

CARRY THE MESSAGE



**Advancing a Cross-Systems
Collaborative Approach to
Support Families Affected by
Current Substance Use Trends
& Ensure Safety in the Home**



Acknowledgement

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National Center on
Substance Abuse
and Child Welfare

Understanding the Complex Interplay Between Substance Use & Child Safety



What the Data Tells Us About Parental Substance Use



Number of Children Affected by Parental Substance Use



(Estimated number of children by million)

21 million

Percentage of Children Who Enter Out-of-Home Care with Parental Substance Use Associated with Their Removal



National Average: 39% (4 out of 10 children)



Year 2021 Data Listed by State (A-K)

State	Percentage	Number
AK	67.2%	2768
AL	46.8%	4250
AR	50.3%	3610
AZ	34.3%	7640
CA	11.7%	8379
CO	49.9%	4063
CT	43.4%	2189
DC	15.7%	127
DE	19.6%	142
FL	51.8%	18745
GA	44.7%	7161
HI	35.4%	855
IA	60.0%	4448
ID	41.9%	1130
IL	11.1%	3033
IN	61.7%	13504
KS	35.5%	3654
KY	41.6%	5678

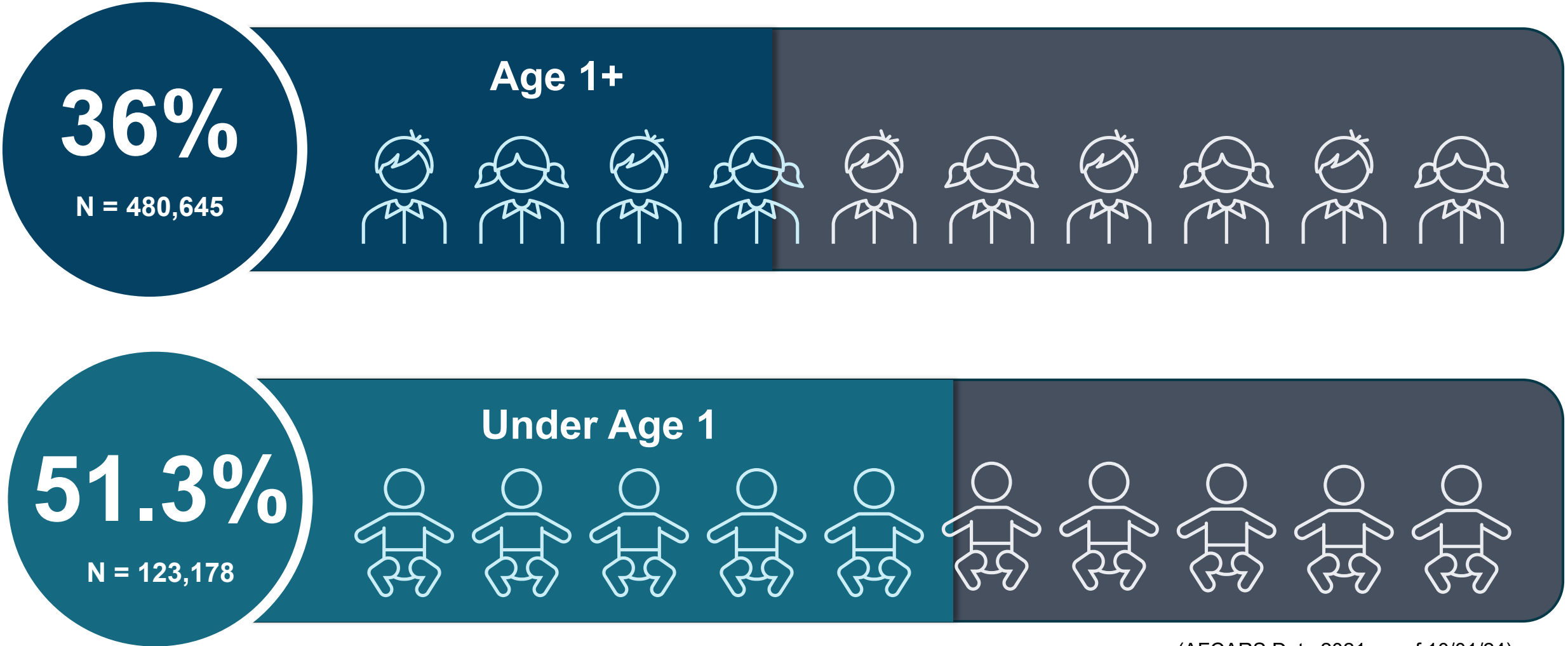
Year 2021 Data Listed by State (L-N)

State	Percentage	Number
LA	1.9%	109
MA	34.5%	4685
MD	31.2%	1715
ME	51.5%	1638
MI	39.3%	5693
MN	51.2%	6187
MO	51.3%	9924
MS	48.0%	2668
MT	39.4%	1984
NC	44.0%	6745
ND	42.6%	1053
NE	36.4%	2003
NH	15.4%	260
NJ	43.6%	2303
NM	43.6%	1319
NV	15.9%	1133
NY	30.9%	6181

Year 2021 Data Listed by State (O-W, Puerto Rico)

State	Percentage	Number
OH	30.9%	7974
OK	52.9%	6088
OR	57.3%	4747
PA	36.8%	7896
RI	38.6%	1113
SC	17.3%	1162
SD	57.9%	1522
TN	40.1%	5843
TX	65.7%	29523
UT	61.3%	2374
VA	33.8%	2562
VT	31.6%	512
WA	44.5%	5944
WI	38.2%	4049
WV	55.2%	6574
WY	50.8%	813
Puerto Rico	17.5%	471
Total US	39.1%	236143

Parental Substance Use as a Condition Associated with Removal for Children by Age, 2021



(AFCARS Data 2021, as of 10/01/24)

Year 2021 Data Listed by State, by Age (A-K)

State	Under Age 1		Age 1 and Older	
AK	75.00%	565	65.40%	2203
AL	60.80%	1108	43.30%	3142
AR	64.90%	855	47.10%	2755
AZ	47.80%	2166	30.90%	5474
CA	16.70%	2612	10.30%	5767
CO	76.30%	1247	43.20%	2816
CT	54.00%	655	40.10%	1534
DC	27.00%	38	13.30%	89
DE	37.20%	55	15.10%	87
FL	66.00%	5152	47.90%	13593
GA	61.10%	1969	40.50%	5192
HI	48.30%	232	32.20%	623
IA	70.80%	908	57.70%	3540
ID	63.10%	320	37.00%	810
IL	14.00%	907	10.20%	2126
IN	72.50%	3180	59.00%	10324
KS	48.60%	731	33.30%	2923
KY	61.60%	1416	37.60%	4262

Year 2021
Data Listed
by State,
by Age (L-N)

State	Under Age 1		Age 1 and Older	
LA	2.00%	28	1.80%	81
MA	48.50%	1243	31.20%	3442
MD	51.90%	558	26.20%	1157
ME	50.70%	368	51.70%	1270
MI	53.10%	1657	35.50%	4036
MN	65.10%	1372	48.30%	4815
MO	70.50%	2654	46.70%	7270
MS	58.40%	687	45.20%	1981
MT	48.60%	476	37.20%	1508
NC	55.70%	1597	41.30%	5148
ND	67.10%	312	37.00%	741
NE	52.10%	440	33.50%	1563
NH	26.90%	72	13.20%	188
NJ	56.10%	840	38.60%	1463
NM	56.50%	316	40.60%	1003
NV	20.10%	332	14.60%	801
NY	39.20%	1844	28.30%	4337

Year 2021 Data Listed by State, by Age (O-W, Puerto Rico)

State	Under Age 1		Age 1 and Older	
OH	47.20%	2256	27.20%	5718
OK	65.30%	2015	48.40%	4073
OR	67.70%	1118	54.70%	3629
PA	53.40%	2284	32.70%	5612
RI	51.60%	320	35.10%	793
SC	30.20%	300	15.10%	862
SD	71.80%	328	55.00%	1194
TN	70.00%	1521	34.90%	4322
TX	76.70%	7564	62.60%	21959
UT	79.40%	540	57.50%	1834
VA	55.30%	591	30.30%	1971
VT	46.90%	123	28.60%	389
WA	66.20%	2324	36.80%	3620
WI	49.10%	1066	35.40%	2983
WV	75.90%	1611	50.70%	4963
WY	70.50%	146	47.80%	667
Puerto Rico	31.10%	111	15.50%	360
Total US	51.30%	63130	36.00%	173013



Preventing
people from
seeking help



Influencing
families'
decisions not to
receive
treatment



Limiting the
quality of
treatment
services



Reducing the
likelihood of
treatment
retention or
active recovery

**How Stigma Affects Family Treatment
& Recovery Outcomes**

Long-Term Implications for Children & Families

**Lower likelihood of
successful reunification**

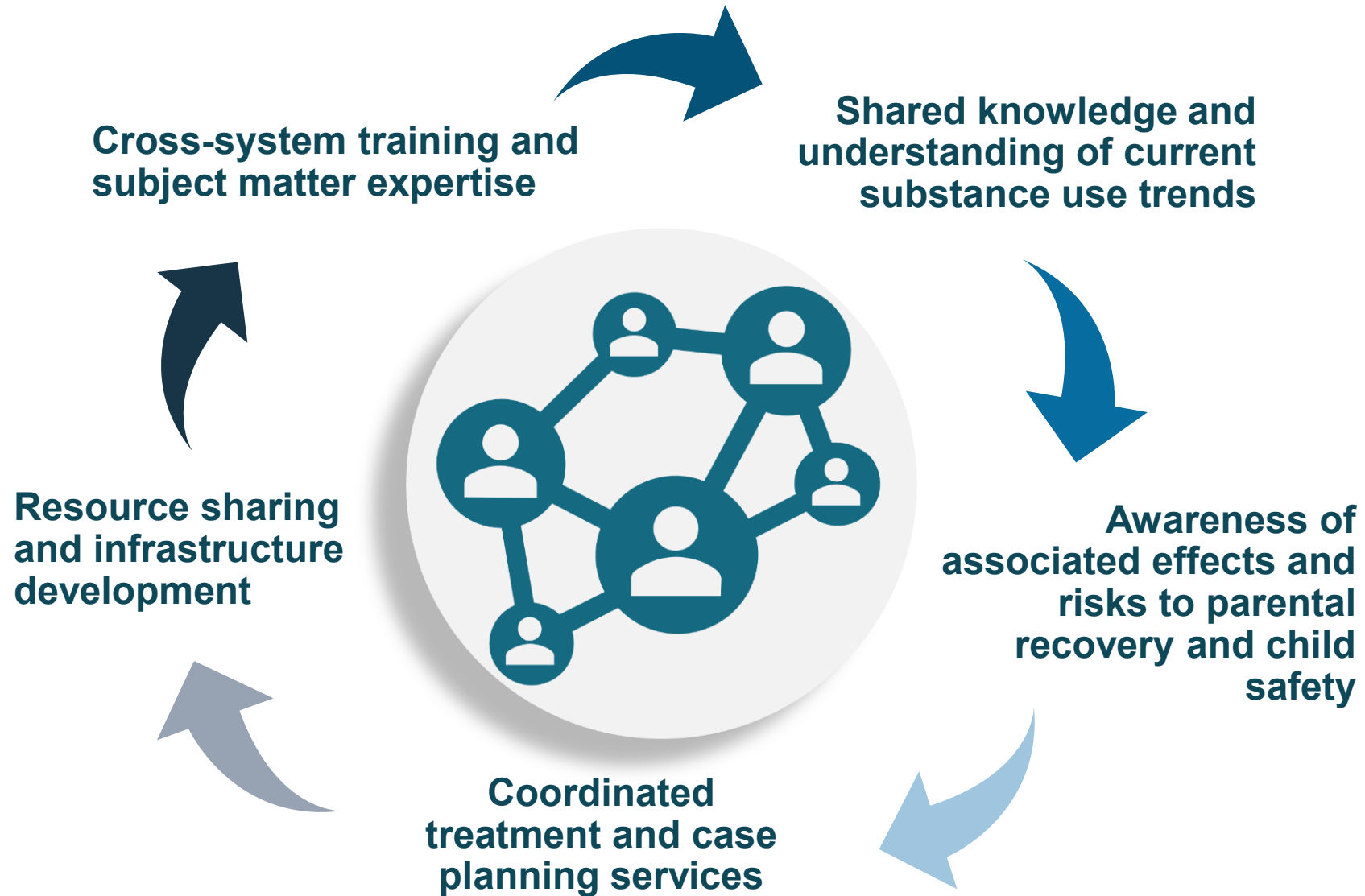


Children tend to remain in out-of-home care longer



Helping Families Navigate Substance Use & Child Safety

A Collaborative Approach to Environmental Exposure

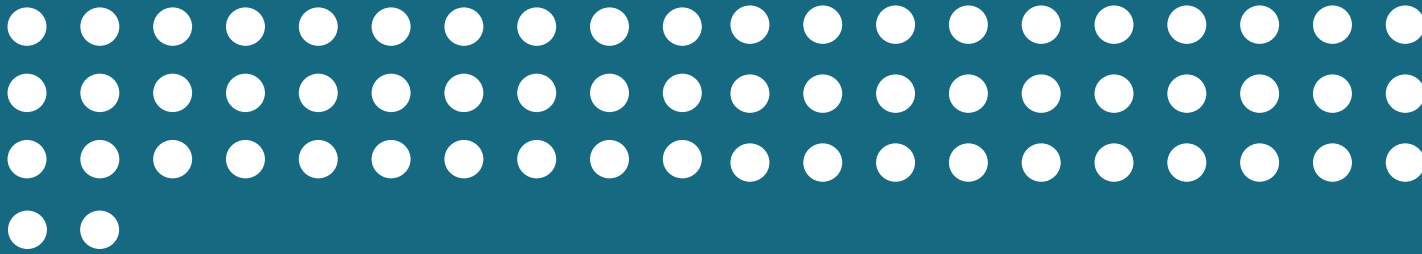


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National Substance Use Trends



Key Substance Use Trends: Results from the 2022 National Survey on Drug Use and Health



61.9M

CANNABIS

Rx Pain
Reliever
Misuse



8.5M

Heroin
1.0M

Fentanyl
991K

OPIOIDS

Cocaine
5.3M



Rx Stimulant
Misuse
4.3M

Methamphetamine 2.7M

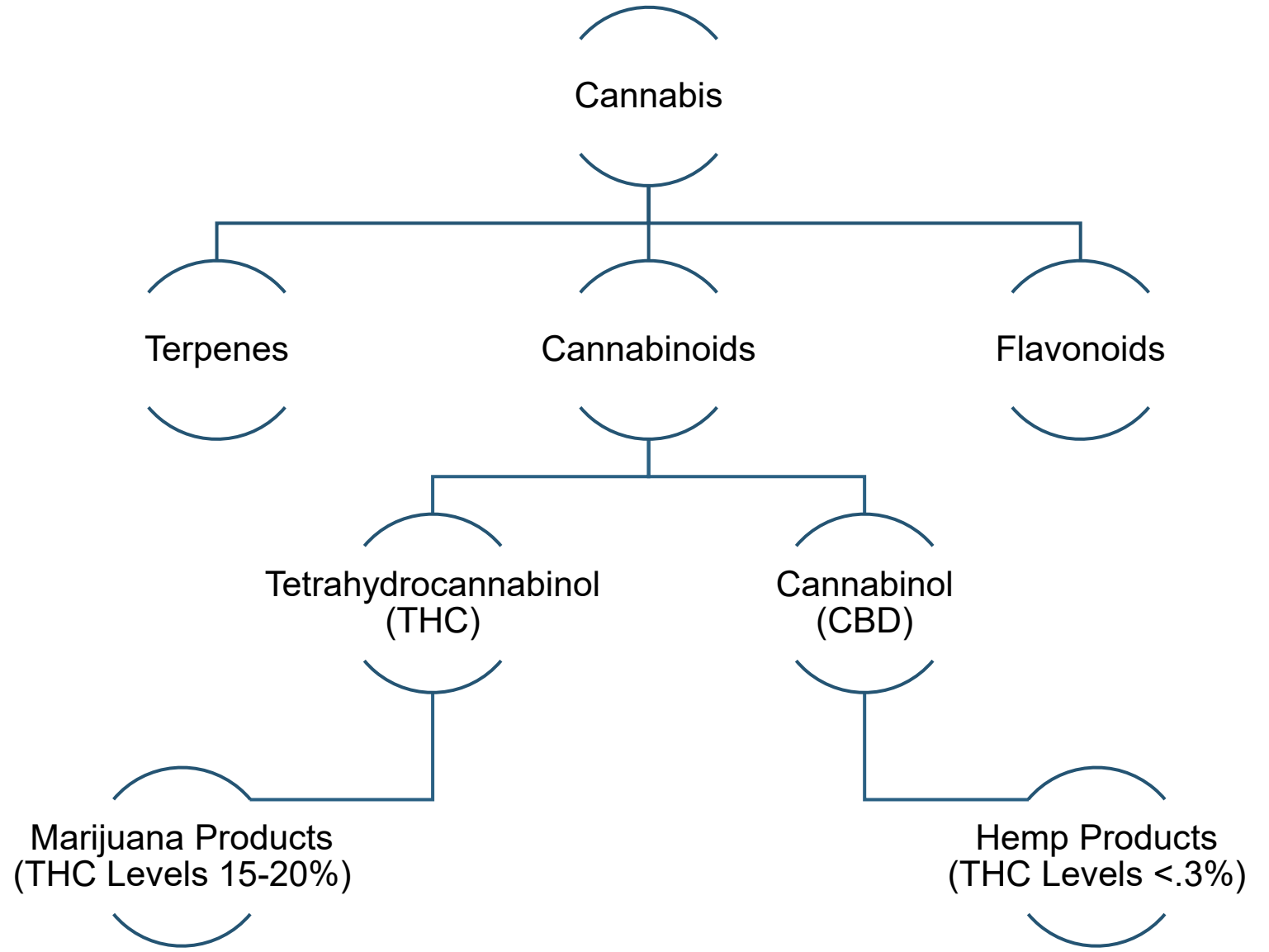
STIMULANTS

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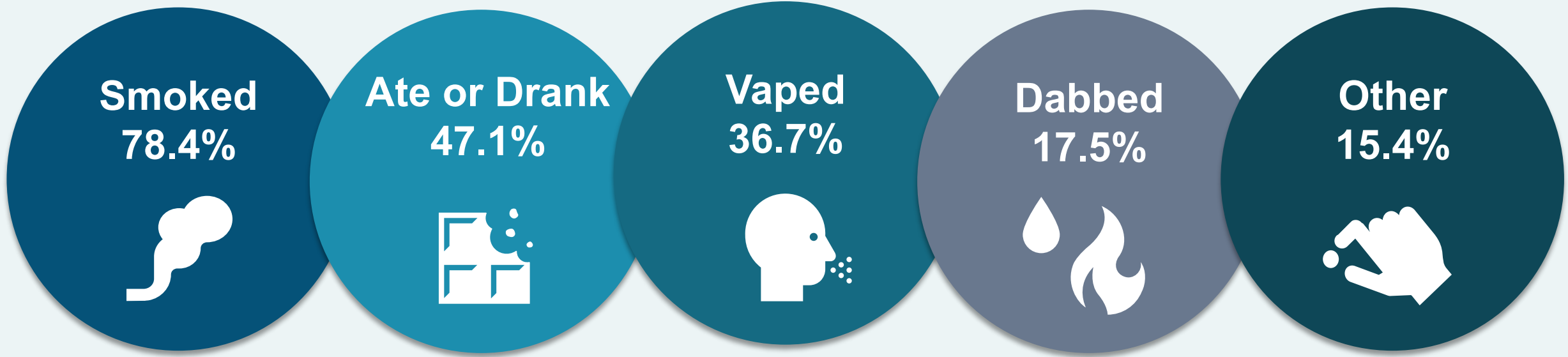
Understanding Cannabis Trends



Cannabis Trends: Chemical Structure & Terminology



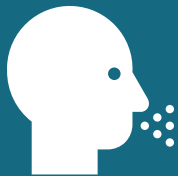
Cannabis Trends: Methods of Past Year Use (Age 12 and Older)



(Substance Abuse and Mental Health Services Administration, 2023b)

Cannabis Trends: Methods of Past Year Use (Ages 12-17)

Vaped
59.7%



Ate or Drank
36.1%

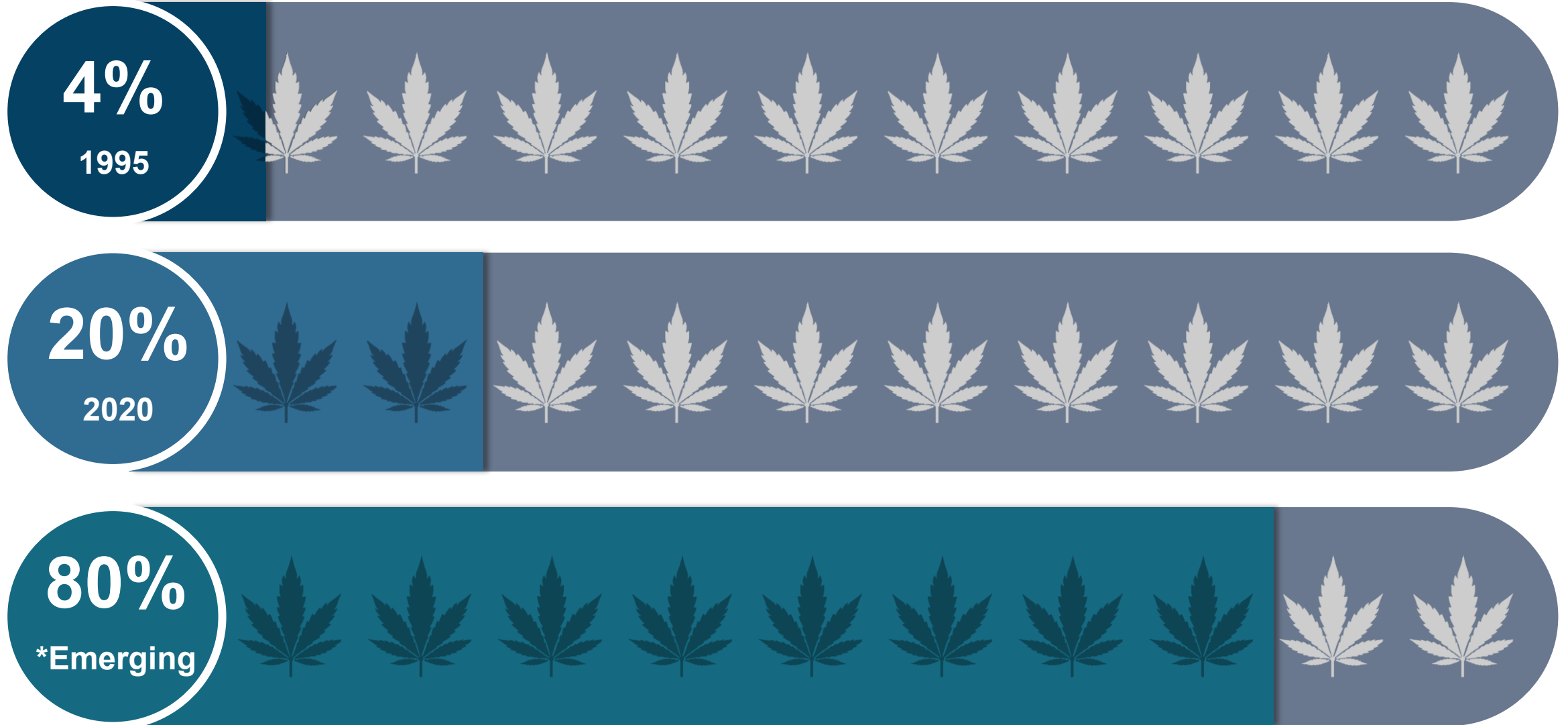


Dabbed
23.3%



(Substance Abuse and Mental Health Services Administration, 2023b)

Cannabis Trends: Increased Potency



Cannabis Trends: Increased Access & Availability



Agricultural
Improvement
Act of 2018



Unregulated
Markets



Increased
Availability

Cannabis Trends: Safety & Risk Considerations

Respiratory
Infections &
Sudden Infant
Death Syndrome



Cannabis Trends: Safety & Risk Considerations

Accidental
Suffocation



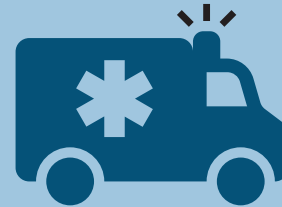
Cannabis Trends: Safety & Risk Considerations

Accidental
Ingestion



Cannabis Trends: Safety & Risk Considerations

Medical &
Psychiatric
Emergencies



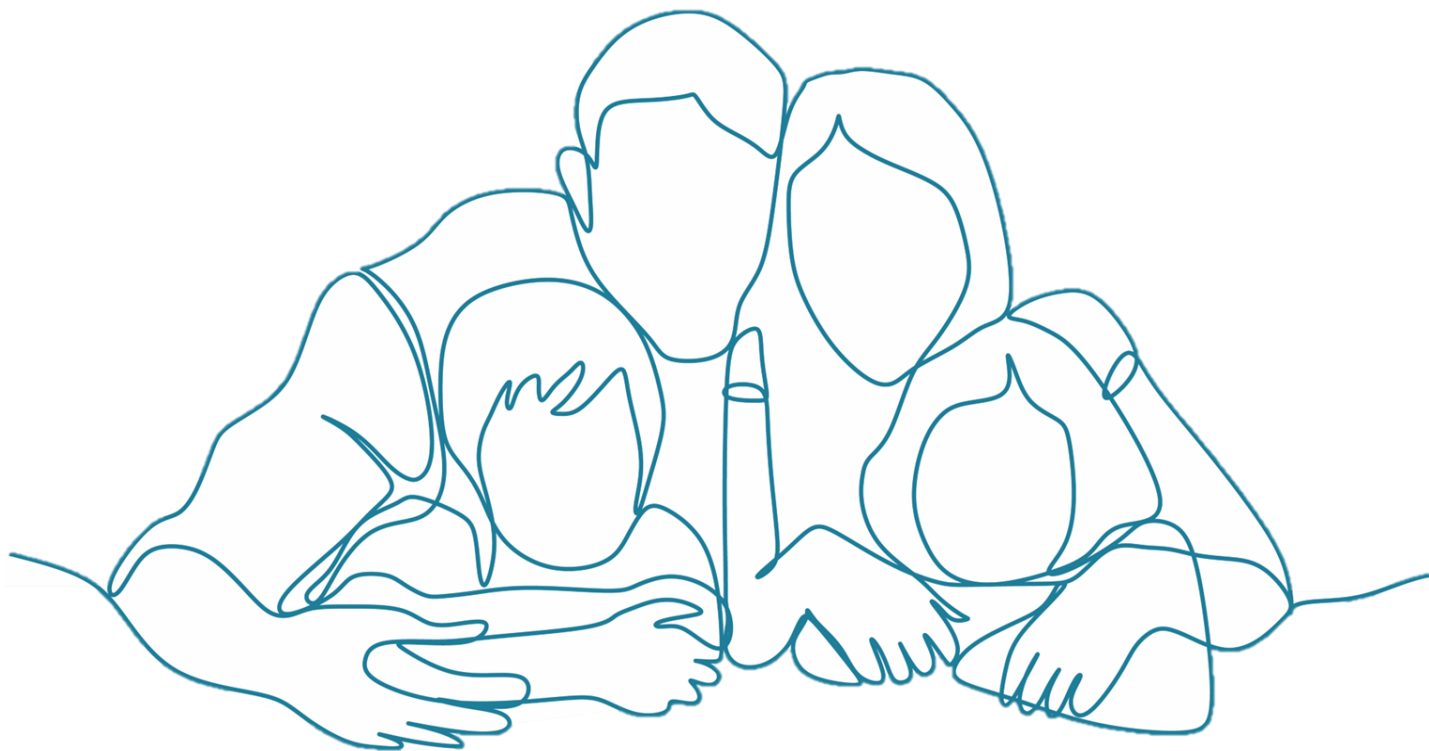
Cannabis Trends—Let's Talk About It!



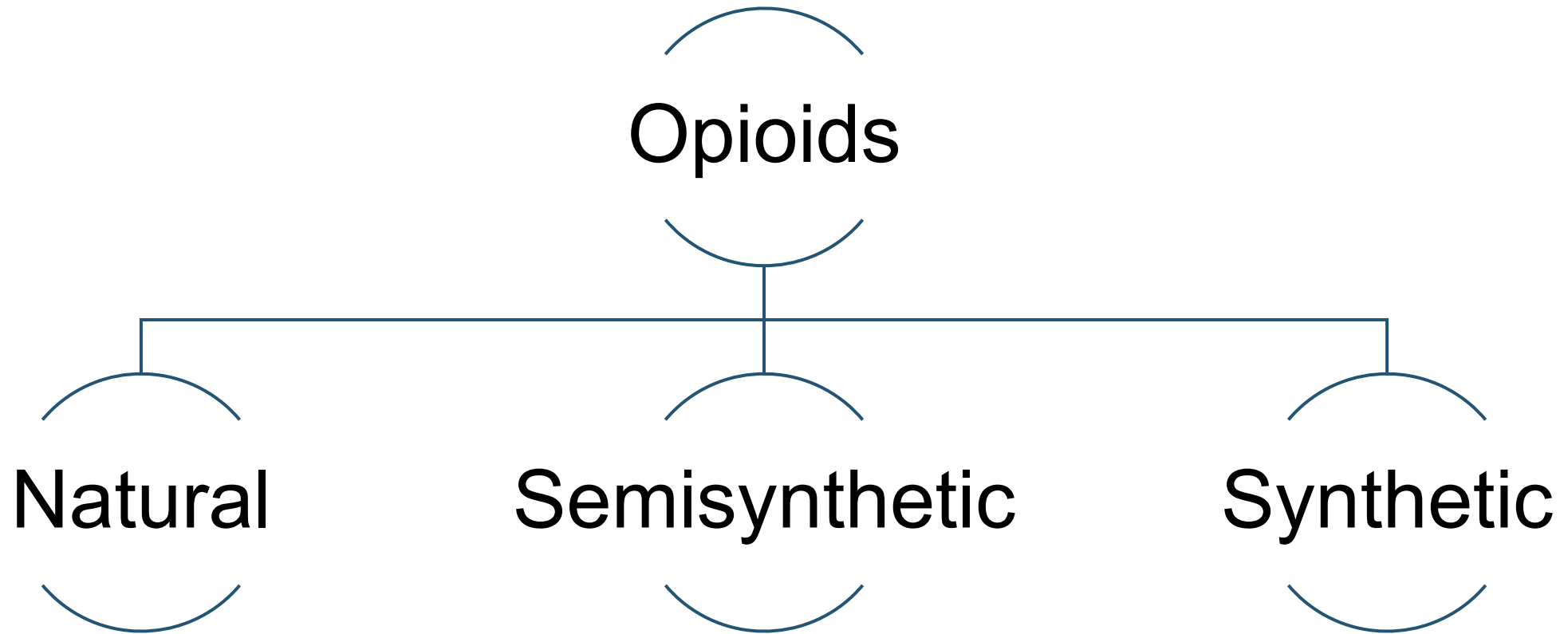
Large Group Discussion

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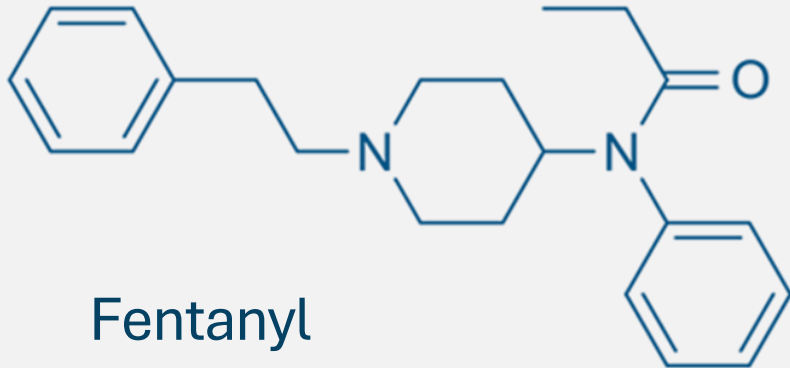
Understanding Opioid Trends



Opioid Trends: Chemical Structure & Terminology

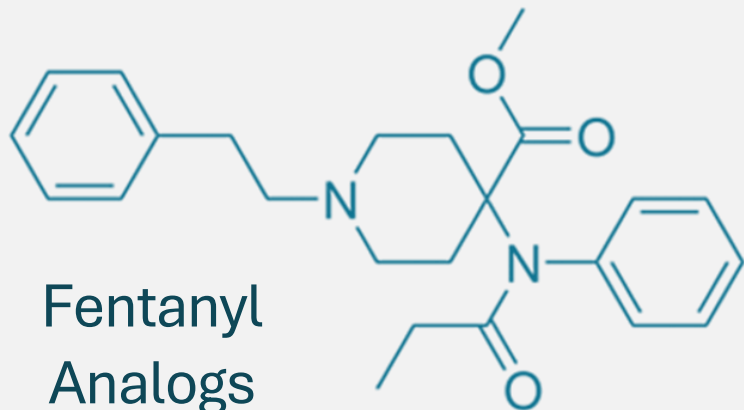


Opioid Trends: Fentanyl & Fentanyl Analogs



Fentanyl

Fentanyl is 100x more potent than morphine.



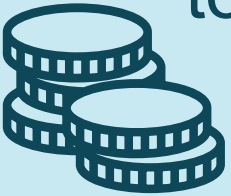
Fentanyl
Analog

Carfentanil is estimated to be as high as

- 10,000x more potent than morphine
- 100x more potent than fentanyl, and
- 50x more potent than heroin.

Opioid Trends: Rise in Illegally Made Fentanyl

Higher potency and cheaper
to produce compared to other opioids



U.S. drug supply
primarily **from**
Mexico and China

Increase in **intentional contamination**
with other illicit drugs



Opioid Trends: Fentanyl Combined with Xylazine

- Xylazine is a powerful sedative
- Fentanyl-related deaths with xylazine detected increased by 276% between 2019-2022
- Prompting executive designation authority for the first time in U.S. history



Opioid Trends: Risk Factors for Overdose

Changes in tolerance levels

Mixing opioids with respiratory depressants

Mixing opioids with stimulants

History of chronic health conditions

History of past overdoses



Opioid Trends: Overdose Signs & Symptoms

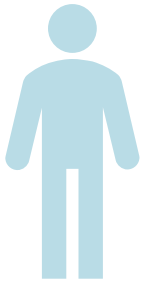


- Unconsciousness
- Slow or shallow breathing
- Faint heartbeat
- Vomiting
- Inability to speak
- Very small pupils
- Limp arms and legs
- Pale skin
- Purple lips and fingernails

Opioid Trends: National Overdose Death Rates

81,806

Involving
Any Opioid



73,838

Involving
Synthetic
Opioids



14,716

Involving
Prescription
Opioids



5,871

Involving
Heroin



Total Drug-Involved Overdose Deaths in 2022

107,941



Safety & Risk Considerations: Opioid-Related Deaths Ages 1-17

985 Deaths spanning 2018-2022

Opioid Ingestion

- 63% involved prescription opioids including in combination with fentanyl
- 44% involved illegally made fentanyl including fentanyl analogs
- 7% involved heroin



By Age

- 67% Adolescents ages 15-17
- 21% Infants and toddlers ages 1-4
- 10% Youth ages 10-14
- 2% Children ages 5-9



- 93% of opioid-related deaths occurred in response to accidental overdose/acute intoxication (with 5% attributed to intentional poisoning)
- 64% of these deaths occurred at home whereas 13% occurred at a friend's house
- 46% were coded as urban, followed by 41% suburban, and 13% rural



Environment

Safety & Risk Considerations: Increased Access & High Potential for Misuse



8.5M

Age 12 or Older Misused Prescription Pain Medication

44.6%

Obtained access
through a friend or
relative's unused
prescription



Increased Access

45.1%

Hydrocodone

30.7%

Oxycodone

Codeine **22.2%**

High Potential for Misuse

Opioid Trends—Let's Talk About It!



Large Group Discussion

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Understanding Stimulant Trends



Stimulant Trends: Abuse Potential & Overdose Deaths



34,022

Psychostimulants



14,716
Prescription
Opioids

27,569

Cocaine

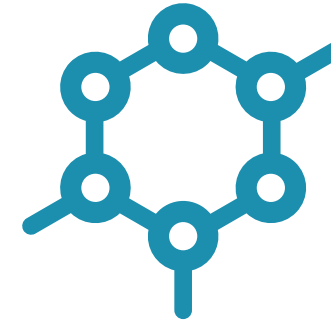
5,871

Heroin



73,838

Synthetic Opioids



Total Drug-Involved Overdose Deaths in 2022

107,941



Stimulant Trends: Twin Epidemics (Methamphetamine & Opioids)

Rise in methamphetamine use in
combination with opioid use

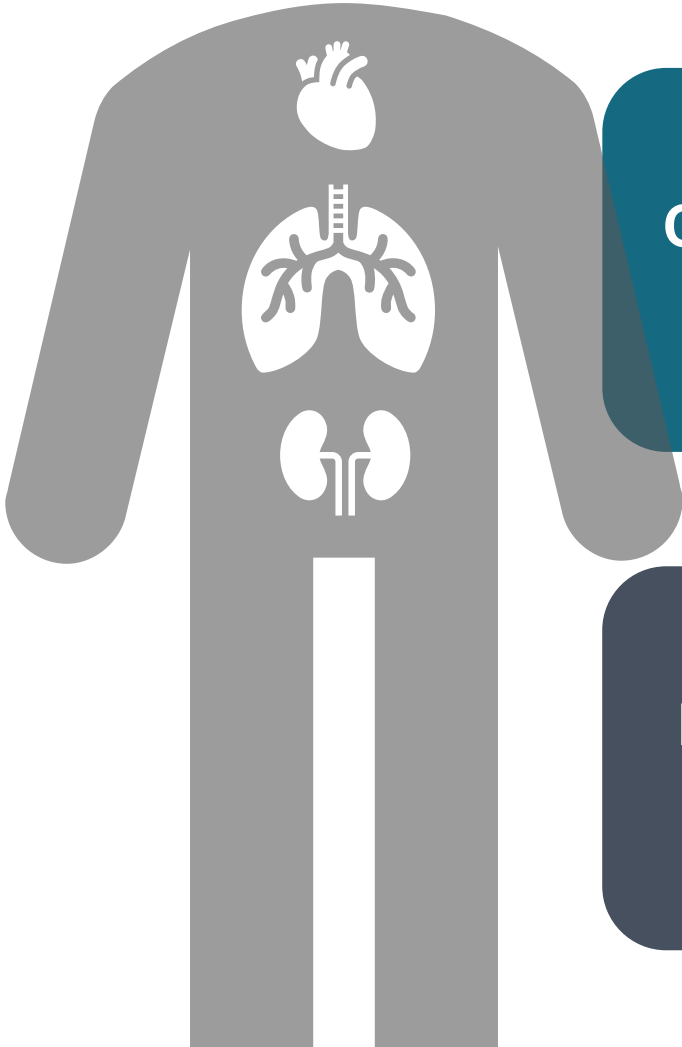
Important considerations for
concurrent use of
methamphetamine and opioids

Past-month use of heroin
coincided with a 5-fold increase
in methamphetamine use
(up from 9 to 44%)
between 2015-2019



Synergistic Effects
Heightened Overdose Risks

Stimulant Trends: Long-Term Physical Effects of Chronic Methamphetamine Use



**Communicable
diseases**

Kidney failure

Seizures

**Lung or nerve
damage**

**Heart attack
or stroke**

Death

Stimulant Trends: Psychological Effects of Chronic Methamphetamine Use

Psychosis

Paranoia

Delusions

Hallucinations



Stimulant Trends: Changes to Methamphetamine Purity

Pre-CMEA
Federal
Regulations

35.3% - 57.4%

95.6% - 97.5%

Post-CMEA
Federal
Regulations

Stimulant Trends: New Manufacturing Formula

P2P Method



Meth 2.0 or Super Meth



Safety & Risk Considerations: Methamphetamine Production

Makeshift Labs



Dangerous
chemicals and
toxic waste

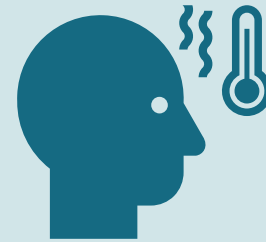


Fire and
explosions



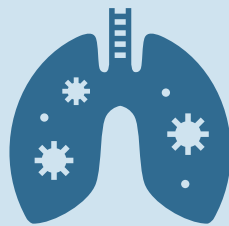
Safety & Risk Considerations: Acute Health Effects

Toxic Poisoning



Infections or
Other Health
Risks

Respiratory
Issues



Burns and
Other Physical
Injuries

Stimulant Trends—Let's Talk About It!



Large Group Discussion

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Harm Reduction & Overdose Prevention Strategies





What Is Harm Reduction?

Harm Reduction in the Context of Child Well-Being—Let's Talk About It!



Large Group Discussion

Examples of Harm Reduction Strategies in Child Welfare



Providing lockboxes for medications

Referring to treatment services

**Connecting children to age-appropriate
therapeutic and mental health services**

Teaching positive parenting skills

**Removing children from the home
when they are in immediate danger**

**Incorporating healthy family routines
to aid in reunification and recovery**

Safe Storage & Proper Disposal

Steps to Ensure In-Home Safety:



Lock Box



Pharmacy
Drop Off Box



Mail Back
Programs



FDA Flush List



Trash Disposal



Fentanyl Test Strips

Benefits

- + Detect the presence of fentanyl and fentanyl analogs
- + Effective with all different types and forms of illicit drugs
- + Cost effective method for reducing harm and saving lives

Drawbacks

- Do not provide any information about the quantity or potency of the fentanyl detected
- Can not detect the presence of any other harmful substances
- Remain illegal in some states due to drug paraphernalia laws

Naloxone



Opioid antagonist

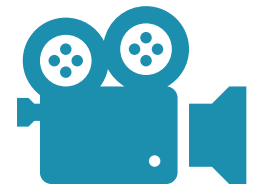
Rapidly reverses an opioid overdose

Restores normal breathing

Administered as an injectable
or nasal spray

Jessica's Story

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The University of Tennessee & Dr. Jennifer Crowley



[Digital Story on Narcan Opioid Overdose Reversal](#)

Recovery Management Plans



Use of recovery management plans to increase:

Awareness of activators or triggers

Identified recovery supports

Steps to carry out to ensure child safety

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Peer Recovery Support Services



Value of Lived Experience



Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

(Substance Abuse and Mental Health Administration, 2023d)

PEERS

**Experiential
Knowledge &
Lived Expertise**

- Peer Mentor
- Peer Specialist
- Peer Providers
- Parent Partner

RECOVERY SPECIALISTS

**Specialized
Training &
Certification**



**Experiential
Knowledge &
Lived Expertise**

- 
- Recovery Support Specialist
 - Substance Abuse Specialist
 - Recovery Coach
 - Recovery Specialist
 - Parent Recovery Specialist

How Peer Recovery Support Engages Families in the Change Process



Provide mentoring and coaching



Serve as a recovery role model



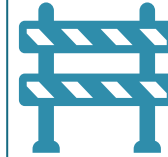
Help families navigate public systems



Parent engagement in child welfare settings



Connect families to services, community resources, and recovery supports



Help remove barriers to services and programs



Transportation, childcare referrals, court and family meetings



Help raise awareness, reduce stigma, and promote advocacy and recovery



Help establish new recovery supports in community



Change organizational culture where they work



Share experience, strength, and hope

Working with Peer Recovery Support

What are some key highlights or takeaways from integrating peer recovery support services in your child welfare agency?

If not currently providing peer recovery support, what do you see as the barrier to this service delivery enhancement?



Small Group Discussion

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Treatment Engagement Strategies



How Our Beliefs Guide Our Work with Families



**SUDs are a brain disease
and are progressive in nature**

**All members of the
child and family team deserve
to have a voice and choice**

**Parental substance use
increases risk of harm;
recovery decreases risk of harm**

**Every parent and family
is worthy of our best efforts**

**Children should remain
with their parents and siblings
whenever safely possible**

**People deserve second chances;
we do not give up on families**

**SUDs involve the whole family,
so we must serve the whole family**

Recovery works; treatment works

Key Characteristics of Family Engagement



Strength-based

Personalized and responsive

Collaborative in nature

Non-punitive and non-authoritarian

Viewed as partners in change

What Can You Do to Help?

**Screen, refer,
and link
parents to
high quality
treatment
providers**



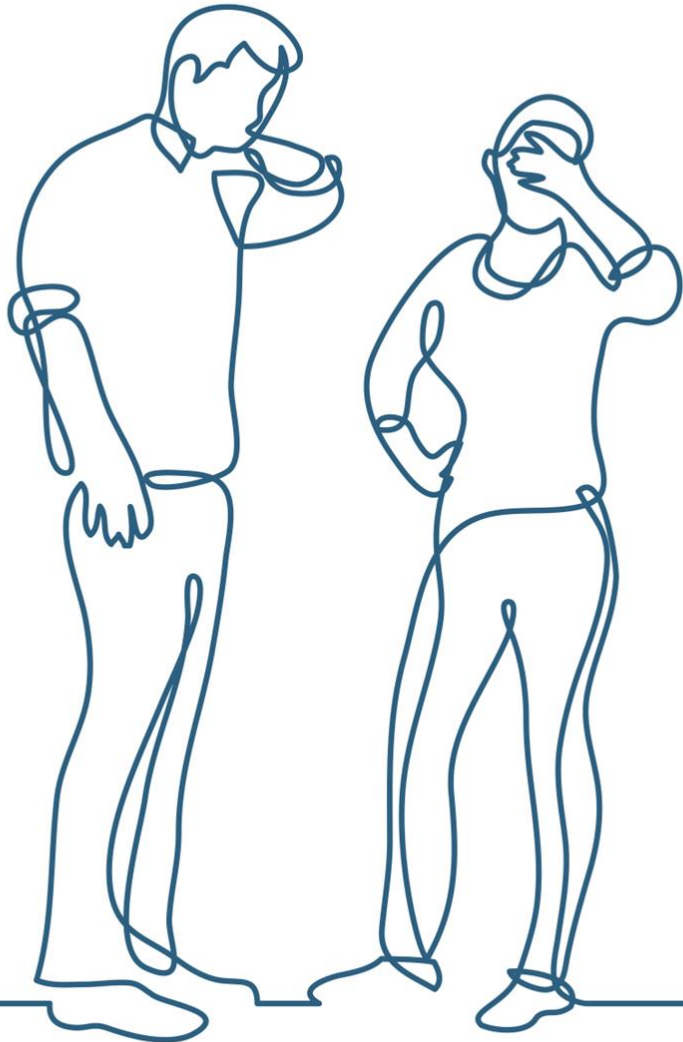
**Emphasize
family voice and
choice in service
planning**

**Help parents engage
and remain in
treatment**



**Respond appropriately to return to use
and support sustained recovery**

Important Reminder About Substance Use Disorder Treatment Retention



53.5%
Methamphetamine
Dropout Rate

39.3%
Opioids
Dropout Rate

34.9%
Cannabis
Dropout Rate

How Engagement Might Look Differently...

Real-Time Coaching & Skill Building



Accessing treatment and supportive services



Completing intake or enrollment paperwork



Scheduling appointments and setting up reminders



Arranging transportation services or help with navigating public transportation system



Reinforcing positive steps toward recovery—
big or small!

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Evidence-Based & Emerging Interventions

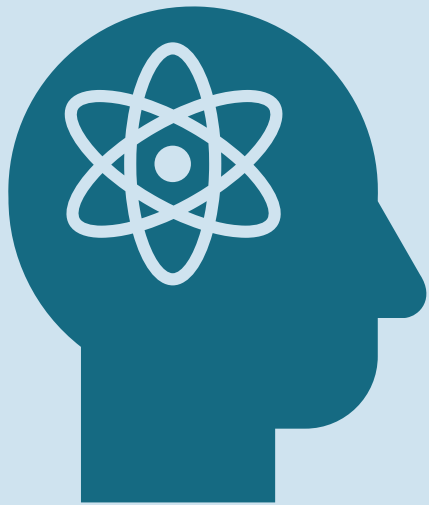


Evidence-Based Interventions for Families Affected by Substance Use Disorders

Motivational Interviewing



Cognitive Behavioral Therapy



Evidence-Based
Interventions for
Families
Affected by
Substance Use
Disorders

Evidence-Based Interventions for Families Affected by Substance Use Disorders

Contingency Management



Trauma-Informed Care



Evidence-Based
Interventions for
Families
Affected by
Substance Use
Disorders

Evidence-Based Interventions for Families Affected by Substance Use Disorders

Sobriety Treatment and Recovery Teams (START)



Specialty Court Programs for Families Affected by Substance Use Disorders: Family Treatment Courts



Evidence-Based Treatment for Opioid Use Disorders



- Reduce or eliminate opioid withdrawal symptoms
- Reduce risk of opioid overdose or death

Methadone

+

Buprenorphine

Methadone

+

Buprenorphine

+

Naltrexone

- Blunt or block effects of illicit opioids
- Reduce or eliminate opioid cravings

Effective Treatment Models for Methamphetamine Use Disorders

The Matrix Model



16-week

comprehensive
treatment approach

Delivered in an intensive
outpatient setting

Combines various modalities to promote recovery from stimulants:

- Individual and family counseling
- Early recovery skills groups
- Relapse prevention groups
- Family education groups
- 12-step programs
- Random drug testing
- Social support groups



Emerging Treatment Considerations for Methamphetamine Use Disorders



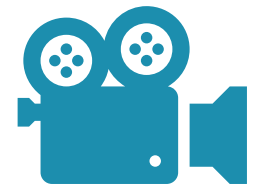
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Recovery Is Possible!



Recovery Is Possible

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[Stories of Hope: Mallie's Story](#)

Tips to Facilitate Parental & Familial Recovery



Collaborate	Collaborate with the experts in your community
Talk	Talk with the treatment provider to learn what evidence-based treatment and therapeutic approaches are used to treat substance use disorders
Understand	Understand that outpatient treatment can be as effective as inpatient treatment when supportive services and community supports are provided
Refer	Refer and link parents and families to tailored services and supports that meet their unique needs
Ensure	Ensure that co-occurring disorders, such as depression and anxiety disorders, are addressed in treatment
Support	Belief and understanding that recovery from a substance use disorder is possible; just may require extra support
Convey	Convey empathy and a sense of hope in your interactions with parents, children, and family members

Call to Action

Provide 1-2 examples of how you will use the information presented to enhance your partnerships with SUD treatment professionals on behalf of families navigating substance use and child safety.



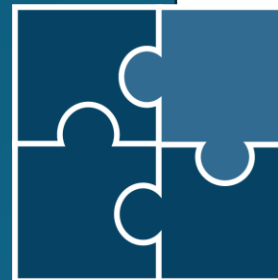
Reflection Exercise

Contact

Contact the NCSACW Training and Technical Assistance (TTA) Program

Connect with programs that are developing tools
and implementing practices and protocols to
support their collaborative

Training and technical assistance to support
collaboration and systems change



National Center on Substance Abuse and Child Welfare



<https://ncsacw.acf.hhs.gov/>



ncsacw@cffutures.org



Toll-Free @ 1-866-493-2758

References

References, slide 1 of 8

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Resources

Resources

- Children and Family Futures: [*Harnessing the Power of Family Treatment Courts Brief Series*](#) (2022)
- National Center on Substance Abuse and Child Welfare: [*The Use of Peers and Recovery Specialists in Child Welfare Settings*](#) (2019)
- National Center on Substance Abuse and Child Welfare: [*Tip sheet #1 Harm Reduction in the Context of Child Well-Being: An Overview for Serving Families Affected by Substance Use Disorders*](#) (2024)
- National Center on Substance Abuse and Child Welfare: [*Tip Sheet #2 Harm Reduction in the Context of Child Well-Being: Key Considerations for Policymakers*](#) (2024)
- National Center on Substance Abuse and Child Welfare: [*Tip Sheet #3 Harm Reduction in the Context of Child Well-Being: Practice Recommendations for Child Welfare Workers*](#) (2024)
- National Center on Substance Use and Child Welfare: [*Screening for Substance Use in Child Welfare Using the UNCOPE*](#) (2023)
- National Center on Substance Use and Child Welfare: [*Understanding Engagement of Families Affected by Substance Use Disorders —Child Welfare Practice Tips*](#) (2022)
- [*Peer Recovery Center of Excellence: Peer Recovery Now*](#) (2023)
- U.S. Food and Drug Administration: [*Safe Opioid Disposal - Remove the Risk Outreach Toolkit*](#) (2021)