

Healthier Moms, Healthier Babies: Combating the Opioid Epidemic

The opioid crisis has exposed an increasing number of babies to controlled substances. Screening and referral to our primary and specialist healthcare professionals can reduce newborn substance risk exposure, and support expectant moms throughout their pregnancy. For women who are not expecting, screening and referral can prepare women who may be planning their pregnancy or assist those who do not wish to become pregnant.

Prevention

Before prescribing opioids to reproductive-age women, discuss family planning and how long-term opioid use might affect future pregnancies. Family planning discussions may include topics such as the use of long-acting reversible contraceptives (LARC) to prevent unintended pregnancies. To minimize the risk of an unplanned pregnancy, contraceptive counseling and access to contraceptive services should be a routine part of substance use disorder (SUD) treatment among women of reproductive age.

Screening

Screening starts with one question: “Are you planning on becoming pregnant in the next year?” Carelon Behavioral Health recommends screening at the first visit and subsequently, as appropriate. The earlier an expectant mother is identified and connected to substance use services, the greater the chances of an improved outcome for both mom and baby. Any Medication-Assisted Treatment (MAT) provider who screens, educates or refers women with SUD for family planning **can be reimbursed** for their time. The MAT provider can use code **H0047HE** and submit a claim to **Carelon Behavioral Health** for reimbursement.

Referral

It's important to refer all women who are using opioids for treatment to a practitioner who specializes in SUD. Referral should always be done in collaboration with the woman and with her written informed consent. If you have a patient who is pregnant, Carelon Behavioral Health can help you:

- Engage pregnant women in intensive case management, to refer email **BH_cm@carelon.com**
- Encourage pregnant women to participate in our HumanaBeginnings™ care management program
 - The HumanaBeginnings care management program provides your patients with a team of support nurses who have extensive backgrounds in maternal health. Your patients can connect with our nurses throughout their pregnancy for support and education. HumanaBeginnings care management program also will assist with locating a provider who specializes in SUD in pregnancy. To refer patients to this program email **FL_MMA_OB_Referrals@Humana.com** or call **800-322-2758** ext. **1500290**, Monday – Friday from 8:30 a.m. – 5:00 p.m. Eastern time.

Need Resources?

- Visit **FloridaHealth.gov**
- Look for SUD resources on **SAMHSA's website**

Did you know?

- Florida's **E-FORCSE® Prescription Drug Monitoring Program** is a useful screening tool to monitor controlled prescription usage



• **800-221-5487**

• **www.carelonbehavioralhealth.com**

• **BH_cm@carelon.com**