Substance use disorders (SUDs) in pregnancy are a major national public health concern. The rates of opioid use disorder (OUD) are rising significantly and disproportionately in rural, southern women. Major medical associations recommend comprehensive substance use treatment for pregnant women with Perinatal Substance Use Disorders (PSUDs), including integrated delivery of obstetrical care, substance use care, medication-assisted treatment, behavioral health services, and coordinated care with linkages to community services. The first year post-partum for a mother with PSUD, specifically 6-9 months post-partum, is the most vulnerable period. They have new barriers to access systems of care and are at increased risk to relapse and overdose. In rural areas, there is a shortage of providers trained in substance use care. Project CARA has continued to provide gender-specific, trauma-informed substance use treatment and perinatal care for pregnant and parenting patients across the western region in one comprehensive program since 2014. Our goals have been to help patients have the healthiest possible pregnancy and birth, and keep the mother-infant dyad intact after delivery. We have been successful in this model of care; however, for our most vulnerable and often traumatized patients, especially those residing outside Buncombe County in rural parts of WNC, there is an urgent need to improve quality of care and outcomes, and improve the workforce capacity and safety net systems. Please join us for this half day training to provide support and education to the teams of health care professionals who provide perinatal substance use services across the western region.

**AUDIENCE**

The program has been specifically designed for the teams from Polk, McDowell, Rutherford and Yancey counties and is recommended for physicians, nurses, medical assistants, mental health professionals (including substance abuse counselors, social workers, psychologists, school counselors, and marriage and family therapists), practice managers, program administrators, care managers, care coordinators, peer support specialists, and other professionals interested in this subject.

**PROGRAM AGENDA**

12:30–1:00 Registration (lunch provided)
1:00–2:00 Maternal Substance Use Disorders: Treating the Mother-Baby Dyad from Pregnancy Through Infancy  
   — Elisabeth Johnson, PhD, FNP-BC
2:00–3:00 Models of Care for NAS Including Eat, Sleep, Console  
   — Carl Seashore, MD
3:00–3:15 Break
3:15–3:45 “What Do I Say?” Conversation Techniques Around Stigma & Language  
   — Melinda Ramage, MSN, FNP-BC, CARN-AP & Ellen Hearty, MD
3:45–4:45 Transitions of Care  
   — Amy Marietta, MD, MPH & Tammy Cody, MSW, LCSW

**OBJECTIVES**

- Discuss and evaluate the management of women with opioid use disorder during pregnancy and the postpartum period
- Define the nature of NAS and analyze national impacts
- Review and examine updated language focused around decreasing stigma in substance use disorders
- Identify and educate integrated teams to barriers of seamless transitions to care

**PROVIDED BY**

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In order to gain the most comprehensive learning experience, we encourage you to participate in the four **FREE ECHO** sessions taking place before and after this workshop. For more information or to register, please [click here](#).
**FACULTY**

Tammy Cody, MSW, LCSW, has been a social worker focusing on the mother-baby dyad for over 25 years. She is the Western North Carolina regional lead for plan of safe care and integration of multi-disciplinary teams that work with substance affected families both inpatient and outpatient. A graduate of UNC-Chapel Hill, she has spent 20 years in a neonatal intensive care unit providing complex care management and crisis intervention services to the families of Western North Carolina.

Her current role is the Lead Navigator of the Integrated Care Team of Project CARA (Care that Advocates Respect, Resilience, and Recovery for ALL). Project CARA provides comprehensive substance use treatment within a high-risk obstetrical care program at the Mountain Area Health Education Center (MAHEC). This work will cross multiple counties and systems. Tammy is dedicated to patient-centered healthcare systems.

Ellen Hearty, MD, is originally from northeastern Ohio and moved to Western North Carolina in 2013. She completed her residency at MAHEC OB/GYN in Asheville in 2017. She transitioned to Mission Women’s Care — McDowell after her residency to continue practicing with the same rural patient population. Of WNC, she says, “I feel like I found my place here in this community. I absolutely love my job — it is an honor and a privilege to be a women’s healthcare provider. I am passionate about patient education and promoting wellness.”

Elisabeth Johnson, PhD, FNP-BC, is a clinical assistant professor in the UNC Department of Obstetrics and Gynecology. She is also the Director of Health Services for UNC Horizons, a comprehensive substance use disorder treatment center for pregnant and parenting women and their children. As a nurse practitioner, she has over twenty years of clinical experience in women’s health and pediatrics, including caring for women with substance use disorders. Her current clinical practice consists primarily of providing obstetric care to women with substance use disorders, many of whom are on opioid agonist therapy. Dr. Johnson has collaborated on several research projects in the areas of chronic pain and substance use disorders and provided valuable clinical expertise to the 2018 SAMHSA publication entitled, *Clinical Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder and Their Infants.*

Amy Marietta, MD, MPH, is a family doctor at Blue Ridge Health. She prides herself on seeing the whole family in her primary care practice in Polk County, but she has a particular interest in reproductive health, obstetrical care, and substance use disorders. Dr. Marietta works with a team to provide perinatal group recovery services and MAT to women in rural Polk County, as well as in Hendersonville. She teaches family medicine residents at the MAHEC Hendersonville site, the Henderson County Health Department, and on the obstetrics service at Pardee Hospital, where she also delivers her own patients. She is inspired every day by her brilliant, creative, and passionate colleagues dedicated to providing care to some of the area’s most vulnerable patients and teaching a love for full spectrum rural family medicine. She is a graduate of UNC Schools of Medicine and Public Health, and was one of the “pioneers” of the UNC SOM Asheville campus back when they only had four medical students.

Mel Ramage, MSN, FNP-BC, CARN-AP, is a family nurse practitioner with focused training in high risk pregnancy. She is a certified diabetes educator specializing in women who have type one and type two diabetes during pregnancy. She is also a Certified Advanced Practice Addictions Nurse and is currently the Medical Director of MAHEC OB’s Perinatal Substance Use Clinic/Project CARA.

Cari Seashore, MD, is a professor of pediatrics at UNC School of Medicine and was Medical Director of Newborn Services for eight years. He currently does research on NAS treatment and outcomes.

**COMMITTEE MEMBERS**

| Tammy Cody, MSW, LCSW | MAHEC Asheville, NC |
| Kendra Hutcherson, LPN | Mission Women's Care McDowell Marion, NC |
| Elisabeth Johnson, PhD, FNP-BC | UNC Horizons Carrboro, NC |
| Hendree Jones, PhD | UNC Horizons Carrboro, NC |
| Karen Lambert | MAHEC Asheville, NC |
| Lourdes Lorenz-Miller, RN, MSN, NEA-BC, AHN-BC | MAHEC Asheville, NC |
| Jain Nupur, BS | Blue Ridge Health Center Columbus, NC |
| Melinda Ramage, MSN, FNP-BC, CARN-A | MAHEC Asheville, NC |
| Matthew Roe, MD | Blue Ridge Health Center Rutherford, NC |
| Jessica White, MD | Mountain Community Health Partnership Burnsville, NC |

**CREDITS**

**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)™. 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.

**3.5 CNE Contact Hours**

Mountain Area Health Education Center (MAHEC) is an approved provider of continuing nursing education 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.

**NAADAC:** This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Approved for 3.5 hours.

**NBCC:** MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514, Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs. Approved for 3.5 hours.

**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 Category A.

**AAMA:** This program has been granted prior approval by the American Association of Medical Assistants (AAMA) for 3.5 (Clinical/General) continuing education unit(s). Granting approval in no way constitutes endorsement by the AAMA of the program content or the program provider.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for 0.4 CEUs 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.

**DIRECTIONS**

McDowell Technical Community College
W. Harold Smith Building #19, Room 113
54 College Drive, Marion, NC 28752
Send completed registration form to:
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803
Fax: 828-257-4768

Registration information will be shared by MAHEC with Project CARA and UNC Horizons.

REGISTRATION FORM

☐ Updated contact information.

NAME ________________________________

CREDSNTIALS ________________________________

SOCIAL SECURITY #: XXX-XX- ___ ___ ___ ___ (last 4 digits required)

OCCUPATION ________________________________

EMAIL ADDRESS ________________________________

HOME ADDRESS _______________________________________

CITY ___________________ STATE _____ ZIP _________

HOME COUNTY ________________________________

HOME # _____________ WORK # _____________

EMPLOYER ________________________________

DEPARTMENT ________________________________

EMPLOYER'S ADDRESS ________________________________

CITY ___________________ STATE _____ ZIP _________

WORK COUNTY ________________________________

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