



Arizona Health Start Program Fetal Alcohol Spectrum Disorders Prevention Project

Integrating Evidenced Based
Practice for Preventing Alcohol
Use During Pregnancy

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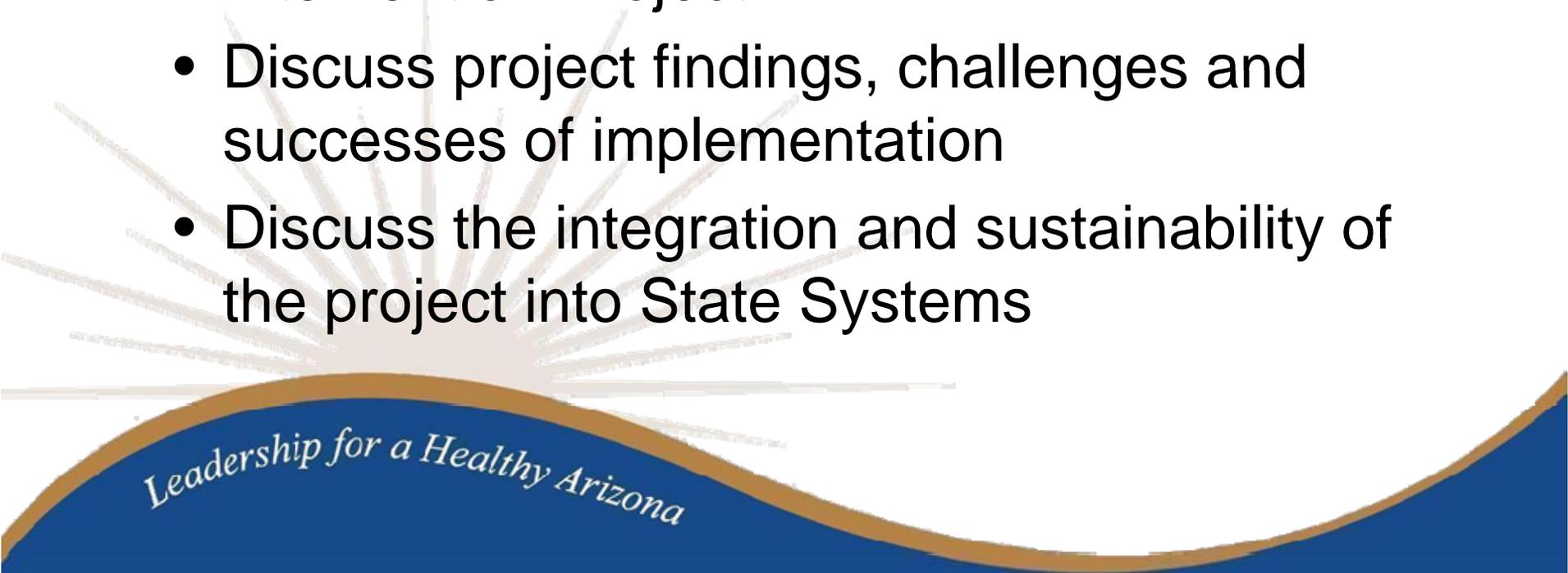
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FASD Prevention Project

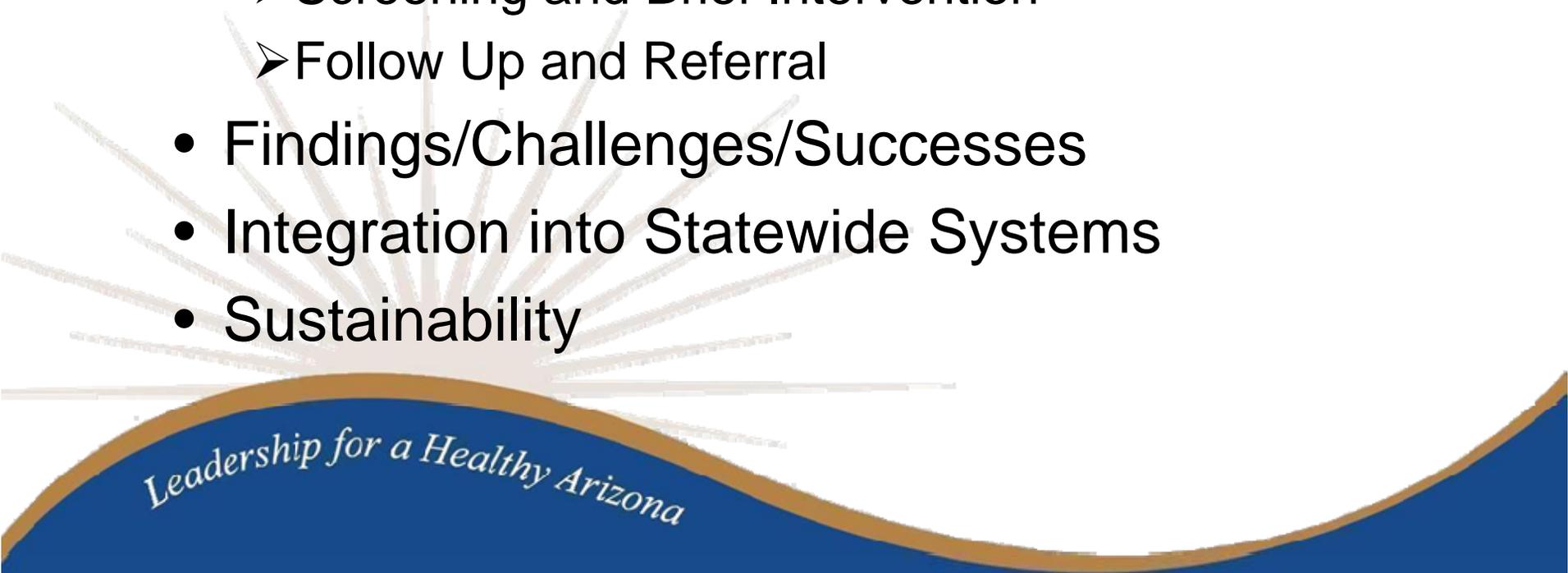
- Objectives
 - Overview of Arizona Health Start Program
 - Describe Arizona FASD Screening and Brief Intervention Project
 - Discuss project findings, challenges and successes of implementation
 - Discuss the integration and sustainability of the project into State Systems

The logo features a stylized sun with rays rising over a blue horizon line. The text "Leadership for a Healthy Arizona" is written in a white, italicized font across the blue area.

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FASD Prevention Project

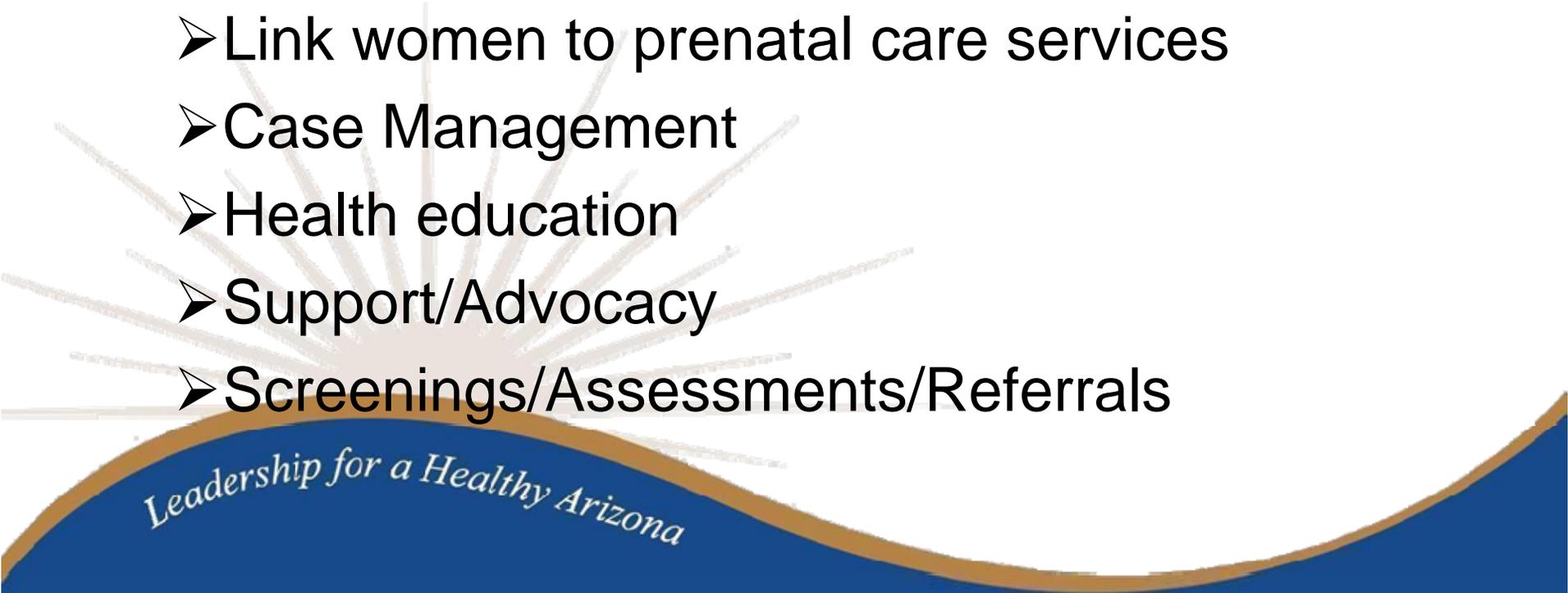
- Outline
 - Overview of Arizona Health Start Program
 - Overview of Process
 - Screening and Brief Intervention
 - Follow Up and Referral
 - Findings/Challenges/Successes
 - Integration into Statewide Systems
 - Sustainability



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Arizona Health Start Program

- Established in 1992/State Lottery Funded
- Statewide home visiting program for at risk pregnant and postpartum women
 - Link women to prenatal care services
 - Case Management
 - Health education
 - Support/Advocacy
 - Screenings/Assessments/Referrals



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Arizona Health Start Program

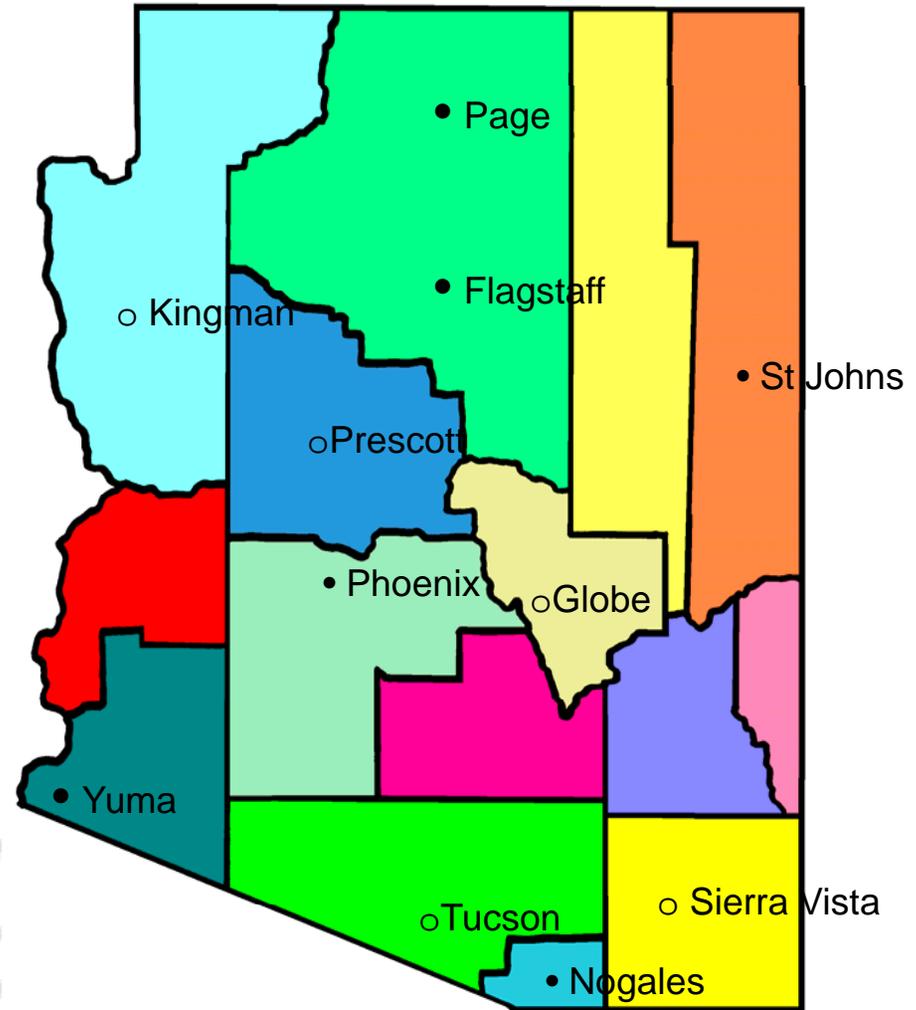
- 2,320 Clients – 80% Prenatal
- 12,000 visits per year
- 70% Hispanic/18% White/11% Native/1% other
- 14 Sites in 10 Counties
 - 8 Sites participating in FASD Prevention Project/5 counties
 - Sites have unique target populations



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Arizona Health Start FASD Project Site Locations

- Coconino County HD
- North Country CHC
- Native Health CHC
- Apache County HD
- Tempe Community Action Agency
- Centro De Amistad
- Yuma County HD
- Mariposa CHC



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FASD Prevention Project

Goals

1. Reduce the prevalence of alcohol use, abuse and dependency among pregnant women in Health Start
2. Increase the number of positive birth outcomes for children of women in Arizona
3. Develop an infrastructure to support the implementation of *Screening & Brief Intervention* in all Health Start sites

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FASD Prevention Project Need

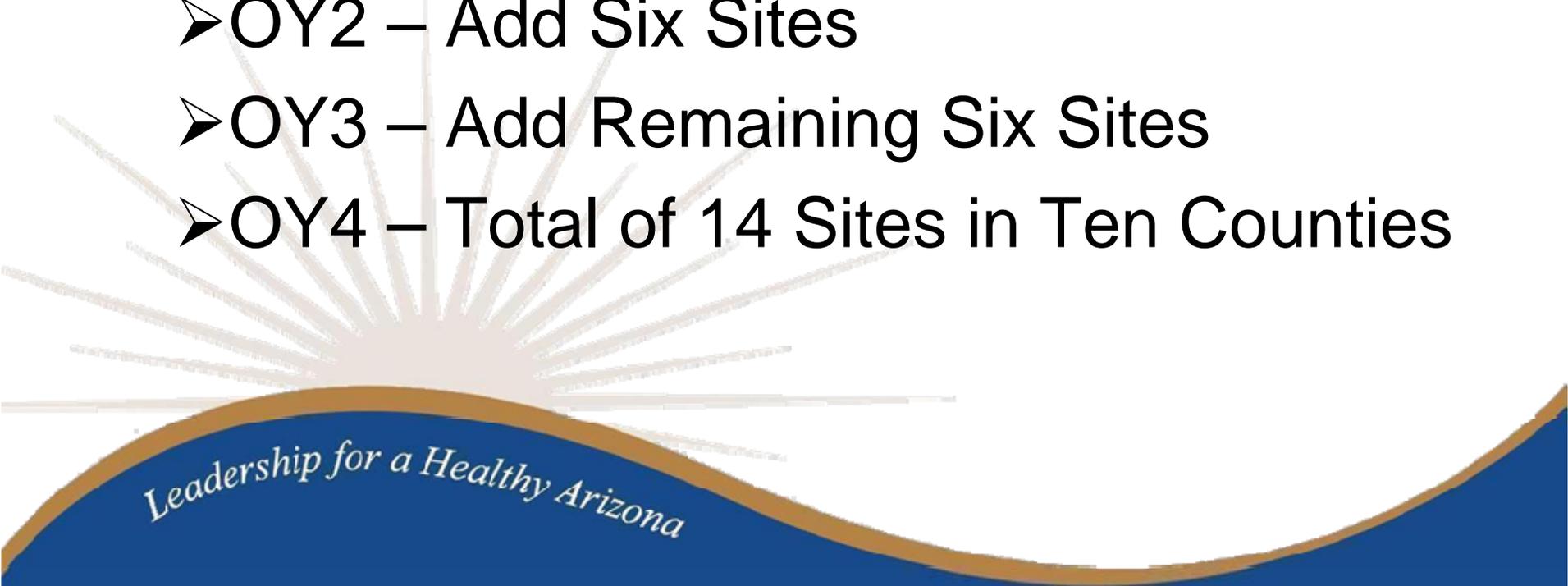
- Half of all Pregnancies are Unplanned
- 53.1% of Women Report Alcohol Use
- 22% of Pregnant Women in 1st Trimester Report Alcohol Use
- 92,244 Babies Born in Arizona 2009 –
2007 – 25 Cases of FAS dx
2008 – 30 Cases of FAS dx



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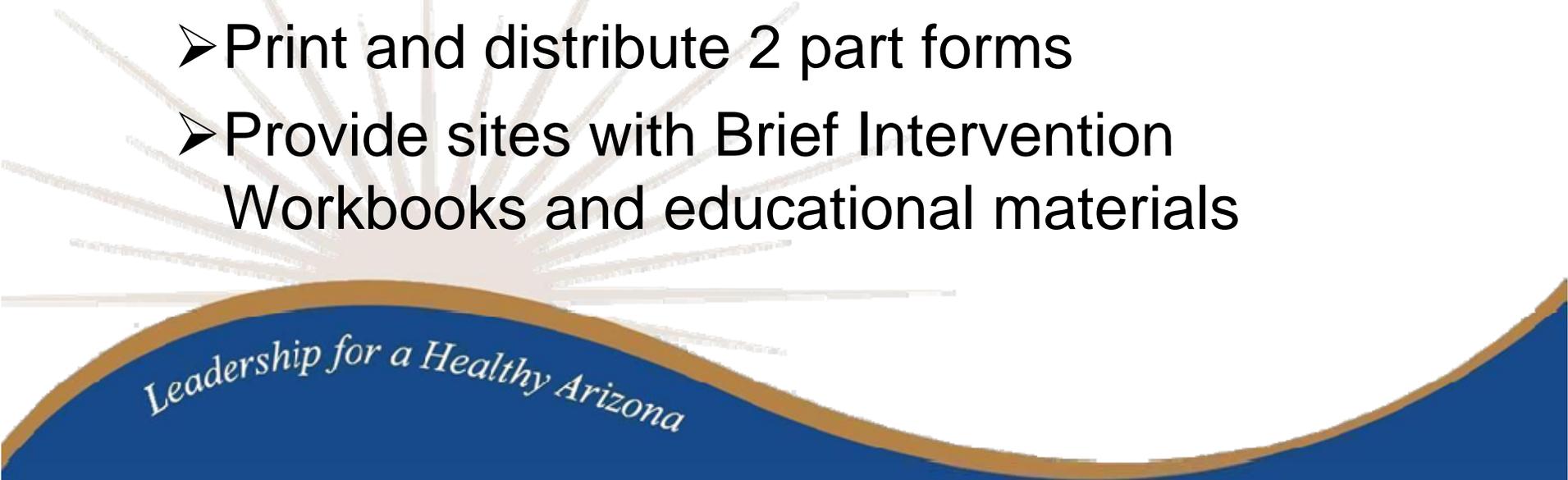
- Implementation
 - OY1 – Two Pilot Sites – Native Health/North Country Healthcare
 - OY2 – Add Six Sites
 - OY3 – Add Remaining Six Sites
 - OY4 – Total of 14 Sites in Ten Counties



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FASD Prevention Project

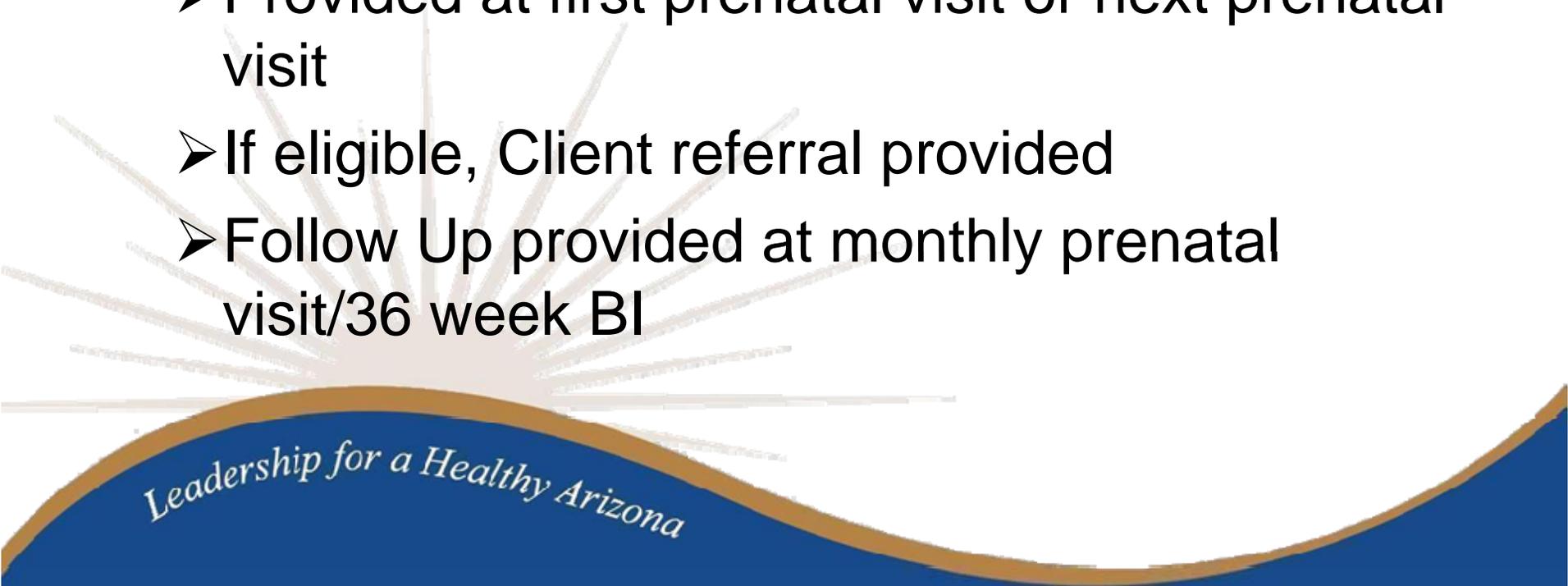
- Screening Process
 - Screen all pregnant women at first or next prenatal visit
 - Utilize First Visit Screening Questions with TWEAK – Form C
 - Print and distribute 2 part forms
 - Provide sites with Brief Intervention Workbooks and educational materials



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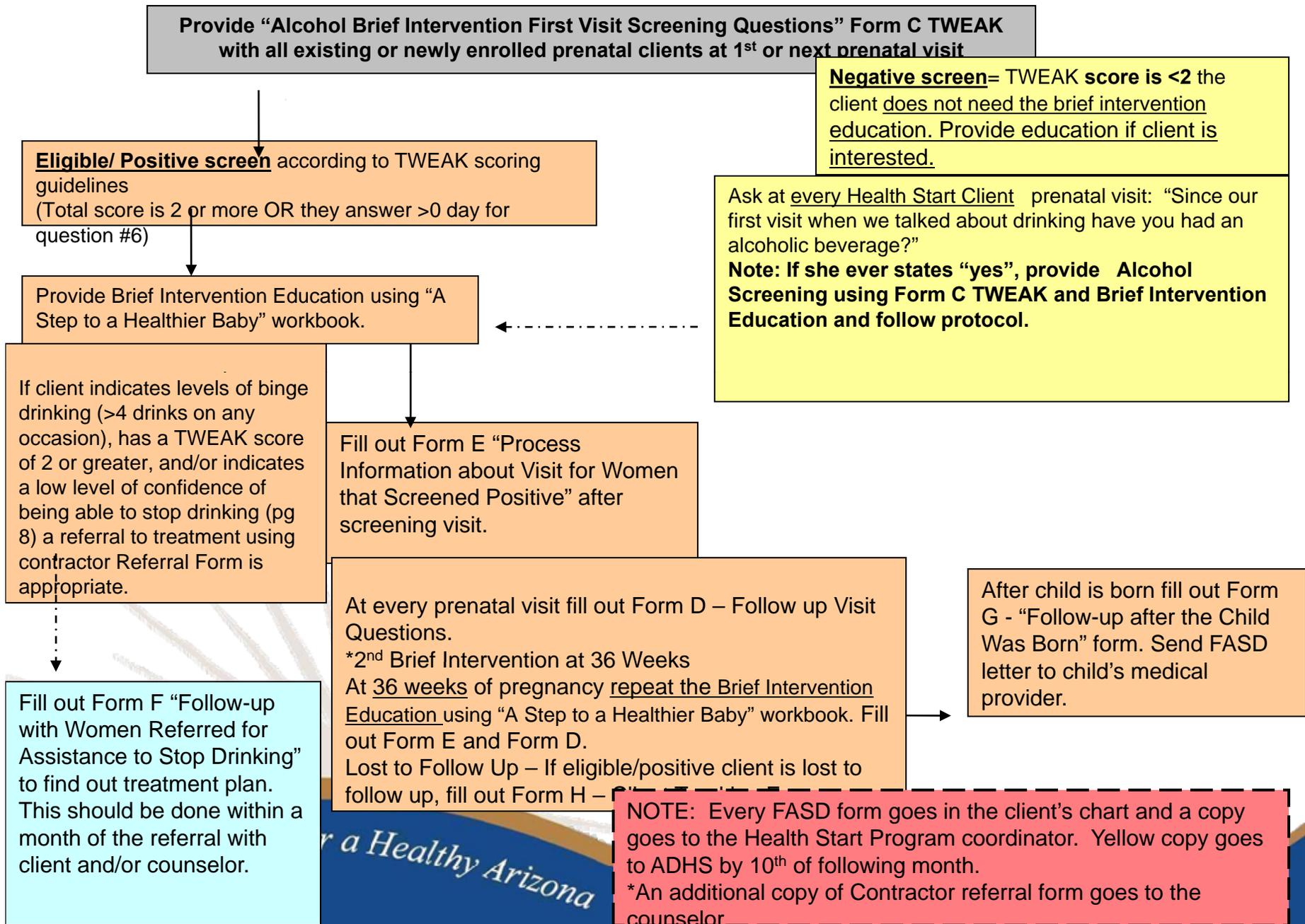
FASD Prevention Project

- Brief Intervention
 - Eligibility -Scoring 2 or more on Screening Tool or drinking in last 30 days
 - Provided at first prenatal visit or next prenatal visit
 - If eligible, Client referral provided
 - Follow Up provided at monthly prenatal visit/36 week BI



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Health Start FASD Project Flow Chart (rev: 1/28/2010)



Project Implementation

- Health Start Site Selection
- Changes to intake forms and visit forms
- Revision of Health Start Policy and Procedures Manual
- Two Part FASD Forms created
- Behavioral health providers identified
- Training, training, training
- Establishment of FASD Subcommittee

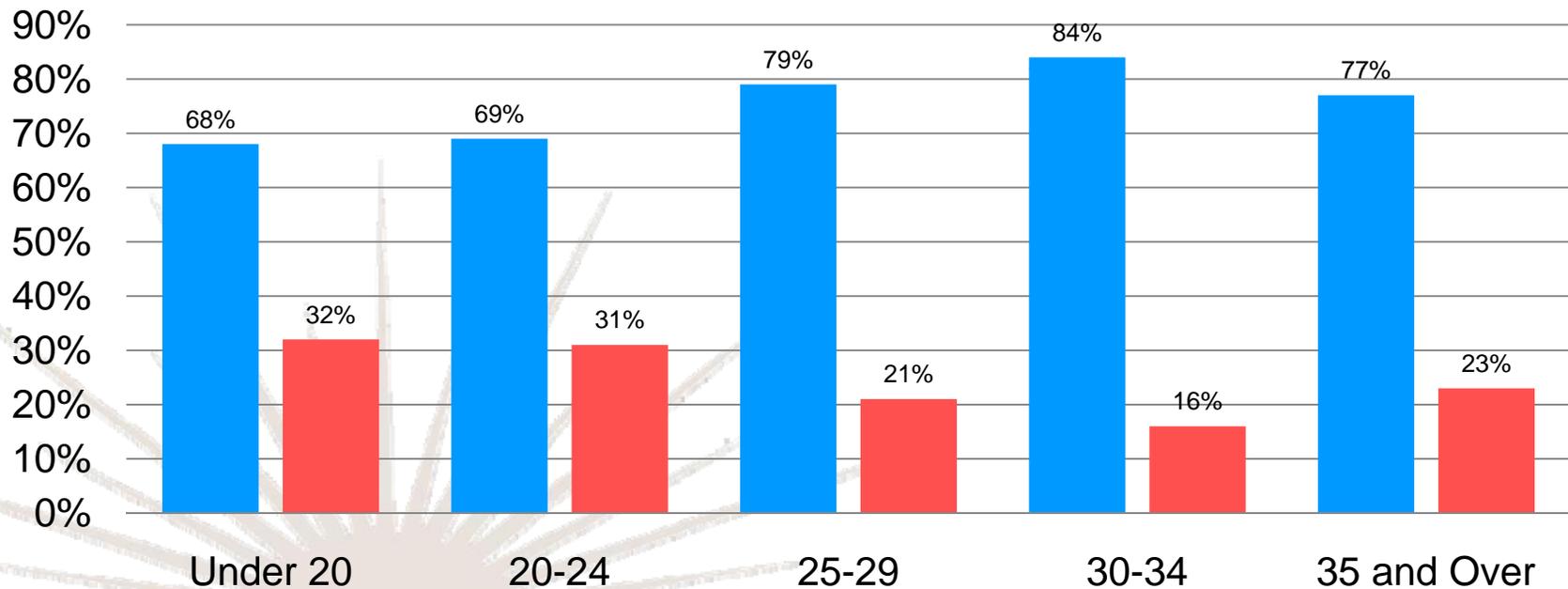
Findings/Results

- 758 women screened 8/2008 – 3/2010
 - Health Start and non-Health Start Clients
- 207 women scored eligible
- 99 brief interventions provided
- 21 women completing follow-up
- 0 referrals to treatment providers/10 clients screened already in treatment
- 12 records sent to Pediatrician

Findings/Results

Distribution of TWEAK Scores by Marital Status

$\chi^2=13.39$



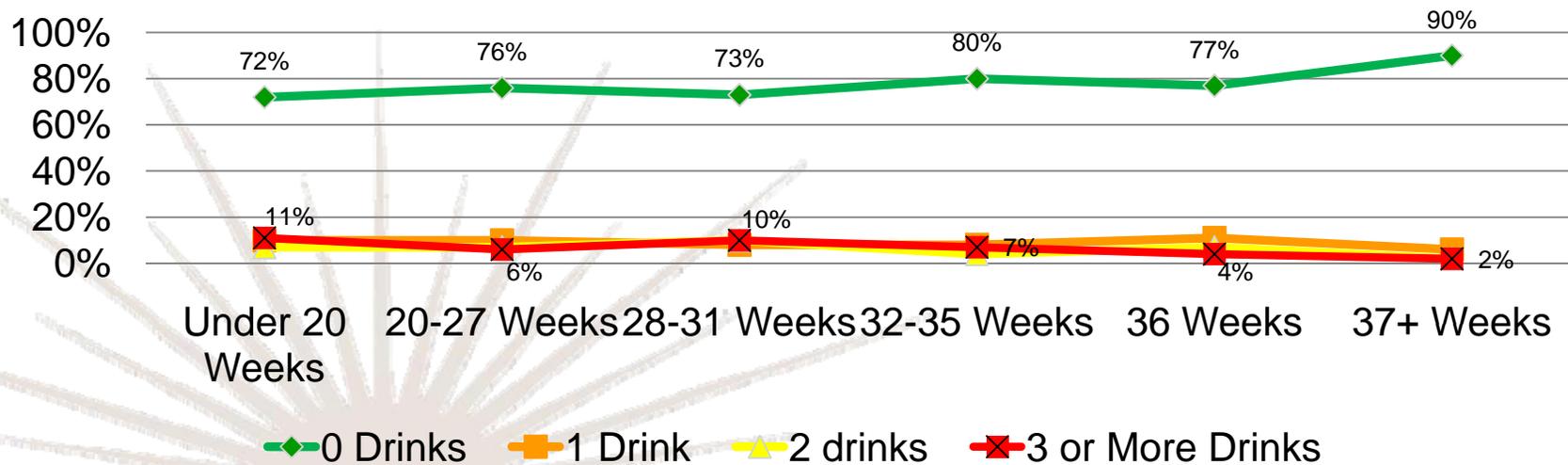
■ Tweak < 2 ■ Tweak >= 2

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Findings/Results

During the Time You Were Pregnant but Didn't Know You Were Pregnant, How many Alcohol Drinks Did you Usually Have at One Time?



Findings/Results

- TWEAK scores are negatively correlated with age within our population
- Marital status was also associated with low TWEAK scores
- Native American women had the highest average TWEAK scores
- 42% of women screened were Native American, 35% were Hispanic/White

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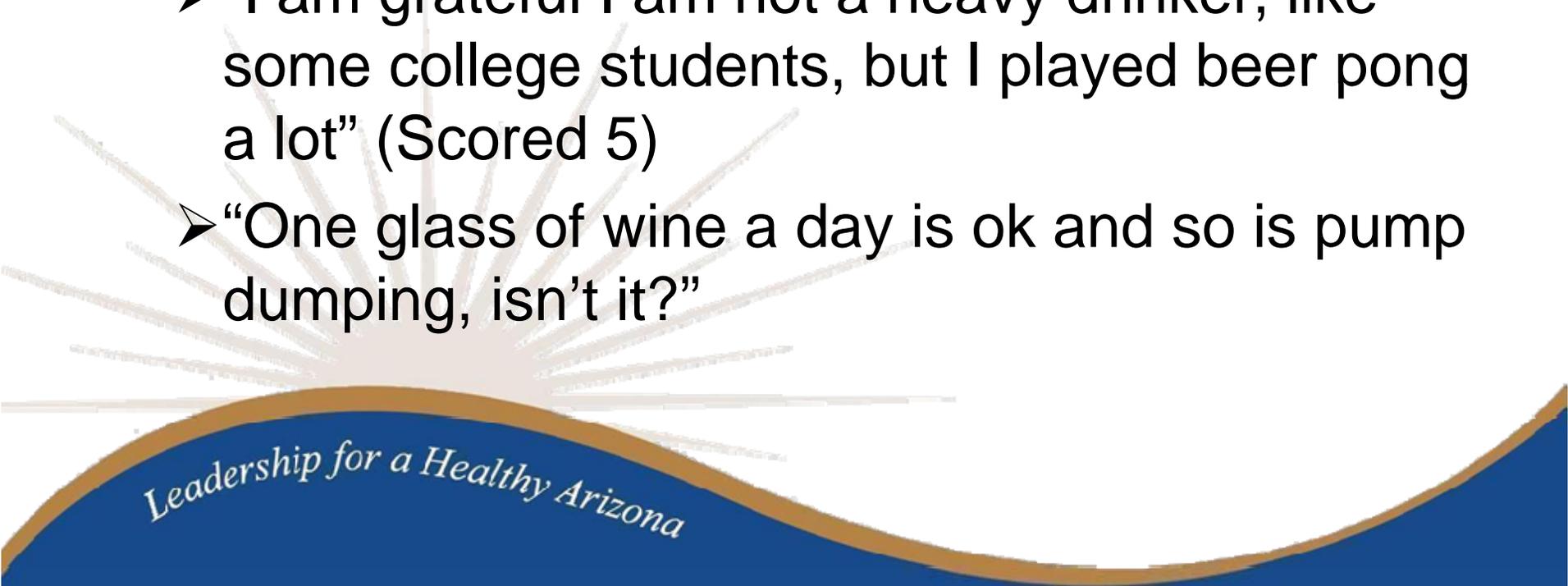
Findings/Results

- Client and Family Reactions

- “I don’t drink anymore since I became pregnant”

- “I am grateful I am not a heavy drinker, like some college students, but I played beer pong a lot” (Scored 5)

- “One glass of wine a day is ok and so is pump dumping, isn’t it?”



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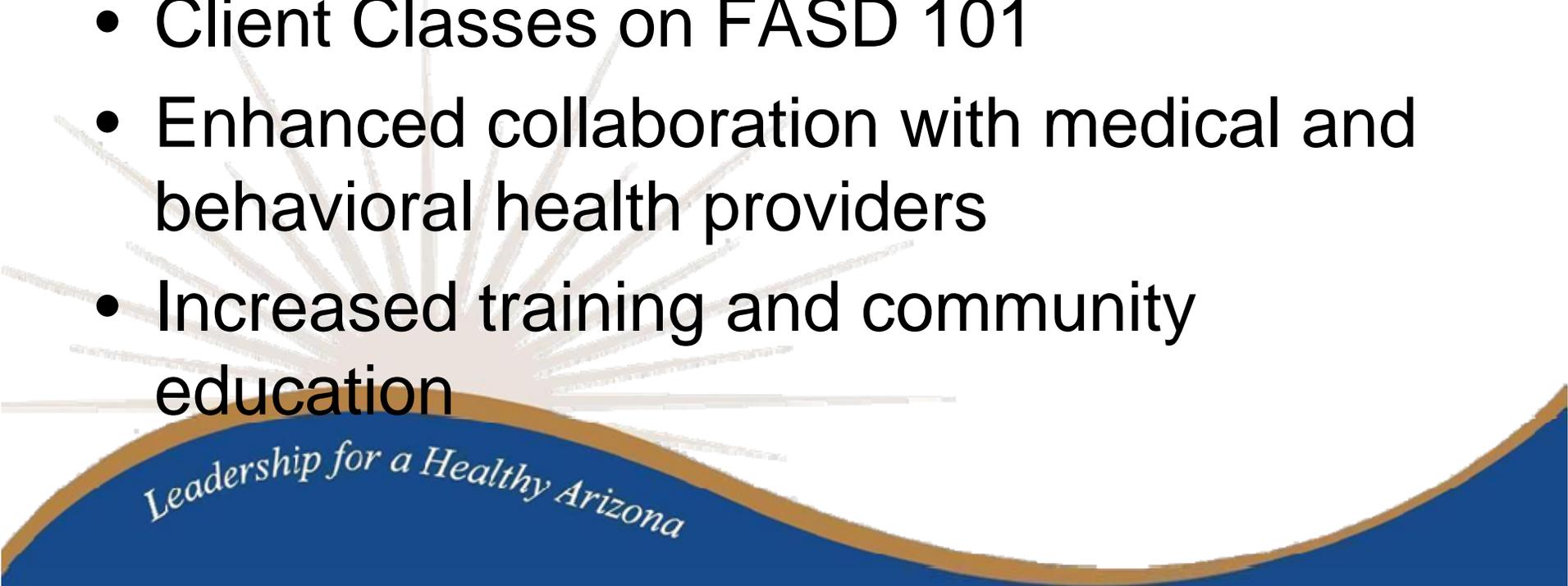
FASD Prevention Project

- Challenges/Successes
 - Number of forms added
 - Intake Process Lengthened
 - Confusion with Scoring
 - Form E's –Process Information Forms
 - Site Staff turnover
 - Sites recognize importance
 - In depth screening identifies at risk clients

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Integration Efforts Into Health Start and State Systems

- Site “Buy In” to add Screening Process
- All prenatal clinic and WIC clients provided screening
- Client Classes on FASD 101
- Enhanced collaboration with medical and behavioral health providers
- Increased training and community education



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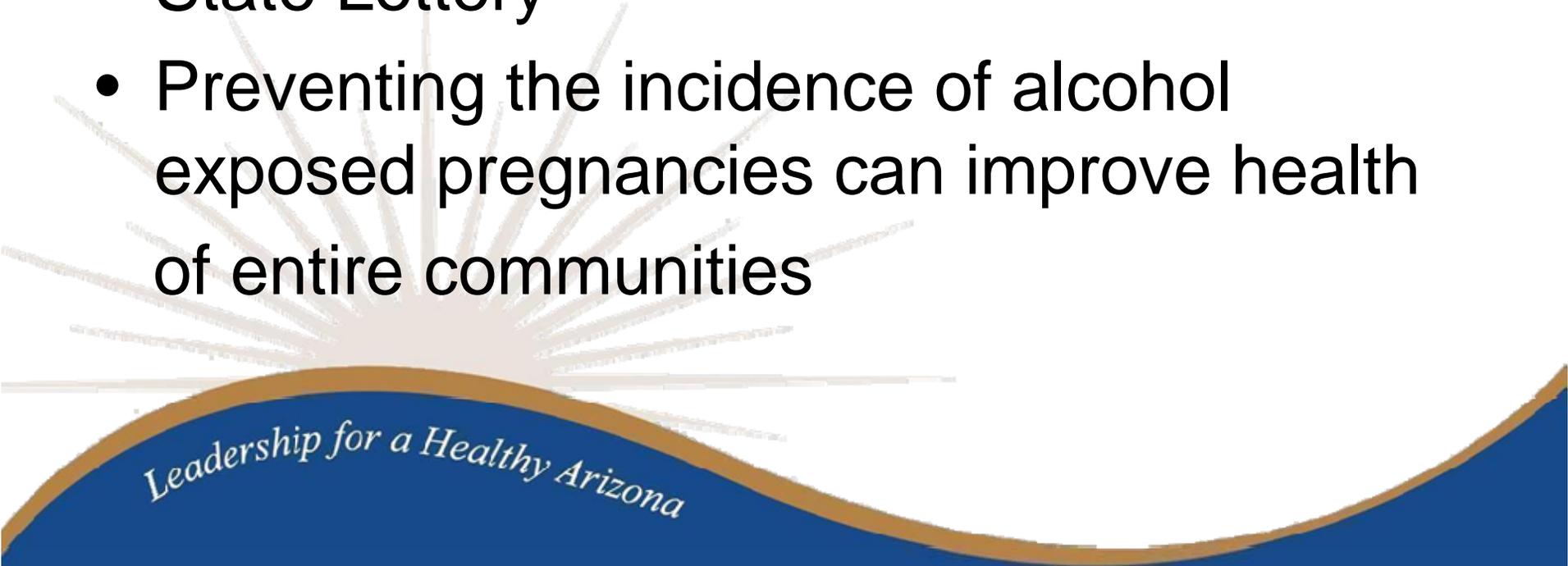
Integration Efforts Into Health Start and State Systems

- Statewide Task Force on Preventing Prenatal Exposure to Alcohol & Other Drugs
- FASD Prevention Project Subcommittee
- Promotion of Community/Provider Education
- Convening Internal/External Networks
- Changing Program Organizational Practices

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Sustainability of FASD Prevention Project

- Permanent Integration of Screening & Brief Intervention in all Health Start sites
- Assurance of continued funding through State Lottery
- Preventing the incidence of alcohol exposed pregnancies can improve health of entire communities



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Life –Long Wellness for all Arizonan's



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One day at a time