

THE 8TH ANNUAL

PERINATAL SUBSTANCE EXPOSURE SUMMIT

Join us live via webinar!

FRIDAY, FEBRUARY 7, 2025



Location Join via live webinar

Date Friday, February 7, 2025

MORNING SESSION

Program 8:00 am–12:00 pm

AFTERNOON SESSION

Program 12:30 pm–5:00 pm

EARLY FEES AVAILABLE THROUGH 1/31/2025

\$35.00 Morning Session OR Afternoon Session

\$50.00 Full Day

REGISTER ONLINE

OBJECTIVES

Upon completion of this summit, participants will be able to:

- Identify practical ways to include harm reduction in their work with pregnant and parenting people who use substances, including the value of peer support in the perinatal period
- Define recommendations for evidence-based practice for birthing parents and neonates affected by perinatal opioid use disorders
- Advocate for peer-supported care, and gain tools to support and implement this model in your practice for better recovery outcomes

PROVIDED BY:



MAHEC
PART OF NC AHEC

DESCRIPTION

Project CARA at MAHEC is excited to invite you to the 8th Annual Perinatal Substance Exposure Summit. This virtual live summit will take place on Friday, February 7, 2025. Feel free to join either session or join both! This year's group of speakers reflects a commitment to the goals of the summit:

1. Delivering evidence-based practice around Perinatal Substance Use Disorders (PSUD) treatment
2. Providing education that is pertinent to all parts of the integrated team working with PSUD

With our line-up of speakers, we hope to support the integration of harm reduction principles into caring for pregnant and parenting people affected by substance use disorders. Our keynote speakers from the Academy of Perinatal Harm Reduction and HardBeauty will focus on strategies that center dignity, justice, and trauma-informed care to support pregnant and parenting persons who use drugs.

Other topics include an introductory and advanced course on perinatal substance use disorders, breast and chestfeeding in the context of substance use, perinatal use of kratom and nicotine, and a panel of persons with lived/living experience intersecting with local harm reduction agencies.

Thank you in joining us in collectively learning and growing our capacity to care for people who use drugs with evidence-based treatment practices.

This program was designed to satisfy, in full, the North Carolina Medical Board's CME requirement for controlled substance prescribers. Per NCAC rules: As of July 1, 2017 all physicians (other than residents), physician assistants, nurse practitioners, podiatrists, and dentists who prescribe controlled substances must satisfy the controlled-substance prescribing CE requirements as set forth by their licensing boards; requirements vary by discipline and board.

SUMMIT AGENDA

MORNING SESSION

8:00–8:10 Welcome Remarks
— Amy Marietta, MD, MPH, FAAFP, FASAM

8:10–9:40 **What's Perinatal Harm Reduction?**
— Joelle Puccio, BSN, RN

9:40–9:50 Break

9:50–10:50 Breakouts: Please select one different breakout for each session

1A: Introduction to Perinatal Substance Use Disorders: Exploring Evidence-based Recommendations for Care

— Caitlin Hettich, MSW, MFA, LCSWA, LCASA, and Anna Gerhardt, BSN, RN, MSW

1B: Clinically Correlating Dyad Care in the Setting of OUD: Beyond the Basics

— Tammy Cody, MSW, LCSW; Keli Isgett, LCSW; Nathan Mullins, MD, FACOG; and Alison Sweeney, MD

10:50–11:00 Break

11:00–12:00 Breakouts: Please select one different breakout for each session (*these breakout sessions are repeated in the afternoon*)

2A: The Infant and Child Exposed to Substances During Pregnancy: Much Reason for Hope

— Martha J Wunsch, MD, FAAP, DFASAM

2B: Breast/Chestfeeding in the Context of Substance Use Disorders and Recovery

— Olivia Caron, PharmD, BCACP, CPP; Georganna Cogburn, MSHE, RD, LDN, IBCLC, RLC; and Amy Marietta, MD, MPH, FAAFP, FASAM

12:00–12:30 Lunch Break

SPEAKER BIOGRAPHIES

[Click here to read more about our summit speakers](#)

AFTERNOON SESSION

12:30–12:35 Intro and Housekeeping
— Erin Bowman, LCAS, LCSW, CCS

12:35–1:35 **Dare to Doula: Empowered Beginnings Through Peer Support**
— Racquel Garcia, NCPRSS, and Cortnie Watson

1:35–1:40 Break

1:40–2:40 Breakouts: Please select one different breakout for each session

3A: It's Legal, but is it Safe? Exploring the Impact of Tobacco, E-Cigarette, Kratom, Cannabis, etc. Use in Pregnancy

— Megan Scull Williams, MSPH, MSW

3B: Supporting Providers in Perinatal Behavioral Health Care: The NC MATTERS Model

— Karen Burns, MSW, LCSW-A, and Susan Myers MS, PMHNP-BC, ANP

2:40–2:50 Break

2:50–3:50 Breakouts: Please select one different breakout for each session (*these breakout sessions are repeated from the morning*)

4A: The Infant and Child Exposed to Substances During Pregnancy: Much Reason for Hope

— Martha J Wunsch, MD, FAAP, DFASAM

4B: Breast/Chestfeeding in the Context of Substance Use Disorders and Recovery

— Olivia Caron, PharmD, BCACP, CPP; Georganna Cogburn, MSHE, RD, LDN, IBCLC, RLC; and Amy Marietta, MD, MPH, FAAFP, FASAM

3:50–4:50 **A Discussion of Harm Reduction and its Value for People with Substance Use Disorders in the Perinatal Period.**

— Ainsley Bryce, Kimberly Treadaway, and Kerry Nolan

4:50–5:00 Closing Remarks
— Amy Marietta, MD, MPH, FAAFP, FASAM

5:00 Adjourn



SESSION DESCRIPTIONS

What's Perinatal Harm Reduction?

In this session, we will discuss what harm reduction is and what it is not. We will look at the historical context in which it developed, with particular focus on the experiences of women and people of color. Values such as beneficence, autonomy, and any positive change will be linked to practical interventions.

Session Objectives:

- Participants will be able to describe the framework of harm reduction including basic concepts, history and context of the movement, and practical interventions
- Participants will understand the need for perinatal harm reduction and its roots in Reproductive Justice
- Participants will be able to discuss practical ways to include harm reduction in their work with pregnant and parenting people who use substances

Introduction to Perinatal Substance Use Disorders: Exploring Evidence-based Recommendations for Care

This breakout session will provide an introduction to perinatal substance use disorders—exploring the science of addiction, common myths and biases, and recommended evidence-based treatment practices.

Session Objectives:

- Demonstrate an understanding of the disease model and recommendations as part of best practice for screening and treatment of perinatal substance use disorder care
- Examine myths and bias that affect access to evidence-based care
- Define recommendations for evidence-based practice for birthing parents and neonates affected by perinatal opioid use disorder
- Formulate priorities for education, information sharing, and support measures for your team related to perinatal substance use disorders

Clinically Correlating Dyad Care in the Setting of OUD: Beyond the Basics

From the positive pregnancy test to 12 months postpartum, people who are pregnant and affected by experiencing substance use disorders intersect with multiple systems of care. In this session, the speakers will use a case study to articulate the complexities and challenges that patients encounter when navigating the many providers in their treatment and care. The session seeks to demonstrate an advanced understanding of the patient experience and encourage participants to support their patients with complex care navigation.

Session Objectives:

- Recognize the complexity of multi-system care necessary for dyads experiencing SUD, including the intersection with the department of social services
- Formulate priorities and skill development in understanding the complexity of urine toxicology results interpretation and the potential consequences of these results
- Examine best practices surrounding peripartum care for neonates affected by SUD in the birthing parent

The Infant and Child Exposed to Substances During Pregnancy: Much Reason for Hope

This will be a didactic lecture reviewing what is known from the literature about the short- and long-term effects of psychoactive substances on infants and children and myths regarding outcomes.

Session Objectives:

- Review the effects of psychoactive substances upon the developing fetus
- Describe the long-term effects of in utero exposure upon the child

Breast/Chestfeeding in the Context of Substance Use Disorders and Recovery

Healthcare workers and lactation support professionals often find themselves grappling with a lack of confidence and uncertainty when it comes to counseling pregnant and postpartum persons with Substance Use Disorders (SUDs) around breastfeeding decision-making. The presentation will focus on the recently revised Academy of Breastfeeding Medicine (ABM) Clinical Protocol #21. The presentation will cover ABM's recommendations in the setting of nonprescribed opioids, stimulants, sedative-hypnotics, alcohol, nicotine, and cannabis as well as persons on treatment for SUDs. In addition, practical strategies for implementing unbiased and consistent breastfeeding approaches will be discussed.

Session Objectives:

- Discuss background, evidence-based support, and barriers surrounding breast/chestfeeding initiation and continuation in persons with substance use disorders
- Review the pharmacokinetics of substances as applicable to breast/chestfeeding
- Discuss clinical approaches to the use of specific substances, medications for Substance Use Disorder treatment, and breast/chestfeeding
- Identify the importance of institutional guidelines and protocols to ensure consistency in clinical approaches

SESSION DESCRIPTIONS (CONTINUED)

Dare to Doula: Empowered Beginnings Through Peer Support

This session introduces an innovative program combining traditional doula care with peer recovery principles to support mothers with Substance Use Disorder (SUD). Designed for medical providers, this presentation demonstrates the practical application of the Dare to Doula model through real-world examples and case studies, highlighting its impact on maternal and child health. Participants will learn how peer recovery doulas collaborate with medical teams to offer continuous, non-judgmental support and gain insights into integrating this model into their practice to improve recovery outcomes for mothers and families.

Session Objectives:

- Understand the Dare to Doula Model: Learn how the program integrates traditional doula roles with peer recovery principles for mothers with SUD
- Impact on Health Outcomes: See how this model improves maternal and child health through real-world examples and case studies
- Integrate Peer Recovery Doulas: Discover practical strategies for incorporating peer doulas into healthcare practices
- Reduce Stigma and Bias: Identify methods to minimize stigma and biases in care settings
- Advocate for Peer-Supported Care: Gain tools to support and implement this model in your practice for better recovery outcomes

It's Legal, but is it Safe? Exploring the Impact of Tobacco, E-Cigarette, Kratom, Cannabis, etc. Use in Pregnancy

The course will explore what is currently known (and still unknown) about the impacts of various legal substance use in pregnancy.

Session Objectives:

- Participants will be able to list three potential outcomes related to perinatal tobacco use
- Participants will be able to apply increased knowledge about legal substance use to conversations with their pregnant patients

MAHEC assumes permission to use audio, video, and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

Supporting Providers in Perinatal Behavioral Health Care: The NC MATTERS Model

NC MATTERS offers critical support to healthcare professionals caring for perinatal patients experiencing mental health and/or substance use concerns. Attendees will hear program successes and updates, and will learn how to utilize NC MATTERS' services to support their clinical practice. The presentation offers practical insights for healthcare professionals on leveraging NC MATTERS' resources to improve outcomes for pregnant and postpartum individuals.

Session Objectives:

- Attendees will be able to list at least three specific NC MATTERS resources or services available to support perinatal mental health and substance use care
- Attendees will be able to describe two practical ways they can integrate NC MATTERS' support into their clinical practice to enhance outcomes for pregnant and postpartum individuals

A Discussion of Harm Reduction and its Value for People with Substance Use Disorders in the Perinatal Period

This panel discussion will explore the unique approach that harm reductionists bring to the perinatal period. The speakers will review the unique benefits provided when entering the harm reduction centered, supportive relationship.

Session Objectives:

- Distinguish when it is appropriate to make referrals to harm reduction services
- Identify what services can be expected from harm reduction agencies
- Apply the value of peer support in the perinatal period

HAVE A QUESTION?

Program Planner

Drea Mora, BA
828-407-2108 | drea.mora@mahec.net

Registration Phone

828-257-4475

Registration Fax

828-257-4768

Online Registration

www.mahec.net/cpd



Special Services

828-407-2108

Email

registration@mahec.net

Mail

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803



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CREDIT OFFERINGS

Continuing Medical Education

Accreditation: Mountain Area Health Education Center (MAHEC) is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **3.5 AMA PRA Category 1 Credit(s)[™] for AM session, 4 for PM session, or 7.5 for the full day.** Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

Nurse Practitioners: This activity is designated for **3.5 AMA PRA Category 1 Credits[™] for AM session, 4 for PM session, and 7.5 for the full day.**

Physician Assistants: AAPA accepts certificate of participation for educational activities certified for AMA PRA Category 1 Credits[™] from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of **3.5 hours for AM session, 4 hours for PM session, or 7.5 hours for the full day** of Category 1 credit for completing this program.

3.5 Nursing Contact Hours for AM session, 4 Hours for PM session, or 7.5 Hours for the Full Day

Mountain Area Health Education Center (MAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend 80% of the activity to receive credit.

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **3.5 hours for AM session, 4 hours for PM session, or 7 hours for the full day** Category A.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **0.35 CEUs for AM session, .4 for PM session, or 0.75 for the full day** as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **3.5 contact hours for AM session, 4 contact hours for PM session, or 7 contact hours for the full day.**

AUDIENCE

Medical providers, nurses, medical assistants, law enforcement, and behavioral health professionals including substance abuse counselors, social workers, psychologists, peer support specialists, care managers, lactation consultants, DHHS social workers, and other professionals interested in or working with this population.

REGISTRATION

Event fees include administrative costs and educational materials. If your registration is received after the early registration deadline, the total fee will be the registration fee + \$5.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

PERINATAL SUBSTANCE EXPOSURE SUMMIT

FRIDAY, FEBRUARY 7, 2025

REGISTRATION FORM

Updated contact information Event #74166

Name _____

Credentials _____

Occupation _____

Email Address _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove me from the MAHEC mailing list

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ATTENDANCE SELECTION

Morning Session Afternoon Session Full Day

FEE SELECTION

Morning Session OR Afternoon Session only

\$35.00 \$40.00 if paying after 1/31/2025

Full Day

\$50.00 \$55.00 if paying after 1/31/2025

Send completed registration to: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768

PLEASE SELECT ONLY ONE BREAKOUT SESSION PER TIME SLOT ACCORDING TO YOUR SESSION ATTENDANCE:

Morning Session from 9:50 am–10:50 am

1A: Introduction to Perinatal Substance Use Disorders: Exploring Evidence-based Recommendations for Care

1B: Clinically Correlating Dyad Care in the Setting of OUD: Beyond the Basics

Morning Session from 11:00 am–12:00 pm

(These breakout sessions are repeated in the afternoon session)

2A: The Infant and Child Exposed to Substances During Pregnancy: Much Reason for Hope

2B: Breast/Chestfeeding in the Context of Substance Use Disorders and Recovery

Afternoon Session from 1:40 pm–2:40 pm

3A: It's Legal, but is it Safe? Exploring the Impact of Tobacco, E-Cigarette, Kratom, Cannabis, etc. Use in Pregnancy

3B: Supporting Providers in Perinatal Behavioral Health Care: The NC MATTERS Model

Afternoon Session from 2:50 pm–3:50 pm

(These breakout sessions are repeated from the morning session)

4A: The Infant and Child Exposed to Substances During Pregnancy: Much Reason for Hope

4B: Breast/Chestfeeding in the Context of Substance Use Disorders and Recovery

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information below

Visa MasterCard Discover Card AmEx

Account # _____

Expiration Month/Year _____ / _____

Verification Code _____ (3 or 4-digit number)

Name on Card _____

Signature _____