Where women and their children find Help Hope Healing

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The two most commonly used drugs by non-pregnant women have been alcohol and tobacco.

This same statement is true for pregnant women.

Among pregnant women in the United States, approximately 18% smoked cigarettes, 9.4% drank alcohol, and 5% used illicit drugs in the past month.

Among pregnant women, approximately .2% used heroin, and .9% used pain relievers non-medically in the past month.
State of the Problem

Rates of Hospitalizations Associated with Drug Withdrawal Syndrome in Newborns per 100,000 Live Births, North Carolina, 2004-2011

355% Increase

Source: N.C. State Center for Health Statistics, 2004-2011
Analysis by Injury Epidemiology and Surveillance Unit
Horizons is a program in the Department of Obstetrics and Gynecology.

One of the original perinatal substance abuse projects funded by the State in 1993 in response to concerns about North Carolina’s high infant mortality/morbidity rates.

Prenatal care is one of the best places to identify and engage women in both prenatal care and treatment of substance use disorders.
Horizons’ Mission

UNC Horizons’ mission is to provide world-class empowering and transformative interdisciplinary care to women and their children affected by substance use disorders.
Who We Serve - Meet Terri

Her boyfriend uses opioids and alcohol. *He is violent.*

- Baby tested positive for opioids. She wants to keep him.
- Has no car. Lives on friend’s couch.
- Sexually abused as a child. Human traffic survivor.
- She lost custody of her children ages 2 and 4.

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Horizons Model of Care

- Trauma and Addiction Treatment
- Childcare and Transportation
- Vocational Rehabilitation
- Parenting Education and Early Intervention
- Medical Care OB/GYN Psychiatry
- Residential and Outpatient Care
Locations and Services

- UNC Women’s Hospital: OB/GYN care, individual outpatient treatment, case management
- Burlington: SAIOP, outpatient individual and group treatment, peer support services
- Raleigh: Outpatient individual and group treatment
- Chapel Hill: Outpatient and residential services, SACOT and SAIOP, individual and group treatment, peer support services
Since 1993, Horizons has helped over 4,700 women and their children.

In the past 5 years families receiving treatment have come from 37 of the 100 counties in North Carolina.
Volume and range of new admissions from North Carolina’s 100 counties

Number of women treated, number of treatment sessions, and hours provided in:
- outpatient services
- residential services
- psychiatric services
- OB/GYN services

Number of women:
- receiving GEDs / achieving employment
- testing drug-abstinent during treatment
- closing Child Protective Services / child custody cases
- improving parenting scale scores
- securing post-treatment housing
- graduating from our programs
## Infant Outcomes: Horizons Compared to North Carolina

<table>
<thead>
<tr>
<th>Year</th>
<th>Premature Horizons</th>
<th>Premature NC</th>
<th>Low Birthweight Horizons</th>
<th>Low Birthweight NC</th>
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<tbody>
<tr>
<td>2011-12</td>
<td>0%</td>
<td>6%</td>
<td>8%</td>
<td>7%</td>
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<tr>
<td>2010-11</td>
<td>3%</td>
<td>9%</td>
<td>3%</td>
<td>8%</td>
</tr>
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<td>11%</td>
<td>22%</td>
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<tr>
<td>1997-98</td>
<td>16%</td>
<td>11%</td>
<td>17%</td>
<td>10%</td>
</tr>
</tbody>
</table>

Data for 2012 are not yet available for North Carolina.
Measuring Success: Children

Types of Services

- Child Individual Therapy or Community psych supportive tx
- Family therapy with child present
- Family therapy without child present
- Child Care Center Carrboro site
- Child Care Alamance site

Number of Children Served

Birth to 12 Years Old

106

- 15
- 31
- 22
- 21

- All children receive a social-emotional assessment, including trauma and observational parent-child assessment.
- Evidence based social-emotional treatment for any child in need by full time licensed therapist.
- *Measured improvements seen in parent-child relationship, social-emotional development, and trauma symptoms.*
December 15, 2013 given 60 days to vacate space we had occupied since 2001

- Moved early February 2014 into temporary space
- For Horizons to continue services, need to purchase a 12,000 SF office condominium for program operations, treatment services, and child care facilities
- Shelton Station, an approved mixed-use project in downtown Carrboro scheduled for completion in Summer / Fall 2015
- Purchase price of $3 million for 12,000 SF
- Horizons will pay all property operating expenses
$240,000 in donations to be applied to the purchase

UNC is highly supportive

1 Million dollar challenge grant
Horizons’ Strategy and Future Plans

Provide Clinical Excellence for Women and Children

Teach and Disseminate Knowledge

Generate New Knowledge