PATHWAYS/BEYOND BIRTH PROGRAM
EMPOWERMENT & SUSTAINED RECOVERY

A comprehensive approach to perinatal opioid use disorder.

VISIT WWW.UKY.EDU/NURSING/BEYONDBIRTH OR CALL 859-218-6165 FOR MORE INFORMATION ABOUT THESE PROGRAMS.

STATISTICS
- 250+ perinatal women with substance use disorder have received treatment.
- 45 Kentucky counties represented, primarily in Central and Eastern Kentucky.
- 65 percent of our mothers are parenting.
- Many of our mothers are on a PATH to become peer mentors and peer support specialists.
- All PATHways patients who are not on disability are on an employment track.

CHILDREN 4 AND UNDER AT HIGHEST RISK
53% <1 YEAR OLD
32% 1-4 YEARS OLD
9% 5-9 YEARS OLD
3% 10-14 YEARS OLD
3% 15-17 YEARS OLD

FATALITIES & NEAR FATALITIES CAUSED BY ABUSE & NEGLECT - KENTUCKY, 2016
As the opioid addiction problem has grown in the United States, so has the number of innocent victims: babies born to addicted mothers. These babies, substance exposed in utero, face a wide range of problems after birth. Neonatal abstinence syndrome (NAS) is just the beginning.

In 2014, four providers at the University of Kentucky with different professional windows into the rising numbers of babies born to addicted mothers joined forces to work toward a solution. The Perinatal Assistance and Treatment Home (PATHways) program integrates evidence-based knowledge through a comprehensive approach to perinatal opioid use disorder, offering buprenorphine maintenance treatment for opioid use disorders, NAS treatment, peer support and education, legal support, prenatal and postnatal health services for mother and baby, and health system navigation during delivery.

Perinatal nurse facilitators bind the intervention model as they educate, navigate and advocate for pregnant women participating in the program.

HOW IT WORKS
PATHways participants engage in weekly pregnancy education sessions led by the nurse navigator and prenatal appointments at the UK HealthCare Polk-Dalton Clinic in Lexington. In addition to receiving treatment for an opioid use disorder, the patients receive training on maternal-fetal bonding, soothing and swaddling, breast-feeding, smoking cessation, expectations for a baby experiencing withdrawal, and other essential skills for motherhood.

Health providers also address the complicated psychosocial problems and other medical and psychiatric comorbidities that are common in this population, such as trauma. Once babies are born, neonatologists ensure mother-baby pairs are engaging in healthy practices, such as early skin-to-skin bonding and breast-feeding, rather than isolating mothers from babies.

The transdisciplinary program provides comprehensive medical treatment while building a supportive network around women and preparing them to take ownership of their important role as a mother.

Children with parents who abuse substances are 3 times more likely to be abused, and more than 4 times as likely to be neglected, than those who grow up without an addicted parent.

SIGNS OF SUCCESS
Since the program launched in 2014 more than 250 women have received treatment. Of those, 77 percent were admitted to labor and delivery testing negative for all illicit drug use.

In addition, the researchers found an association between attendance at prenatal sessions and illicit drug use. For every one-session increase in attendance, a mom was 13 to 18 percent more likely to have a negative illicit drug urine test upon delivery or at a follow-up appointment.

OUTCOMES
• Increases the number of Kentucky children living in safe homes.
• Increases the mothers’ motivation to engage in treatment after delivery.
• Decreased law enforcement costs.

PATHways achieves these successes in four key ways:
• Prevention: Decreases likelihood of subsequent NAS births.
• Protection: Protects babies from harm and death.
• Education: Improves mothers’ perceived need for treatment.
• Treatment: Provides active, comprehensive behavioral health and medical treatment.