

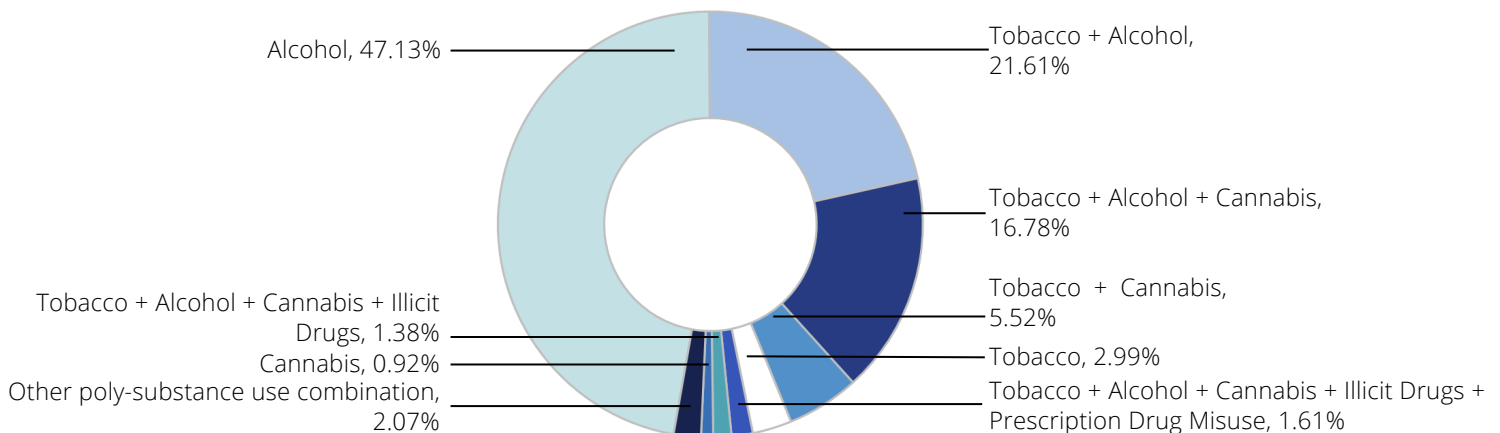
# FIRST BREATH SUBSTANCE USE EXPANSION PILOT

## BACKGROUND

- Goal:** To reduce fetal and infant substance exposure through a perinatal screening, early intervention, and referral program.
- Target Population:** Pregnant and postpartum people enrolled in First Breath - Wisconsin's statewide, evidence-based perinatal tobacco treatment program - who reported substance use.
- Methods:** All participants enrolled in First Breath were screened for substance use beyond tobacco. Individuals who reported current or a recent history of use were offered one-on-one education and early intervention services as well as text message support. Individuals were also offered referrals to resources for substance use, mental health, and other health and social needs.
- Results:** The First Breath Substance Use expansion pilot project screened 625 First Breath participants for past 90-day substance use. Education and early intervention services were provided to 382 individuals. An increase in substance use abstinence was observed across all substances throughout the perinatal period. Reduction in substance use frequency was also observed. Details of participant outcomes are shown on pages 5-8 of this report.
- Conclusion:** Based on these promising results, First Breath substance use expansion services will be made available statewide in 2022. More information can be found at [www.providefirstbreath.org](http://www.providefirstbreath.org)
- Funding:** The First Breath Substance Use Expansion was funded in part by the Wisconsin Department of Health Services' Division of Care and Treatment Services.

## PRE-PREGNANCY SUBSTANCE USE (n= 625)

Pre-pregnancy substance use was documented during an initial screening.



## CURRENT SUBSTANCE USE SCREENING (n= 625)

Current pregnancy substance use was documented during an initial screening. Participants were asked about their use of substances during the past 90 days, or since becoming pregnant if still in their first trimester.



### ALCOHOL USE

#### Frequency of Use

**130 Used 1-2 times**  
 26 Used Monthly  
 23 Used Weekly  
 3 Used Daily/Almost Daily



### CANNABIS USE

#### Frequency of Use

24 Used 1-2 times  
 21 Used Monthly  
 22 Used Weekly  
**39 Used Daily/Almost Daily**



### ILLICIT SUBSTANCE USE

#### Frequency of Use

**4 Used 1-2 times**  
 1 Used Monthly  
 2 Used Weekly  
**4 Used Daily/Almost Daily**



### PRESCRIPTION MISUSE

#### Frequency of Use

1 Misused 1-2 times  
**2 Misused Monthly**  
 0 Misused Weekly  
 1 Misused Daily/Almost Daily

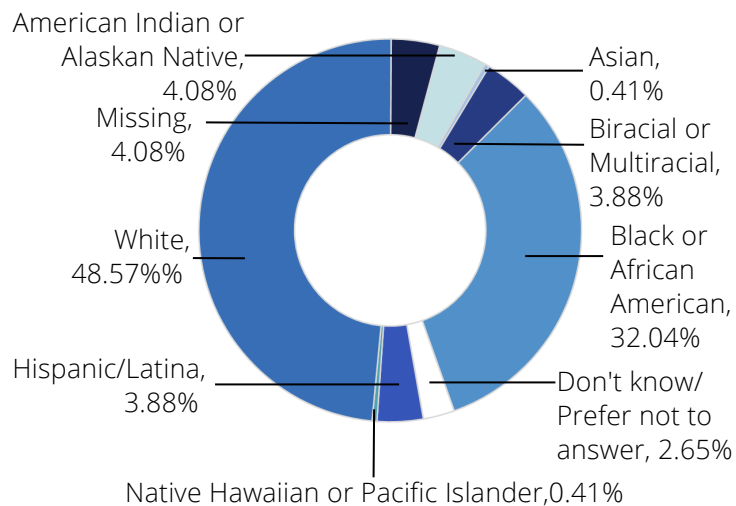
# FIRST BREATH SUBSTANCE USE EXPANSION PILOT

## ENROLLED PARTICIPANT DEMOGRAPHICS (n= 493)

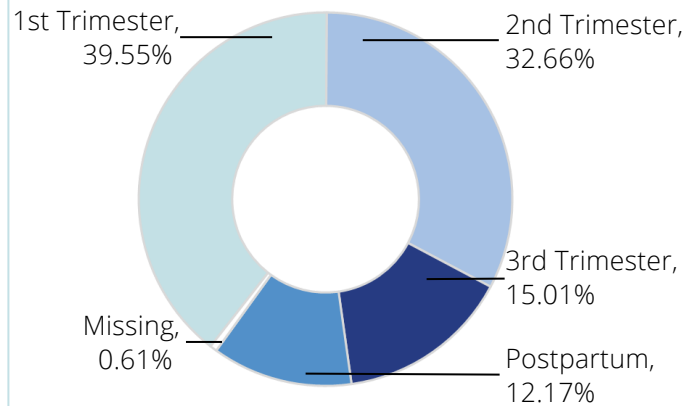
Demographics were collected at enrollment.



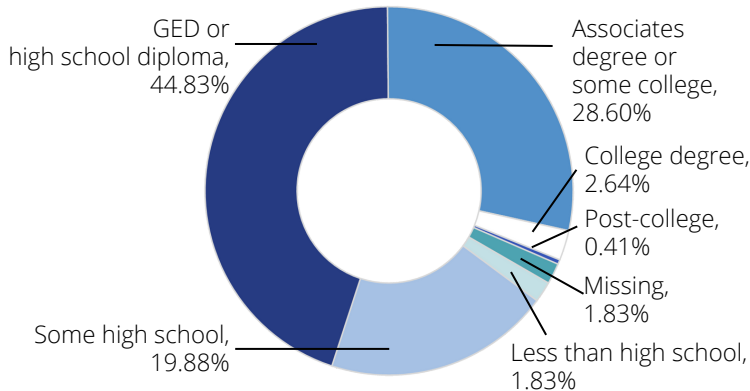
### Race/Ethnicity



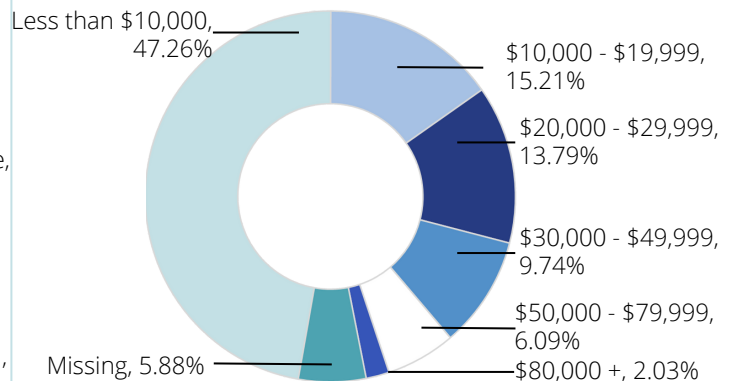
### Perinatal Stage at Enrollment



### Educational Attainment



### Household Income



### Average Age

31 YEARS OLD

### If you have any questions throughout this report:

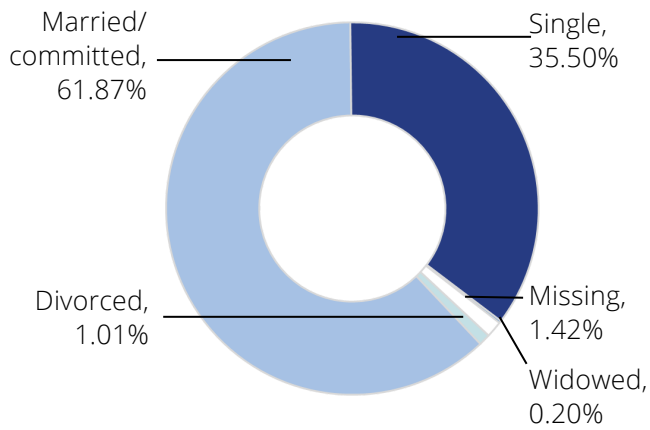
Contact Krissy Alaniz at [kalaniz@wwhf.org](mailto:kalaniz@wwhf.org)  
 Wisconsin Women's Health Foundation | [www.wwhf.org](http://www.wwhf.org)  
 2503 Todd Drive | Madison, WI 53713

# FIRST BREATH SUBSTANCE USE EXPANSION PILOT

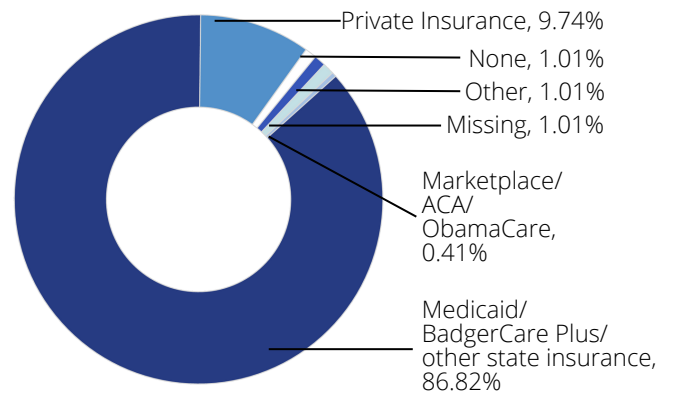
## ENROLLED PARTICIPANT DEMOGRAPHICS (n= 493)



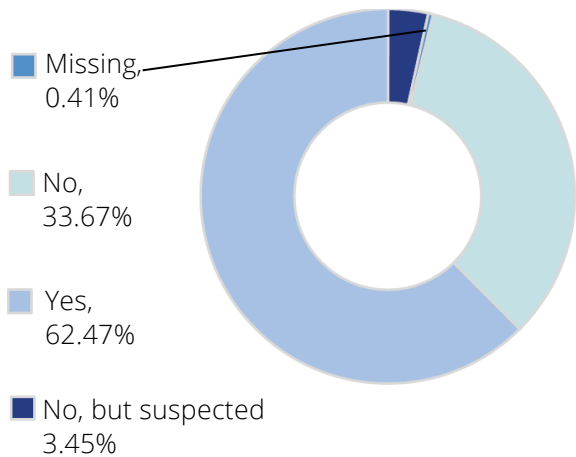
### Relationship Status



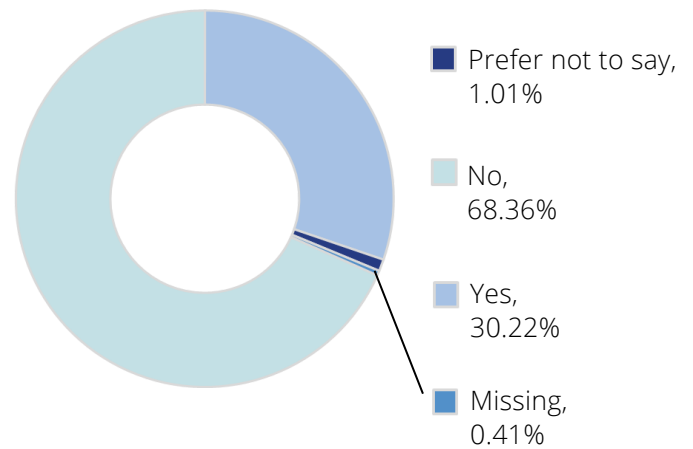
### Insurance



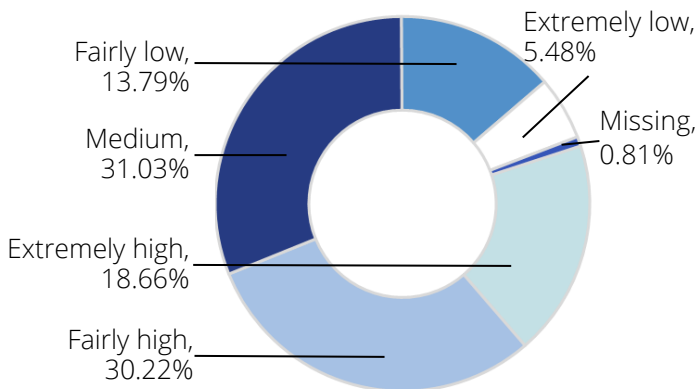
### Diagnosed with a Mental Health Disorder



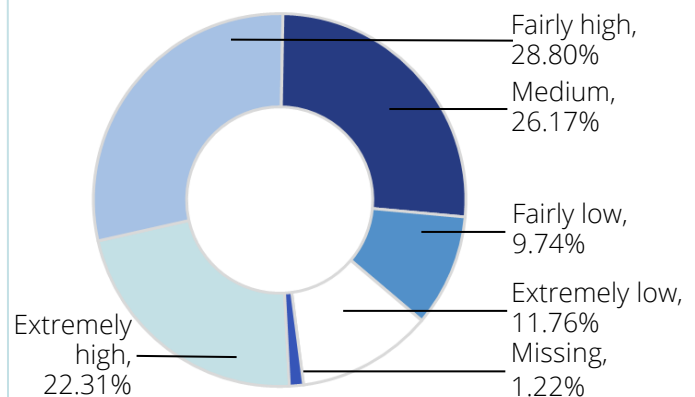
### Received Treatment for Substance Use Disorder



### Stress Level



### Support Level



# FIRST BREATH SUBSTANCE USE EXPANSION PILOT

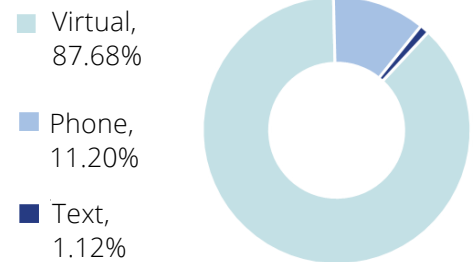
## ENROLLED PARTICIPANT INTERVENTION (n= 382)

382 participants opted in to one-on-one education and early intervention services.

### Number of Counseling Sessions

- 357** A total of 357 counseling sessions were conducted.
- > 1** On average, participants completed more than 1 session.
- = 5** The most sessions any one participant completed was 5.

### Counseling Mode



### Counseling Topics Covered

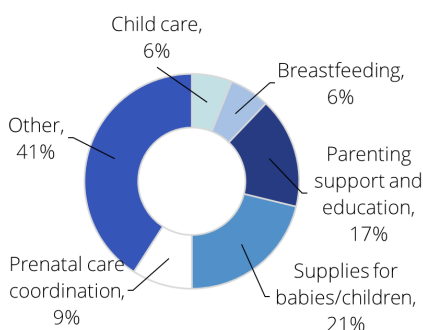
- |  |   |   |
|--|---|---|
| 1. Substance use effects on mom (physical, mental, psychosocial) | 8. Slip vs relapse                      | 15. Safety and health for baby (short-term/long-term)           |
| 2. Substance use effects on pregnancy/fetus                      | 9. Parenting                            | 16. Safe driving  |
| 3. Substance use effects on lactation/nursing infant             | 10. Social support                      | 17. Drinking levels   |
| 4. Substance use effects on infants and children                 | 11. Stress management                   | 18. Drinking and medication interactions                        |
| 5. Addiction/dependence  | 12. Mental health                       | 19. Substance use effects on plans to have children return home |
| 6. Triggers  | 13. Legal implications of substance use |   |
| 7. Cravings  | 14. Treatment options                   |   |

### Types of Referrals Made

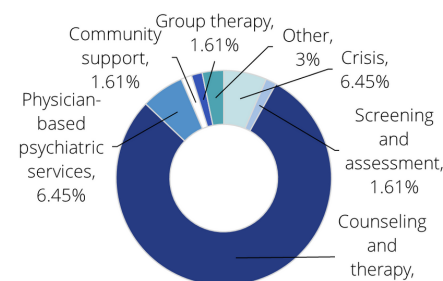
- 66** Pregnancy & Parenting Help
- 62** Mental Health
- 56** Financial Assistance
- 29** Substance Use Services
- 26** Nutrition Services
- 22** Health Coverage & Services
- 5** Children and Youth with Special Health Care Needs

### Breakdown of Top Referred Resources

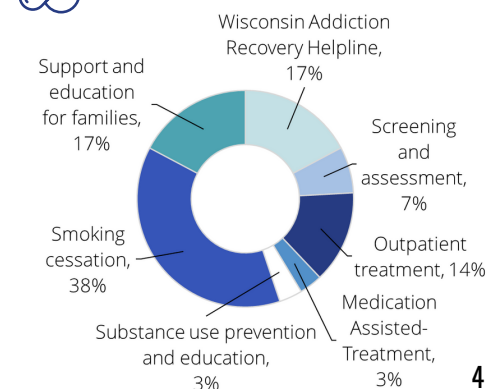
#### Pregnancy & Parenting Help



#### Mental Health



#### Substance Use Services



# FIRST BREATH SUBSTANCE USE EXPANSION PILOT

## OUTCOMES

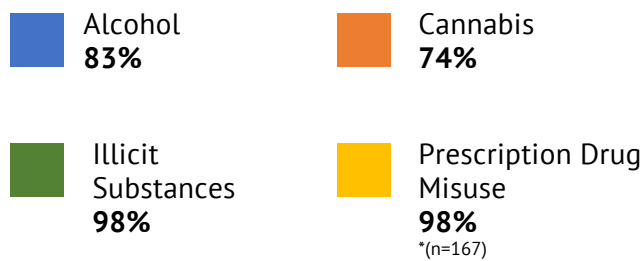


### EARLY PREGNANCY: BASELINE TO 4 MONTHS PREGNANT (n= 168)\*

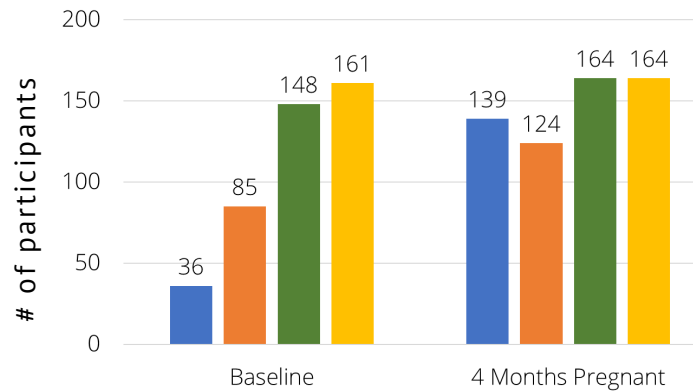
Participants were asked about their frequency of substance (alcohol, cannabis, illicit substances, and prescription drug misuse) use in the past 90 days.

#### Early Pregnancy Abstinence

Abstinence Rates at 4 Months Pregnant

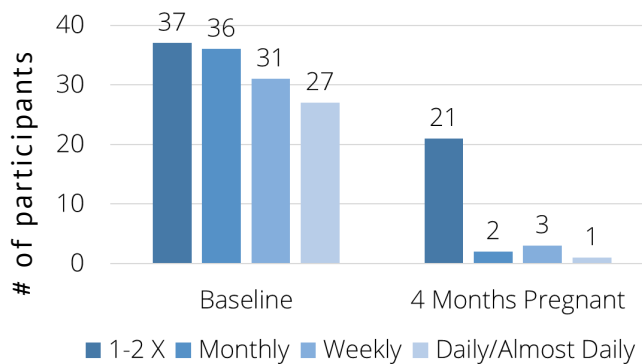


Abstinence from Substance Use

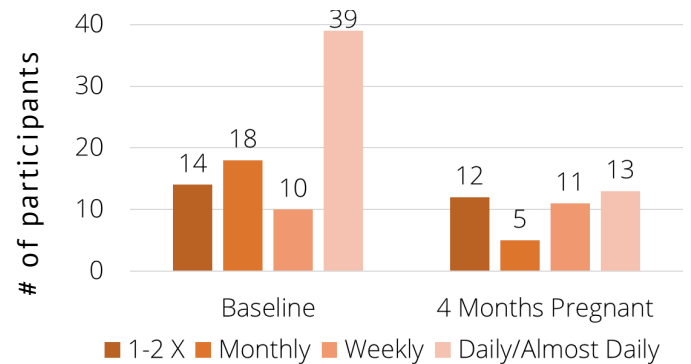


#### Early Pregnancy Risk Reduction

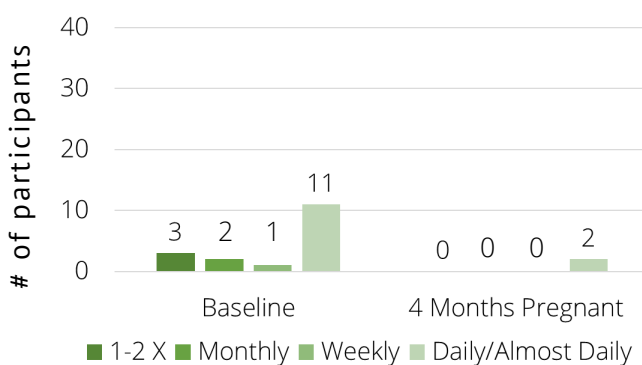
Alcohol Usage



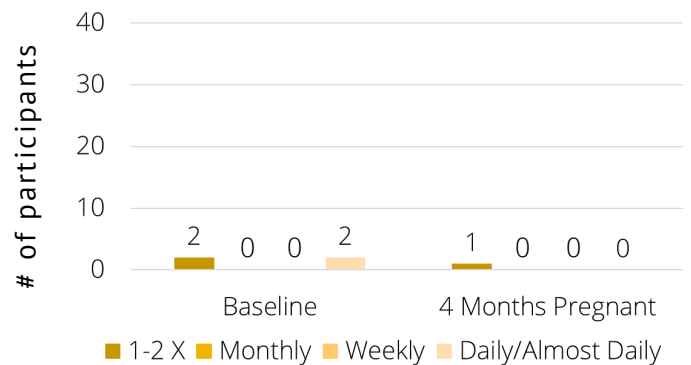
Cannabis Usage



Illicit Substance Usage



Prescription Drug Misuse \*(n= 167)



# FIRST BREATH SUBSTANCE USE EXPANSION PILOT

## OUTCOMES

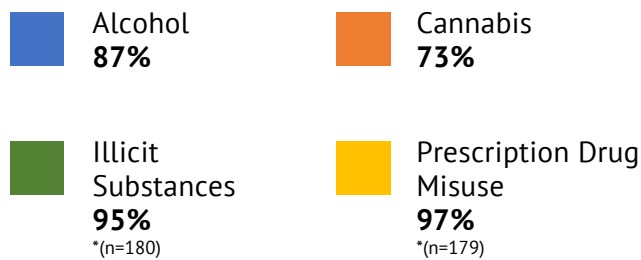


### LATE PREGNANCY: BASELINE TO 7 MONTHS PREGNANT (n= 181)\*

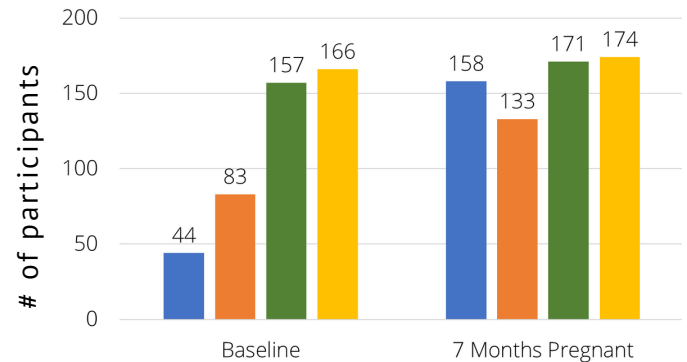
Participants were asked about their frequency of substance (alcohol, cannabis, illicit substances, and prescription drug misuse) use in the past 90 days.

#### Late Pregnancy Abstinence

Abstinence Rates at 7 Months Pregnant

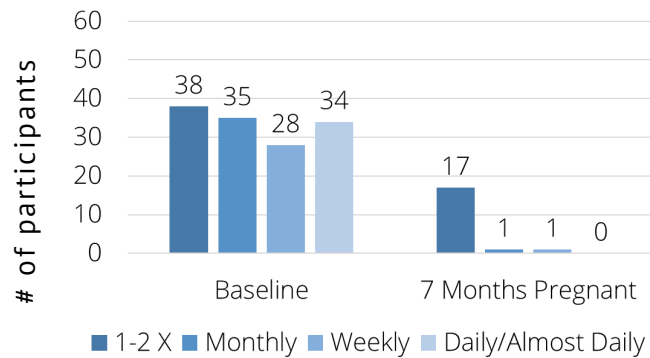


Abstinence from Substance Use

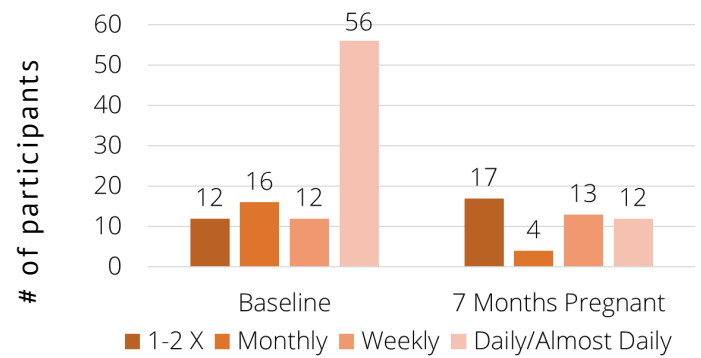


#### Late Pregnancy Risk Reduction

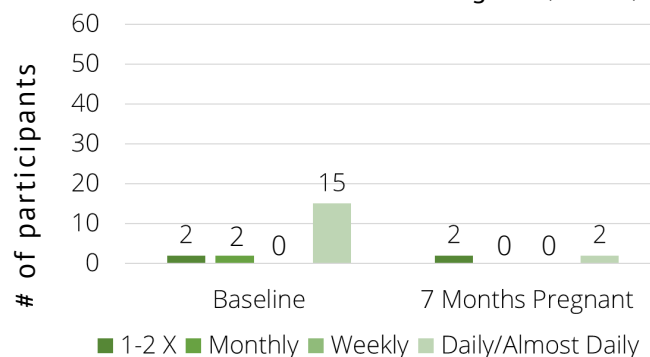
Alcohol Usage



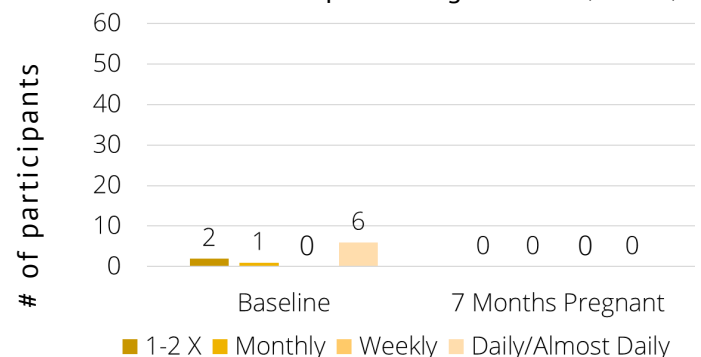
Cannabis Usage



Illicit Substance Usage \*(n= 180)



Prescription Drug Misuse \*(n= 179)



# FIRST BREATH SUBSTANCE USE EXPANSION PILOT

## OUTCOMES

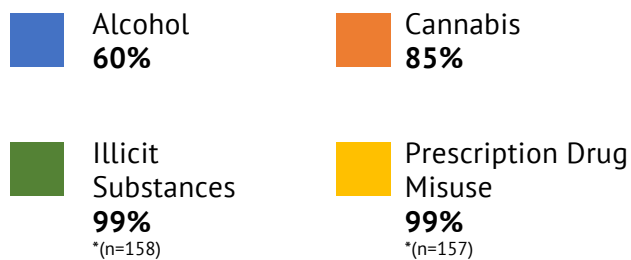


### EARLY POSTPARTUM: BASELINE TO 1 MONTH POSTPARTUM (n= 159)\*

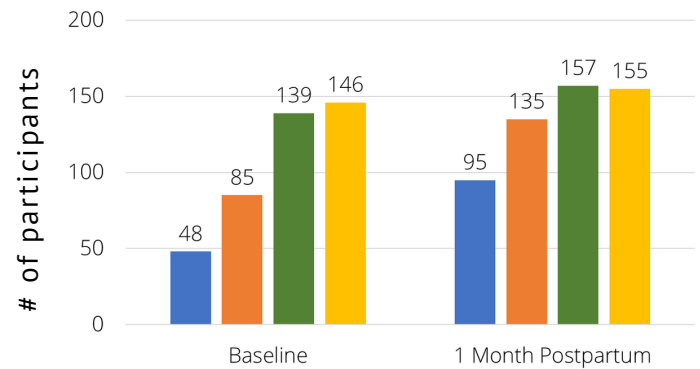
Participants were asked about their frequency of substance (alcohol, cannabis, illicit substances, and prescription drug misuse) use in the past 90 days.

#### Early Postpartum Abstinence

Abstinence Rates at 1 Month Postpartum

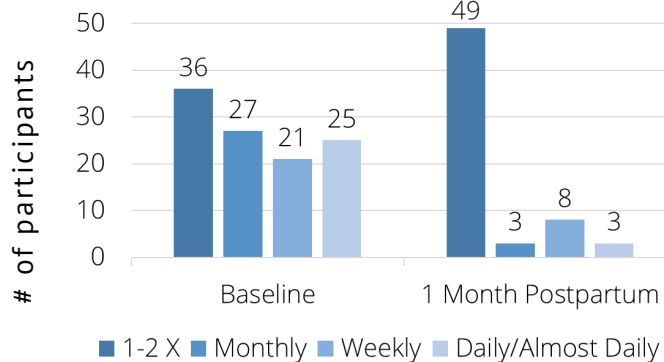


Abstinence from Substance Use

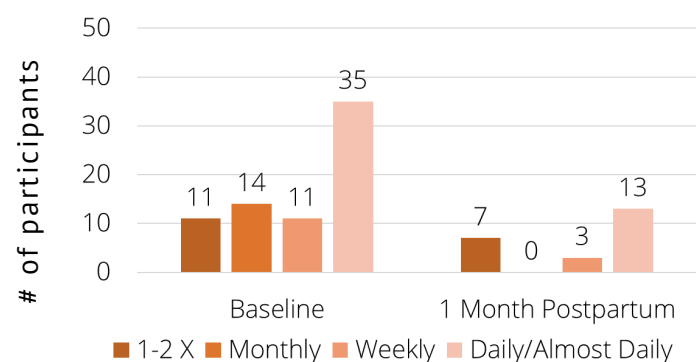


#### Early Postpartum Risk Reduction

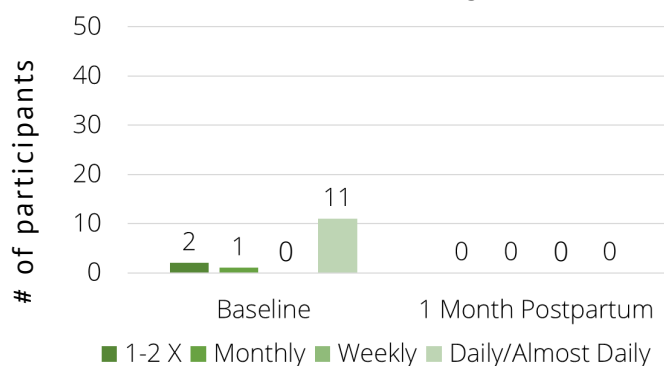
Alcohol Usage



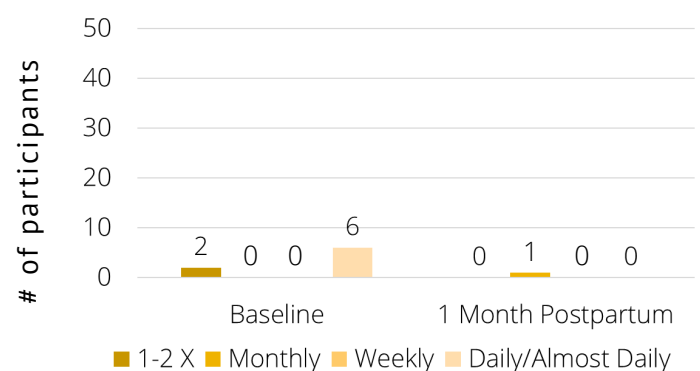
Cannabis Usage



Illicit Substance Usage \* (n= 158)



Prescription Drug Misuse \* (n= 157)



# FIRST BREATH SUBSTANCE USE EXPANSION PILOT

## OUTCOMES

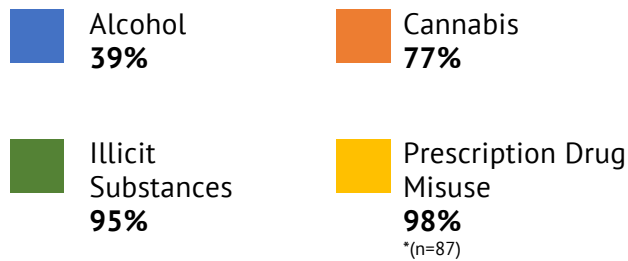


### LATE POSTPARTUM: BASELINE TO 6 MONTHS POSTPARTUM (n= 88)\*

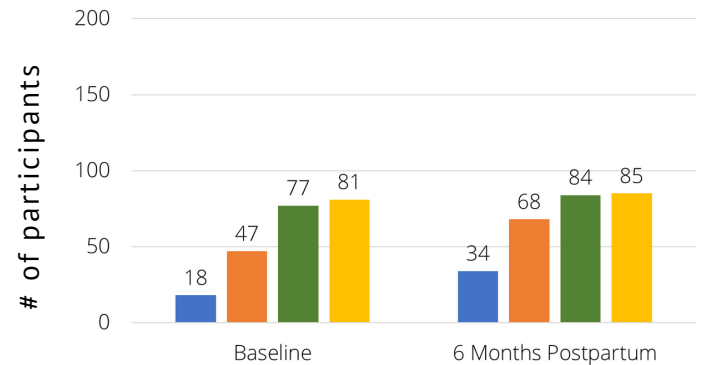
Participants were asked about their frequency of substance (alcohol, cannabis, illicit substances, and prescription drug misuse) use in the past 90 days.

#### Late Postpartum Abstinence

Abstinence Rates at 6 Months Postpartum

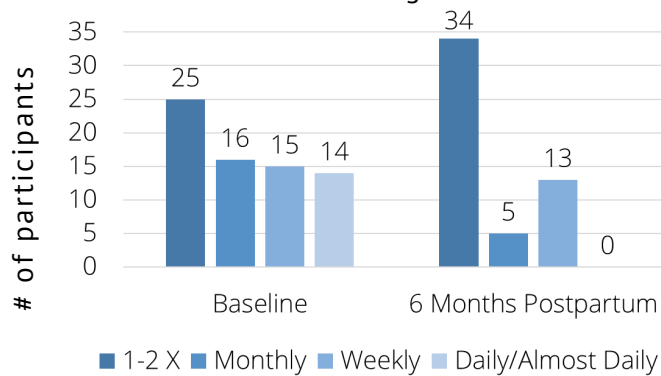


Abstinence from Substance Use

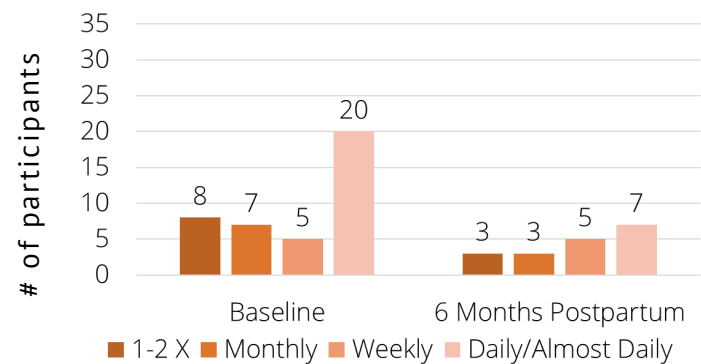


#### Late Postpartum Risk Reduction

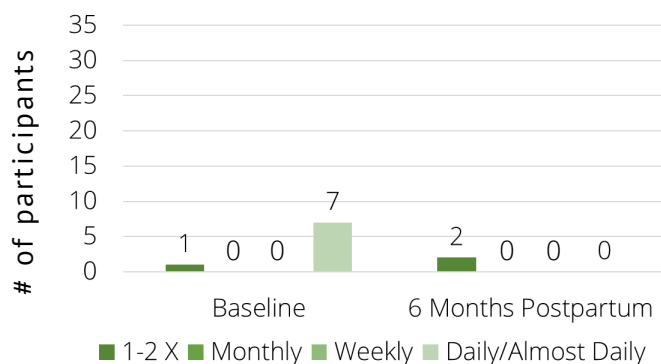
Alcohol Usage



Cannabis Usage



Illicit Substance Usage



Prescription Drug Misuse \*(n= 87)

