

Prenatal Substance Exposure and Development

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Objectives

1. Define prenatal substance exposure (PSE) and FASD
2. Understand developmental outcomes associated with PSE
3. Understand stigma associated with PSE
4. Learn about available treatments for children with PSE

What is Prenatal Substance Exposure?

Any exposure to any substance that could impact fetal development at any point in gestation

'More than minimal'

Generally, PSE refers to substances of use/abuse

What is FASD?

FASD: Fetal Alcohol Spectrum Disorders

An umbrella term for diagnoses describing the effects of prenatal alcohol exposure (PAE)



Prevalence estimated to be 2-5%

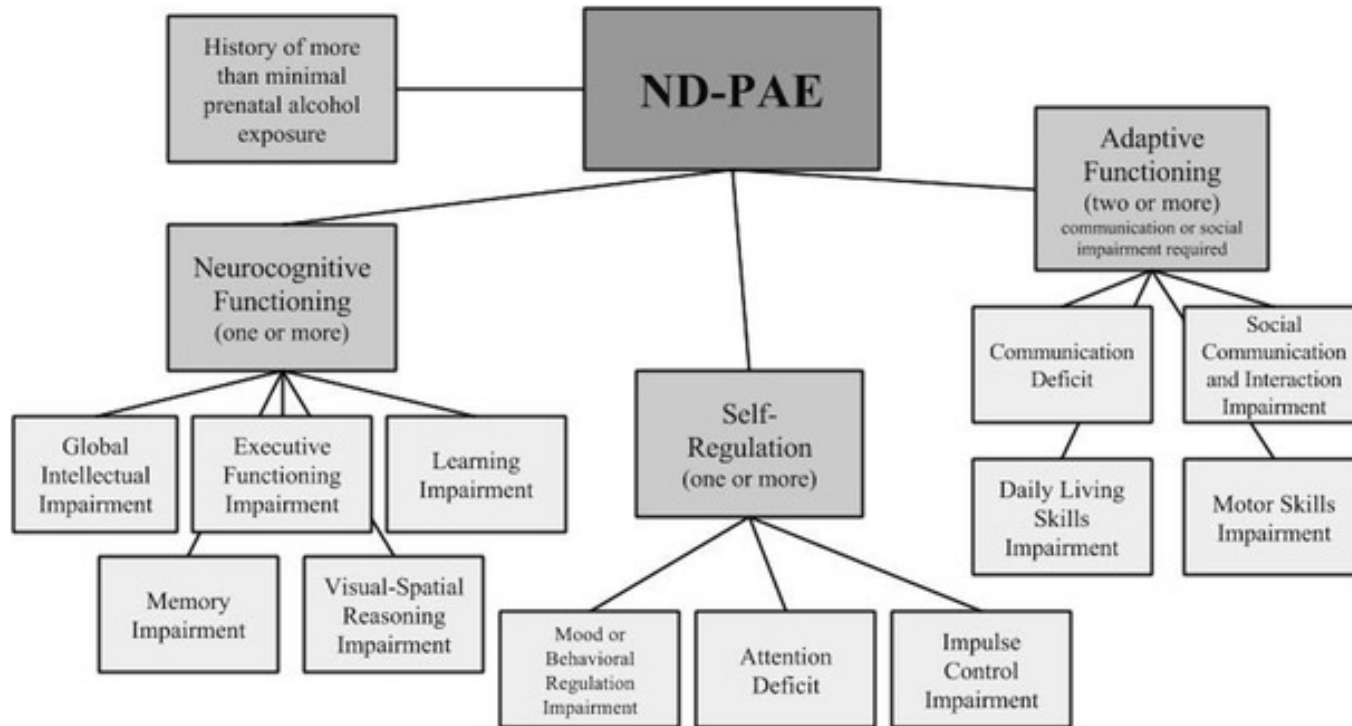
ASD
0.5 -2%

ADHD
7-9%

LD
7-9%

Most children (80%) with PAE and FASDs
do not have physical features

Diagnosis of FASD



			3	4	4	4		
significant	significant	definite	4	X	X	X	4	high risk
moderate	moderate	probable	3	X			3	some risk
mild	mild	possible	2				2	unknown
none	none	unlikely	1				1	no risk
Growth Deficiency	FAS Facial Features	CNS Damage	Growth	Face	CNS	Alcohol	Prenatal Alcohol	

Developmental Outcomes

	Alcohol	Marijuana	Nicotine	Opioids	Stimulants
Attention	X	X	X	X	X
Anxiety		X	X	X	
Aggression/ Rule breaking	X	X	X	X	X
Adaptive Function	X				
Communication/Language	X				
Depression	X	X			
Executive Function	X	X			
IQ (lower)	X		X		X
Impulsivity/ Hyperactivity	X	X	X	X	X
Learning	X	X	X		
Memory	X	X			
Motor	X			X	
Social Skills	X				

Prevalence

	Pregnant individuals	Non-pregnant individuals
Illicit drug use	4.4	10.9
Opioids	1.4	3.7
Cocaine	0.2-1.1	0.5-1.4
Methamphetamine	Unknown	0.7
Prescription Stimulant (abuse)	Unknown	1-5.2
Marijuana	4.2	9.8
Alcohol use	10.8	54.7
Binge Drinking	3.7	24.6
Cigarette use	16.3	26.7

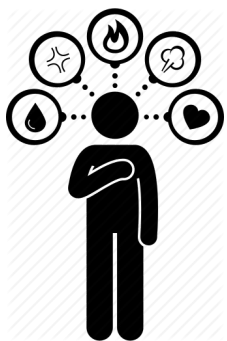
What comes up for you?



Substance use

Addiction

Substance use during pregnancy



Person using substances during pregnancy

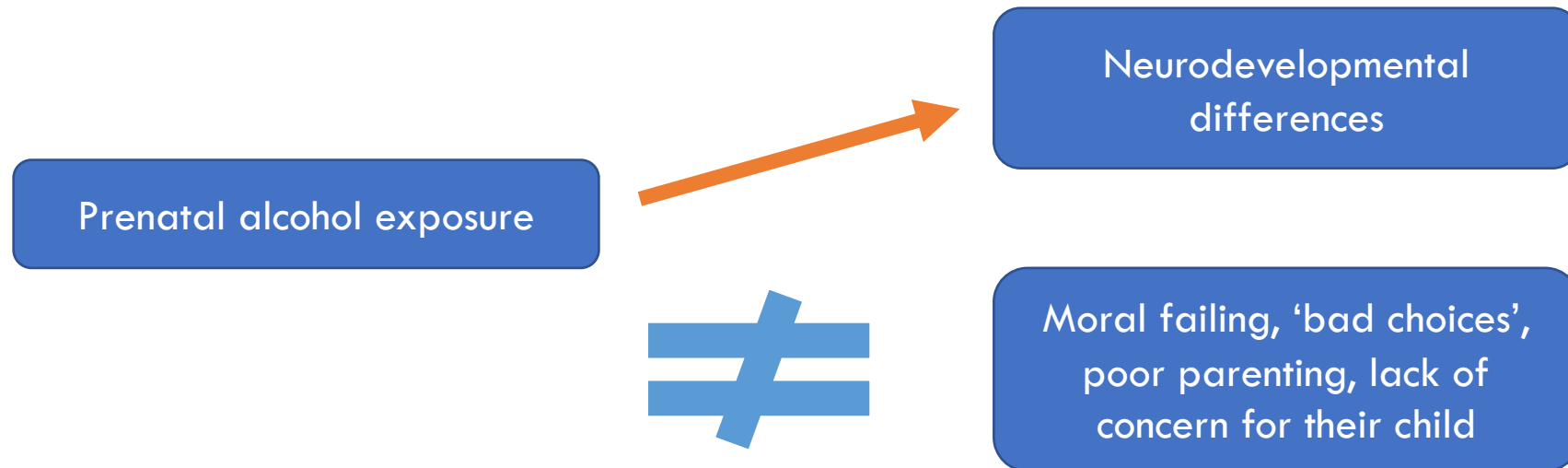
Asking a person about substance exposures during pregnancy

Stigma

Biases towards substance use are based on historical racism and politically motivated stigmatization. They do not reflect parent's skill or care towards their child.

Stigma impacts *if* we ask and *who* we ask

I think the educated young women now don't drink during pregnancy. I might be wrong, because I'm aware that there's a whole sort of middleclass of educated women who drink quite heavily too. So I'm not sure about the effects of that. I guess the people I see tend to be at the lower end of the social economic strata ... (Speech Language Therapist)



Why PSE Occurs

❖ Misinformation or misconceptions

- ❖ 30% of women and 50% of men believe daily alcohol consumption is safe during pregnancy

❖ Substance use is a community norm

- ❖ PAE 34 times more likely with risky paternal drinking

❖ Not aware of pregnancy

- ❖ 50% of pregnancies are unplanned

❖ Presence of a substance use disorder

McBride & Johnson, 2016; Logan, Walker, Nagle, Lewis, and Wiesenhahn, 2003; Howlett et al., 2017; Chiodo et al., 2019; Elek et al 2013

Reducing Stigma

- ❖ **Language matters!**

“pregnancy was complicated by prenatal substance exposure”

- ❖ Provide therapeutic **psychoeducation** about PSE

- ❖ Connect families to **resources**

comprehensive evaluation, developmental and mental health treatment, school and community supports

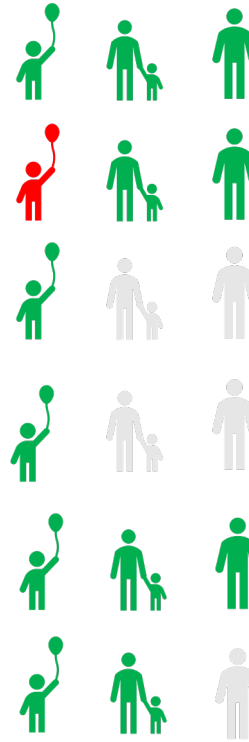
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How to support children with PSE

- Strength-based approach
- Reframing behaviors in the context of developmental differences
 - *What developmental differences are making this task hard for him/her?*
- Accommodations
 - *Children with PSE need an average of 3-5 accommodations to improve challenging behaviors*
- Developmental monitoring
 - *Needs will change, advocate for re-evaluations at transition to middle and high school*

Treatments

- Parents Under Pressure
- Focus on Families
- Behavioral Couples Therapy
- Parenting Skills + Behavioral Couples Therapy
- [Parent Child Assistance Program](#)
- [Families Moving Forward Program](#)



Families
Moving Forward
Program



PARENT-CHILD ASSISTANCE PROGRAM

Resources for Families

- **SAC County Healthy Beginnings** <https://sachealthybeginnings.com/>
- **WA State Plan of Safe Care** <https://www.dcyf.wa.gov/safety/plan-safe-care>
- **FASD United** is the national organization for FASD:
<https://fasdunited.org/>
- **FASD Focus NW** provides education about FASD, caregiver support, and local resources in the Pacific Northwest. See their website at
<https://fasdfocusnw.org/>
- **The Adult Leadership Committee of FASD Changemakers**
<https://www.fasd-can.org.nz/changemakers>
- **The Circle of Hope Birth Mothers Network**
<https://fasdunited.org/circle-of-hope/>
- **Proof Alliance** <https://www.proofalliance.org/>

Available resources

Access recorded brief recorded presentations at this site:
<https://wainclude.org/echo/echo-idd-wraparound/presentations/>

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Questions

THANK YOU!

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