

# spotlight on **SARATOGA COUNTY**

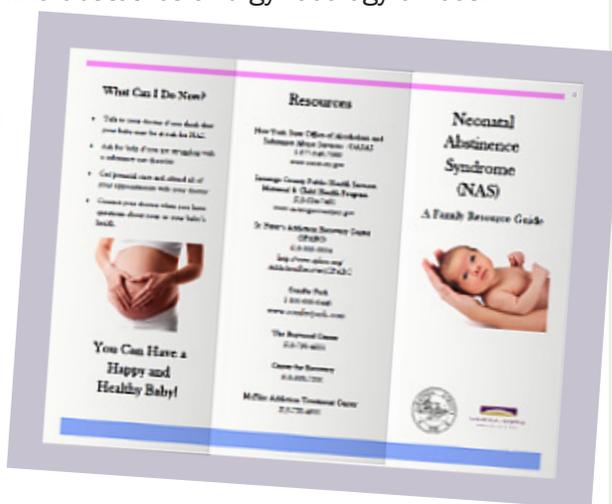
## **NEED**

In 2016, Saratoga County committed its focus to improving mental health and substance abuse due to the opioid epidemic and increasing mental health needs throughout the county. In relation to the priority of substance abuse, Saratoga County Public Health Services (SCPHS) identified the Neonatal Abstinence Syndrome (NAS) infant discharge rate as a major issue. The National Institute on Drug Abuse indicated that the risk of still-birth is 2-3 times greater in women who take prescription pain relievers or use illegal drugs during pregnancy.

## **ACTIVITIES**

SCPHS created a detailing campaign using the 5P's Screening tool, which involved an in-person visit to nine obstetrics and gynecology offices.

They were given a packet of information to express the purpose of the campaign and to receive an agreement to participate in the pilot program. The packet included: an infographic that describes symptoms of NAS, calming methods for treating NAS infants, treatment methods, a list of what providers can do, a list of resources for the county, and an NAS informational brochure that was developed by the NAS Subcommittee.



Partners include, but are not limited to, SCPHS, Saratoga Hospital, Glens Falls Hospital, Warren County Public Health, Washington County Public Health and the NAS Subcommittee of Hometown vs. Heroin.

## **OUTCOMES**

The NAS Family Resource Guide Brochures have been distributed to four providers, three primary care offices, five Ob/Gyn practices, and five buprenorphine provider practices. Saratoga Hospital also implemented validated NeoAdvance training materials to develop policy, procedures, and training for treatment of NAS infants by staff, therefore reducing the need to transfer infants and mothers to Albany Medical Center.

## **LESSONS LEARNED**

In order to increase awareness of services to mothers, SCPHS will continue to work with partners to distribute informational brochures at maternal/child health nurse visits, WIC and lactation consultation meetings, and on hospital discharge paperwork.

## **GOAL**

SCPHS aims to promote mental, emotional, and behavioral (MEB) well-being in communities through a NAS public health detailing campaign. SCPHS will engage offices in participating in a pilot program to implement the five Ps substance use screen with pregnant patients. SCPHS will also provide materials to at least five obstetrics and gynecology offices within Saratoga County.

## **SUCCESSSES**

Providing anticipatory education and guidance to women regarding withdrawal symptoms and the best methods to support their newborn.

## **CHALLENGES**

One challenge includes encouraging providers to distribute the materials and initiate the important discussion about NAS during prenatal care.

## **TECHNICAL ASSISTANCE**

HCDI led the process by which goals and strategies were identified including the review of primary and secondary data, planning workgroups, and strategy meetings.

