



Substance Abuse Counseling



NE WIC 5.31.18

Substance Abuse Counseling



1. Local agencies must provide information regarding the harmful effects of drugs, tobacco and alcohol **to all** pregnant, postpartum, breastfeeding women and to the parents and caretakers of WIC infants and children.
2. Participants who indicate that they or their child are **exposed to secondhand tobacco smoke** must also be warned of the dangers to themselves and/or their children.
3. Local Agencies must maintain an **up-to-date list of local resources** for drug and alcohol treatment programs as well as local smoking cessation programs.

Screening for Substance Abuse

Nebraska WIC screens for drug, alcohol and tobacco use to determine nutrition/medical criterion through the use of the questions asked during the Nutrition Interview.

Screening for Pregnant, Breastfeeding and Postpartum Moms

Do you give WIC permission to share FAK IUN's WIC information with this health care provider? ☐ Yes ☐ No

Life Style

Past Smoking

4a. In the 3 months before you were pregnant, how many cigarettes did you smoke on an average day?
(1 pack = 20 cigarettes)
Cigarettes/day

4b. In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day?
(1 pack = 20 cigarettes)
Cigarettes/day

Current Smoking

4c. How many cigarettes do you smoke on an average day now?
0 Cigarettes/day

4d. Does anyone else in your household smoke inside the home?

Do you give WIC permission to share your current use of tobacco with your health care provider? ☐ Yes ☐ No

Past Alcohol Use

4e. In the 3 months before you were pregnant, how many alcoholic drinks (beer, wine or liquor) did you have in an average week?
Drinks/wk

4f. In the last 3 months of your pregnancy, how many alcoholic drinks (beer, wine or liquor) did you have in an average week?
Drinks/wk

Current Alcohol Use

4g. Do you currently drink alcohol? ☐ Yes ☒ No

If yes, how much and how often?

Screening for Pregnant, Breastfeeding and Postpartum Moms

Other ways to frame this question:

- We discussed smoking and alcohol use, do you have any past history and/or current use of other drugs?

Do you give WIC permission to share FARTU's WIC information with this health care provider? ☐ Yes ☐ No

Current Summary

Breastfeeding Support

Health/Medical

Nutrition Practices

Life Style

Social Environment

Past and Current Drug Use

4b. In the 3 months before you were pregnant, did you use street drugs? How about now?
Listen, ask, and assess for

- OTC drugs recognized as safe
- Prescription medications
- Illegal drugs

☐ 372b - Illegal Drug Use

4c. What are your plans for returning to your pre-pregnancy shape?
Listen, ask, and assess for

Screening for Parents and Caretakers of infants and children

Life Style

Nutrition Practices

Social

4b. 1 # of hours of TV watching/video playing per day

4c. Does anyone living in your household smoke inside the home? ☐ Yes ☒ No

How to provide Substance Abuse Counseling?

At certification, need to offer substance abuse information

- Educational material that address the harmful impact of substance abuse
 - Help me be healthy
 - State created, “Keep you and your family safe”
- Current list of local resources for drug or other harmful substance abuse

Keep you & your children safe

You & your child can get hurt from alcohol, tobacco, & other drugs.

Tips for staying safe:

Pregnancy

- **Tobacco or e-cigarettes:** Quitting smoking early in pregnancy is best, but quitting at any time will help you and your baby. By quitting you will help your baby get more food and oxygen, grow better, and be born alive and healthy. E-cigarettes are also not safe to use while pregnant.
- **Alcohol:** There is no safe amount, no safe time, and no safe type of alcohol during pregnancy. By avoiding alcohol you can help prevent health issues such as Fetal Alcohol Spectrum Disorder for your child in the future. It is never too late to stop.
- **Other drugs:** Don't take medications (prescription or over-the-counter) without talking to your doctor first. Some drugs can cause birth defects. If you are using street drugs when pregnant, it can cause serious health complications. Talk to your doctor to get help.

Breastfeeding

- **Tobacco or e-cigarettes:** Mothers who are using tobacco or e-cigarettes can breastfeed their babies. Breastmilk may help protect your baby from the harmful effects of secondhand smoke. It is still better to quit. If you smoke, try to smoke outside right after you breastfeed. Nicotine levels will decrease before it is time to breastfeed again.
- **Alcohol:** If you drink alcohol it can be passed into your breastmilk. Excessive alcohol consumption while breastfeeding could affect the baby's sleep patterns and development. If you are going to drink alcohol while breastfeeding, drink in moderation (up to 1 standard drink per day) and wait at least 2 hours before breastfeeding your baby.
- **Other drugs:** If you take other drugs (even over-the-counter or prescription drugs) ask your doctor before breastfeeding.

If you have questions about whether it is safe to breastfeed, ask your doctor as soon as possible. Continue to pump regularly but wait to give your baby the milk until you know it is safe.

Postpartum moms, Parents, & Caregivers

Reduced substance use can be better for you and your child's health.

- Trying to reduce your child's exposure to second hand smoke could help them have less colds, ear infections, and risk of asthma. Also, less exposure to tobacco smoke for you and your child could reduce your risk of cancer, heart disease, and stroke. Smoking outside instead of in the house or car is better for others around.
- By avoiding substance abuse you will be more responsive and able to adapt to your child's needs. It is safer and easier for you to work, be responsible at home, and drive. You may also be able to live a healthier life. Substance use can hurt your body and cause health problems like heart attacks, liver disease, kidney disease, lung disease, and more. Take care of your body and live your best life for both you and your child.

It is never too late. Ask for help.

If substance abuse is something you or someone you know struggles with:

- Talk to your doctor for help and referrals.
- Find a substance abuse facility near you. Visit <https://findtreatment.samhsa.gov/> or call 1-800-662-HELP (1-800-662-4357).
- For help quitting smoking call 1-800-QUIT-NOW (1-800-784-8669) or sign up to get stop-smoking text messages at <http://smokefree.gov/smokefreeit/>.
- For help quitting drinking or drugs call 1-800-NCA-CALL (1-800-622-2255).

Adapted with permissions from: Missouri WIC and Nutrition Services, Montana WIC
Resources: cdc.gov, easyread.drugabuse.gov

Be the kind of parent you want to be.
Protect your children by asking for help.



Substance abuse is when you feel a strong urge to keep taking a substance (like tobacco, alcohol, or other drugs) even if it is causing harm. Not everyone who uses will become addicted, but anyone can become addicted. To stop, ask for help. If you do become addicted, you can be treated and you can recover.

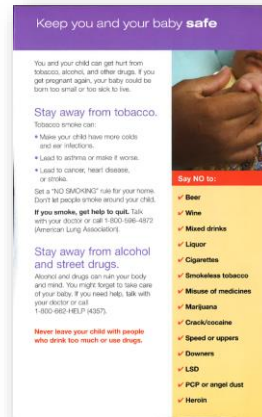
WIC NEBRASKA

Help Me Be Healthy

TIPS FOR A HEALTHY PREGNANCY



HEALTH TIPS FOR NEW MOMS



How to provide Substance Abuse Counseling?

Tailor education based on Nutrition assessment screening questions

- Not expected to diagnose or provide in-depth counseling
- Provide information in the course of routine activities

For those that are not participating in harmful behavior- Potential language,

"At WIC, we are required to offer everyone information on substance abuse. Are you interested in receiving information?"

I suggest you offer this after screening questions.

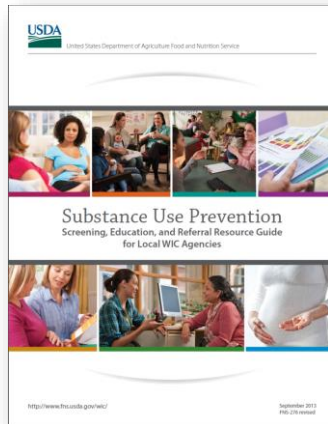
For those that are abusing a drug

- Focus your counseling and referrals on their individual behavior

Document any nutrition education material and referral given

Substance Use Prevention

Screening, Education, and Referral Resource Guide for Local WIC Agencies



WIC Works Resource System website

<https://wicworks.fns.usda.gov/sites/default/files/media/document/ResourceManual%20rev%2004-17-18.pdf>

Questions

