



Presenting Injury Prevention to Opioid-Addicted Populations



Background

Children of addicted parents are at an increased risk for hospital admission. *Injury Prevention for Your Baby* was created to provide education and resources to mothers recovering from opioid-abuse. The program objective was to reduce the risk of injury and mortality related to unsafe sleep, child maltreatment, unsafe child passenger practices, and limited supervision in the home.

Methods

The target population was mothers residing in a residential drug treatment facility that had abused any type of opioid. Mothers attended an injury prevention class for six hours where they received education for safe sleep, child protection, child passenger safety, and home safety. Resources were also provided. Pre-and post- knowledge assessment surveys and a baseline behavior survey were given. While still living in the center, mothers received a short-term follow-up survey at two weeks. For the full year post-teaching, mothers also received a monthly safety reminder text. In March 2019, a long-term follow-up is planned which will mimic a community health fair. Mothers will answer a behavior survey upon arrival.

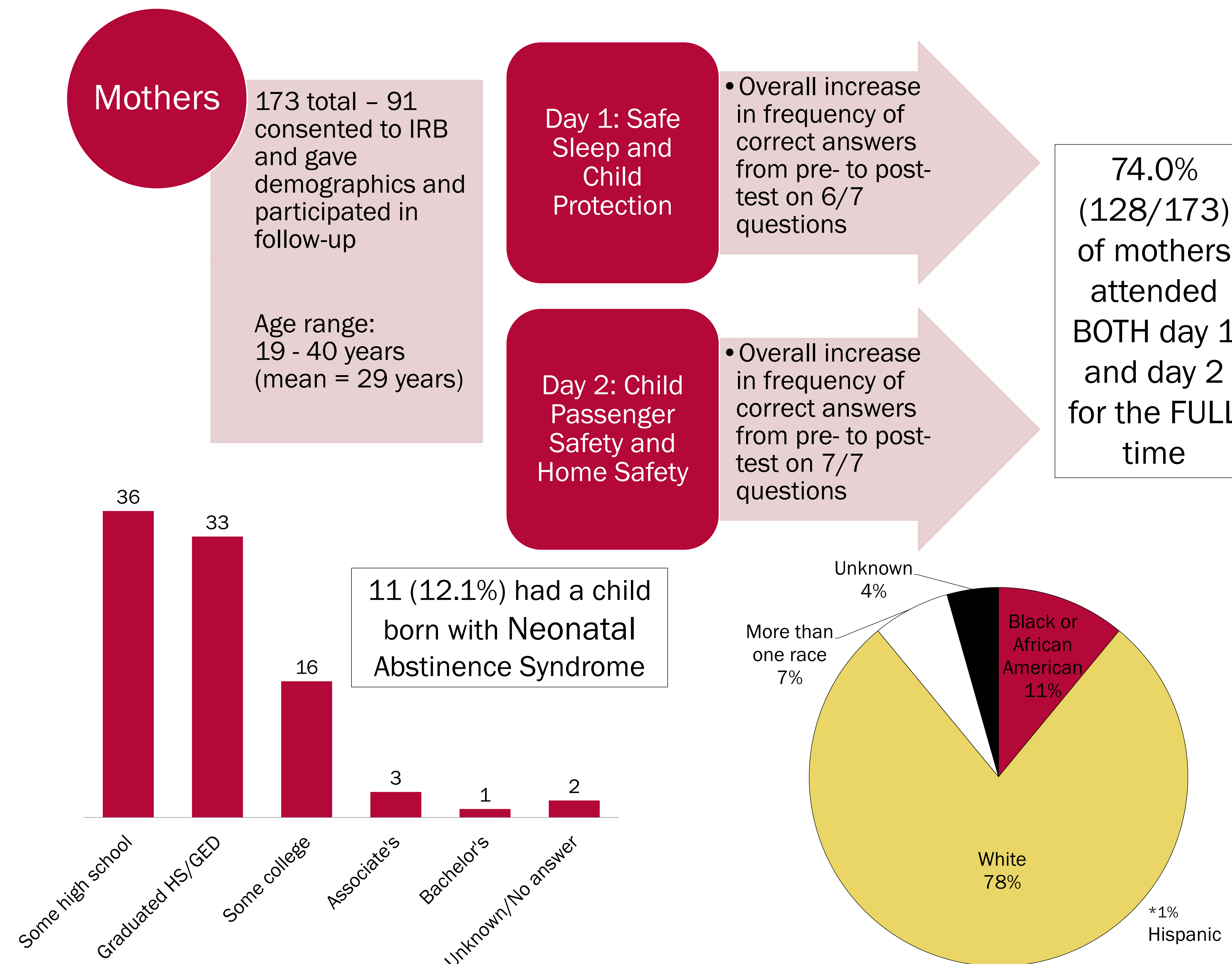
Item Given	Quantity
Infant Car Seat	72 (59 moms)
Convertible Car Seat	9 (8 moms)
Combination Car Seat	11 (11 moms)
Booster Seat	4 (4 moms)
Cribette	86
Sleep Sack	166 (83 moms)
Medication Lock Box	135
Journal	150
Calendar	150

*7 moms out of the original 173 had infants, consented to IRB, attended the FULL days on both day 1 and day 2, and completed the 2-week follow-up survey.

**14 more moms without infants (making 21 total) consented to IRB, attended the FULL days on both day 1 and day 2, and completed the 2-week follow-up survey

Results

October 2017 – September 2018



Challenges

- Attendance**
 - Only 74% attended full two days of teaching
 - Mothers could be in and out for doctor's appointments, work, visitation with case manager/family/children, etc.
- Ability to Follow-Up**
 - Transient living situations and phone numbers
 - Only a 10% response rate for monthly safety texts and a 0% response rate to six-month follow-ups
- Variation in children's ages and custody**
 - Children's ages ranged between unborn to 21 years
 - Some expecting firstborn, some had 8 children. Some had custody, some did not
- High staff and leadership turnover at the Recovery Center**

Conclusions

Injury Prevention for Your Baby is a promising program that can meet mothers in their recovery and empower them with safety skills for raising their children. The results demonstrated positive change in many safety situations, warranting further programming and evaluation. It has been recommended to re-visit the feasibility of individualizing this program in the next year and improving follow-up, under Fresh Start's new leadership (November, 2018).

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Moms with an Infant		
Statement	Baseline	2-weeks
ALWAYS places baby to sleep on back	7/7*	7/7
ALWAYS places baby in crib, bassinette, or pack 'n play for naps and bedtime	6/7	7/7
NEVER sleeps with baby in their bed	5/7	5/7
ALWAYS breastfeeds	0/7	0/7
NEVER has stuffed animals, toys, blankets, clothes, or pillows in the sleep environment	7/7	7/7
ALWAYS offers a pacifier when baby sleeps	1/7	4/7
NEVER has cords near baby's sleep environment	7/7	7/7
ALL moms		
Statement	Baseline	2-weeks
NEVER expose children to smoke, alcohol, or drugs	15/21**	16/21
ALWAYS do a coping mechanism when frustrated with children	8/21	14/21
ALWAYS have direct supervision of children in the home	15/21	18/21
ALWAYS make sure children are correctly installed into car seats		20/21
ALWAYS make sure car seats are correctly installed into vehicle		19/21
Has used 1+ items they received		18/21
Has a plan for self and children if in domestic violence situation		14/21