

# Services available for women with opioid use disorder (OUD) and/or substance-use disorder (SUD)

Every 15 minutes in the United States, a baby is born suffering from opioid withdrawal. Of these births, 86% are unplanned by women with OUD and more than 50% are by women with OUD who have had at least four pregnancies.<sup>1</sup>

According to a 2018 Centers for Disease Control and Prevention (CDC) analysis, the number of pregnant women diagnosed with OUD during labor and delivery in the U.S. more than quadrupled from 1999 to 2014. In Kentucky, the number climbed from 0.4 per 1,000 delivery hospitalizations in 2000 to 19.3 in 2014.<sup>2</sup>

## What can you do?

The American College of Obstetricians and Gynecologists (ACOG) recommends screening for substance use:

- Early in pregnancy
- At the first prenatal visit as part of comprehensive obstetric care

The earlier a pregnant woman with OUD/SUD is diagnosed, the greater the chance for improved outcomes for her and her baby.

Family-planning discussions also play an important role in preventing unintended pregnancies. Humana Healthy Horizons™ in Kentucky enrollees have access to voluntary and confidential family-planning services from any family-planning services provider with no referral needed.

As an added service, Humana Healthy Horizons in Kentucky and the HumanaBeginnings™ care management team partner with StrongWell to provide our enrollees with additional support and services.

The HumanaBeginnings care management team provides pregnant women and new mothers with care-management services, education and guidance to help ensure access to, and participation in, early and regular prenatal care/postpartum visits.

StrongWell, a division of Mindoula™, is:

- A compassionate team of experienced counselors, peers and nurses
- A tech-enabled behavioral healthcare company

## Humana Healthy Horizons® in Kentucky

### Resources:

1. "Opioid Withdrawal in Babies is Increasing," National Institute on Drug Abuse, Feb. 18, 2020., Last accessed: Dec. 7, 2022, <https://teens.drugabuse.gov/blog/post/opioid-withdrawal-babies-increasing>.
2. "Opioid Use Disorder Documented at Delivery Hospitalization – United States, 1999-2014," Haight, Sarah C.; Ko, Jean Y.; Tong, Van T.; Bohm, Michele K.; and Callaghan, William M, The Centers for Disease Control and Prevention, Aug. 10, 2018. Last accessed: Dec. 7, 2022, [https://www.cdc.gov/mmwr/volumes/67/wr/mm6731a1.htm?s\\_cid=mm6731a1\\_w](https://www.cdc.gov/mmwr/volumes/67/wr/mm6731a1.htm?s_cid=mm6731a1_w).

Humana Healthy Horizons in Kentucky is a Medicaid product of Humana Health Plan Inc.

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The StrongWell team works with pregnant women to help:

- Stabilize all aspects of their lives
- Support goals for themselves and their babies

Through StrongWell, enrollees receive specialized care and support during and after pregnancy (up to one year), including:

- 24/7 mobile app, phone and text support
- A care team that includes a licensed counselor, nurse educator and a peer specialist
- A personalized long-term stabilization and recovery plan focused on relapse prevention
- Help navigating and coordinating the recovery process
- Connection to community resources for food, clothing, housing and transportation
- Counseling that addresses enrollees' health goals
- Nurse-led education focused on healthy pregnancy and delivery while in recovery
- Support from peer specialists also in recovery with similar experiences

StrongWell enrollees also receive services and support for a healthy pregnancy, delivery and baby, including:

- Connections to an online community of women
- One-on-one, group counseling and peer support
- Support to keep families intact
- Education from nurses covering healthy pregnancy topics

Learn more by visiting **[iAmStrongWell.com](https://www.iamstrongwell.com)**.



To connect with a Humana Healthy Horizons in Kentucky care manager, or to request information about our Humana Beginnings care management team for pregnant enrollees, please contact via:

- Email: **[KYMCDHumanaBeginnings@humana.com](mailto:KYMCDHumanaBeginnings@humana.com)**
- Phone: **888-285-1121 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m., Eastern time
- Fax: **833-939-1317**

Refer your pregnant and postpartum patients to StrongWell via:

- Phone: **888-339-9404**, Ext. 2
- Online portal: **[iAmStrongWell.com](https://www.iamstrongwell.com)** and click “Refer Someone”