol or drugs to Relax, feel better about yourself, or fit in?

Do you ever use alcohol or drugs while you are Alone?

Do you ever Forget things you did while using alcohol or drugs?

Do your Family or Friends ever tell you that you should cut down on your drinking or drug use?

Have you ever gotten in Trouble while you were using alcohol or drugs?

Scoring: 2 or more positive items indicate the need for further assessment.

For provider use only:

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</table>
New River Valley Prenatal Providers

Carilion New River Valley Medical Center - The Birth Place
2900 Lamb Circle Christiansburg VA 24073
540-731-4578
Dr. Kimberly Simcox
Dr. Jill Devlin
Dr. Robert Heineck
Dr. David Roberts
Kris Conrad, CNM
Rebecca White, CNM

Carilion Obstetrics and Gynecology-Affiliated Practitioners
2900 Lamb Circle Christiansburg VA 24073
540-639-2037
Dr. James Weston
Dr. John Colby

Carilion Family Practice
205 Roanoke Street
Christiansburg, VA 24073
540-731-7624
-and-
2900 Lamb Circle Christiansburg VA 24073
540-639-2037
Dr. Julianna Snow
Dr. Leslie Badillo

Montgomery Obstetrics and Gynecology
826 Davis Street
Blacksburg, VA 24060
540-250-9024
Dr. Margarita Abrams
Dr. Carrie Champine
Dr. Laurie Hudgins
Dr. George Zolovick

New River Health District- VA Department of Health
Floyd: 540-745-2142
Giles: 540-235-3135
Montgomery: 540-585-3300
Pulaski: 540-440-2188
Radford City: 540-267-8255
New River Valley Medication Assisted Treatment Providers

Carilion New River Medical Center
Dr. Kimberly Simcox and Dr. Julianna Snow
2900 Lamb Circle
Christiansburg VA 24073
540-731-4578

Dr. Cooke, MD
Psychiatrist
700 University City Blvd, Blacksburg, VA 24060
(540) 961 – 8300

Dr. Laura Wolfe, MD
5060 Valley View Blvd NW
Roanoke, VA 24012
540-278-1051

New River/Galax Comprehensive Treatment Center
140 Larkspur Lane
Suite D
Galax, VA 24333
844-637-9510

Pulaski Medical
1006 E. Main Street
Pulaski, VA 24301
540-980-1125

Quality Medical Care
Dr. Moses Quinones
2955 Market St, Suite B4
Christiansburg, VA 24073
(540) 381 7326

Dr. Stella Bassey
80 college St Suite R
Christiansburg, VA 24073
(540) 382-1024

Other MAT Providers (Do Not Typically Treat During Pregnancy)

Roanoke Comprehensive Treatment Center
3208 Herschberger Road
Roanoke, Virginia 24017
844-758-7646

TASL (Treating Addiction Saves Lives) Clinic
2609 Sheffield Dr, # 100
Blacksburg, VA 24060
540-443-0114
Recovery, Counseling and Support Services and Programs

New River Valley Community Services - Special Deliveries
http://www.nrvcs.org/specialdeliveries/
For emergencies, call Access Services at 540-961-8400
Non-emergency/business calls: 540-961-8300
Fax: 540-961-8465 (Montgomery Center)

New River Health Departments
Referrals may be made to the Resource Mothers and Baby Care Programs by calling the local health department at:

Giles - (540) 235-3135
Floyd - (540) 745-2142
Montgomery - (540) 585-3300
Pulaski - (540) 440-2188
Radford - (540) 267-8255

Women’s Resource Center
P.O. Box 477, Radford, VA 24143
Office: (540) 639-9592
Hotline: (540) 639-1123
TTY: (540) 639-2197
Toll Free: (800) 788-1123 (regional access)
Fax: (540) 633-2382
E-mail: adminservices@wrcnrnv.org
Website: www.wrcnrnv.org

Pulaski Medical
1006 E. Main Street
Pulaski, VA 24301
540-980-1125

New River/Galax Comprehensive Treatment Center
140 Larkspur Lane
Suite D
Galax, VA 24333
844-637-9510

Roanoke Comprehensive Treatment Center
3208 Herschberger Road
Roanoke, Virginia 24017
844-758-7646
New River Valley Departments of Social Services

Montgomery County Health and Human Services
210 S. Pepper St., Ste. B
Christiansburg, VA 24073
Phone: (540) 382-6990

Floyd County Social Services
120 West Oxford Street, Building A-2
Floyd, Virginia 24091
Phone: (540) 745-9316

Giles County Department of Social Services
211 Main Street, Suite 109
Narrows, VA 24124
Phone (540) 726-8315

Pulaski County Department of Social Services
53 Commerce St.
Pulaski, VA 24301-0110
Phone (540) 980-7995

Radford City Department of Social Services
928 West Roanoke Street
Radford, VA 24141
Phone: 540-731-3663
Information for Mom- Using substances during pregnancy

When a pregnant woman uses tobacco, drinks alcohol or uses drugs during pregnancy, so does her baby. These substances can pass through the placenta and to the baby through the umbilical cord. When a baby is exposed to a substance, a number of things could happen. Below is a list of problems more likely to happen to babies exposed to alcohol, tobacco, and drugs:

**Neonatal abstinences syndrome (NAS):** a group of conditions experienced by a newborn who withdraws from a drug or drugs used by the birth mother during pregnancy. What type and how serious an infant’s withdrawal symptoms depend on the drug(s) used, how long and how often the mother used while pregnant, and whether the infant was born full term or premature.

**Premature birth:** a baby is born more than three weeks before the baby is due. Premature babies often have medical problems.

**Low birth weight:** a baby is born weighing less than 5 pounds, 8 ounces. Some low birth weight babies are healthy, even though they are small. But being low birthweight can cause serious health problems for some babies.

**Fetal alcohol spectrum disorder:** health problems that can happen to babies when their mother drinks alcohol during pregnancy. The most serious of these is fetal alcohol syndrome. Fetal alcohol syndrome can seriously harm your baby’s brain and body.

**Miscarriage:** when a baby dies in the womb before 20 weeks of pregnancy. Stillbirth is when a baby dies in the womb after 20 weeks of pregnancy.

**Development and behavior problems:** may show up for several years after a baby is exposed to substances during pregnancy. These problems make it harder for the child to learn, communicate, take care of themselves, and can include attention deficit hyperactivity disorder (ADHD).
Effects of Particular Substances

**Tobacco**

Pregnant smokers have a higher chance of miscarriage and stillbirth. Babies of smoking mothers have a higher chance of being born early and too small. Low-birth-weight babies (less than 5 ½ pounds) can suffer serious health problems throughout their lives. Quitting tobacco products will help you feel better and provide a healthier environment for your baby.

**Alcohol**

There is no amount of alcohol that is proven to be safe during pregnancy. Alcohol includes wine, wine coolers, beer and liquor. The best way to ensure a healthy baby is to stay away from alcohol altogether. Drinking alcohol during pregnancy can cause birth defects, miscarriage, premature birth, stillbirth, development and behavior problems, low birth weight, and fetal alcohol spectrum disorders.

**Marijuana**

No amount of marijuana has been proven safe to use during pregnancy. Using marijuana over a long time may raise the risk of premature birth. Some children born to women who used marijuana during their pregnancies are more likely to have certain development and behavior problems. More research is needed, however, to know if these effects come from marijuana use or related her factors, like a poor home environment or the mother's use of other drugs.

**Cocaine and Methamphetamine**

Cocaine use during pregnancy makes premature birth, low birthweight, miscarriage and placental abruption more likely to happen. Using of meth during pregnancy also increases the risk of premature birth and placental abruption. After delivery, babies who were exposed to these drugs before birth may undergo withdrawal-like symptoms, including jitteriness, drowsiness and breathing problems.

**Heroin and Opiates**

Using heroin during pregnancy can be dangerous, even deadly. It may cause serious problems including: birth defects, placental abruption, premature birth, low birthweight and stillbirth. If you’re pregnant and using heroin or other opiates, don’t stop taking it without getting treatment from your health care provider first. Quitting suddenly can cause severe problems for your baby, including death. Your health care provider or a drug-treatment center can treat you with drugs like methadone or buprenorphine. These drugs can help you gradually reduce your dependence on heroin in a way that’s safe for your baby.
Drinking and Reproductive Health

STANDARD-SIZED DRINK EQUIVALENTS
APPROXIMATE NUMBER OF STANDARD-SIZED DRINKS IN:

**BEER or COOLER**

<table>
<thead>
<tr>
<th>Size</th>
<th>Alcohol Content</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz.</td>
<td>~5% alcohol</td>
<td>1</td>
</tr>
<tr>
<td>16 oz.</td>
<td></td>
<td>1.3</td>
</tr>
<tr>
<td>22 oz.</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>40 oz.</td>
<td></td>
<td>3.3</td>
</tr>
</tbody>
</table>

**TABLE WINE**

- 5 oz.
- ~12% alcohol
- a 750 mL (25 oz) bottle = 5

**MALT LIQUOR**

<table>
<thead>
<tr>
<th>Size</th>
<th>Alcohol Content</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>8–9 oz.</td>
<td>~7% alcohol</td>
<td>1.5</td>
</tr>
<tr>
<td>12 oz.</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>16 oz.</td>
<td></td>
<td>2.5</td>
</tr>
<tr>
<td>40 oz.</td>
<td></td>
<td>4.5</td>
</tr>
</tbody>
</table>

**SPOOF-proof SPIRITS (hard liquor)**

<table>
<thead>
<tr>
<th>Size</th>
<th>Alcohol Content</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5 oz.</td>
<td>~40% alcohol</td>
<td>1 or more*</td>
</tr>
<tr>
<td>1 oz.</td>
<td>a mixed drink</td>
<td>11</td>
</tr>
<tr>
<td>2 oz.</td>
<td>a fifth (25 oz.)</td>
<td>17</td>
</tr>
<tr>
<td>3.75 oz.</td>
<td></td>
<td>39</td>
</tr>
</tbody>
</table>

Risky Drinking: More than 7 standard-sized drinks per week or more than 3 per occasion, and drinking when pregnant or trying to become pregnant.

*Note: Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.

For urgent assistance with a drinking problem, contact the Substance Abuse & Mental Health Services Administration at 1-800-273-8255.


Produced by the American College of Gynecologists and Obstetricians (ACOG)
Prenatal Substance Abuse in the New River Valley

NAS as Indicator of Prenatal Substance Abuse

Prenatal substance use and abuse is a major health concern in the New River Valley (NRV). As a primary indicator, Neonatal Abstinence Syndrome (NAS)\(^1\) cases grew from 7 births to 24.3 births per 1,000 in the NRV from 2004-2014. NAS is still occurring at a higher incidence than anywhere else in Virginia.

Source: Virginia Department of Health

\(^1\) NAS is being used as an indicator to capture rates of prenatal substance abuse, although it is recognized that not all substance abuse during pregnancy will lead to NAS.
Increased Hospitalization Rates and Cost

From 2009 – 2013, in Southwest Virginia the length of stay related to NAS incidence increased by 175% and the cost increased by 275%.

Source: Virginia Department of Health
Rate of substance use in women of child bearing age in the NRV
Substances include tobacco, alcohol, and illicit drugs
(Source: NRVCS, June 2015 Service Data)

Number of case of substance use in women of child bearing age in the NRV
Substances include tobacco, alcohol, and illicit drugs
(Source: NRVCS, June 2015 Service Data)