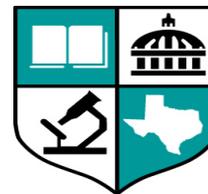


Texas CHOICES Project

2010 Building FASD State Systems Conference
May 06, 2010

Texas Office for Prevention
of Developmental Disabilities

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Texas CHOICES Project

- Provide a brief description of the Texas Office for Prevention of Developmental Disabilities
- Overview of CHOICES
- Texas demographic and cultural information
- Integrating CHOICES into the State system: successes, challenges/barriers, and the to-do list

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Texas Office for Prevention Of Developmental Disabilities

- TOPDD was formed in 1989 by the State Legislature to coordinate activities among the many state and private agencies that work to prevent developmental disabilities
- TOPDD's mission is to minimize the economic and human losses caused by preventable disabilities.
- Agency focuses on prevention of fetal alcohol spectrum disorders (FASD), and brain and spinal cord injury.

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Unique Structure

- TOPDD obtains administrative support from the Health and Human Services Commission and is governed by an Executive Committee, whose members are appointed by the Governor, Lieutenant Governor, and Speaker of the House.
- The public/private structure allows TOPDD to straddle across public and private agencies while raising it's own funds to fulfill it's mission.
- Two task forces
 - Child Safety and Injury Prevention
 - FASD Prevention Task Force (CHOICES Task Force)

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CHOICES: A Program for Women About Choosing Healthy Behaviors

- Goal: To lower rates of alcohol exposed pregnancies by encouraging behavior change in women who are able to become pregnant who are sexually active, using alcohol, and not using effective contraception.
- History: Developed through the Centers for Disease Control and Prevention (CDC), designed for delivery in health care, alcohol treatment, and correctional health settings.

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CHOICES: A Program for Women About Choosing Healthy Behaviors

- Method: Motivational Interviewing counseling sessions are utilized to intrinsically motivate clients.
- Components: A completed intervention consists of 4 MI sessions, a contraceptive visit, and an end of program assessment. 6 & 12 month follow-up assessments are administered to women who complete the intervention.

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Texas: Just a bunch'a cowboys and tumbleweeds, right?

- Population: 24,782,302 (July 2009; US Census Bureau)
- Distance! In terms of area, Texas is as big as NH, ME, MA, VT, CT, RI, NY, PA, NC, and OH combined.
- Texas is home to 3 of the top ten largest cities in the nation.
- Texas ranked 4th in the nation for rate of teenage pregnancy, birth, and abortion.
- 3,800 live births in Texas each year; 1 out of every 100 children affected by FASD.
- Religious cultural norms: contraceptive services are an especially controversial topic.

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Texas CHOICES sites

- Aliviane, Inc.: El Paso
- Alpha Home, Inc.: San Antonio
- Nexus Recovery, Inc: Dallas
- Volunteers of America: Houston
- Managed Care: Lubbock
- Serenity Foundation: Abilene
- Santa Maria Hostel: Houston



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Results to date: April 01, 2010

# of women screened	803
# of women screened eligible	368
# of women entered program	337
# of women completed EOP Assessment	194
# of women reporting abstinence at EOP	169
# of women completed 6 month follow-up	24
# of women reporting abstinence at 6 Mo.	24
# of women completed 12 month follow-up	2
# of women reporting abstinence at 12 Mo.	2

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Process Findings & Lessons Learned

- DSHS' funded agencies have “priority populations” for residential treatment programs
- Rural vs. Urban communities and drug use
- Incidence of tubal ligations or surgical procedures undergone to prevent pregnancy is rampant in this population
- Distance between TOPDD and sites makes data entry and collection difficult for both parties

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Integrating CHOICES into the State System:

Successes

- TOPDD's working relationship with the Department of State Health Services
- FASD awareness has been raised in the treatment community
- Family Planning visit a large incentive for women to participate in the intervention
- Strong Task Force and Executive Committee with influence in the legislative system

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Integrating CHOICES into the State System:

Challenges & Barriers

- The physical distance between TOPDD and CHOICES sites
- Finding the population “most eligible” for the CHOICES model
- Cutting through the bureaucratic tape
 - Forming relationships across systems

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Integrating CHOICES into the State System:

Challenges & Barriers Continued

- Receiving timely and appropriate family planning services for high-risk populations
- Sustainability
 - creating buy-in
 - continuous training and funding needed to keep the program alive
 - data collection issues using multiple databases

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Integrating CHOICES into the State System:

The To-Do List

- Seek new populations of women (outpatient treatment, health clinics, etc.)
- Treatment providers need to be coached on:
 - How to access women's health care- who to know, what to do
 - How CHOICES already fits guidelines for state-funded agencies
- Task Force needs to play an advisory and action role rather than an observer

Texas CHOICES Project

References:

www.topdd.state.tx.us

United States Census Bureau

Incidence of Fetal Alcohol Syndrome and Prevalence of Alcohol Related Neurodevelopmental Disorder, Paul D. Sampson, et. al. *Teratology* 56:317-326 (1997)

US Teenage Pregnancies, Births, and Abortions: National and State Trends and Trends by Ethnicity. Guttmacher Institute, Jan. 2010.