

New Hampshire WIC Policy & Procedure Manual

Chapter Number 2. NUTRITION & BREASTFEEDING SERVICES

A. Substance Abuse

Substance Use Screening, Education and Referral

Purpose	To improve the health status of WIC participants by preventing and/or reducing the use of alcohol, tobacco, and other drugs and to increase access to information about the dangers of substance use during pregnancy, postpartum and breastfeeding to facilitate referrals for further assessment and treatment, as appropriate.
Policy	WIC agency staff shall screen, educate pregnant, postpartum and breastfeeding women about substance use-related problems and refer for further assessment, as appropriate. WIC staff shall also screen, educate and refer parents and/or caregivers of children and infants exposed to environmental tobacco smoke to cessation programs, as appropriate.
Authority	CFR 246.11(a)(3); Anti-Drug Abuse Act of 1988; USDA Manual: Substance Use Prevention: Screening, Education and Referral Resource Guide for Local WIC Agencies
Procedure	<p>Local agency nutritionists shall <u>screen</u> pregnant, postpartum and breastfeeding women for alcohol, tobacco, and other drug use; <u>provide education</u> on the dangers of alcohol, tobacco, and other drug use and <u>refer</u> for further assessment and/or treatment when needed.</p> <p>Local agencies shall <u>screen</u> children and infants for exposure to environmental tobacco smoke, and <u>refer</u> parents/caregivers to NH quit resources, as appropriate.</p> <p>At each certification, local WIC agencies shall provide the following services as specified below:</p> <p>1. Screening: Provide a brief screening for potential alcohol, tobacco, and other drug use by prenatal and postpartum participants using the StarLINC health assessment and health interview questions.</p> <p>Screening is the process of reviewing selected indicators to determine if an applicant or participant may be using alcohol, tobacco, or other drugs that could harm the mother, baby, or child(ren). A goal of screening is to identify participants who may be at risk, as identified in the screening, due to the use/abuse of alcohol, tobacco, or other drugs.</p> <p>Nutrition staff/competent professional authorities (CPA) shall screen for alcohol, tobacco, and other drug use using the StarLINC Alcohol/Tobacco/Other Drug [ATOD] screen, the Health Interview</p>

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[HI] screen and NH assessment tools or the *Tell Us About Yourself* forms. Staff shall screen to enable a decision about the need for education and a referral for alcohol, tobacco and other drug use/abuse.

Nutrition staff shall use the 2A's and an R (Ask, Assist and Refer) procedure when assessing tobacco use. If the participant or caregiver has quit, congratulate them on their success. If still smoking, assess the smoker's readiness to quit, state concern about the smoking/exposure, assist the tobacco user in quitting by referring them to the Quitworks-NH programs, including the NH Smokers' Helpline 1-800-Quit-Now (800.784.8669). More information is available at www.QuitWorksNH.org or by referring them to 211.

A positive screening response to the StarLINC Alcohol, Tobacco and Other Drug (ATOD) questions is handled as follows:

a. Smokes cigarettes/environmental tobacco smoke exposure

State concern about the smoking/exposure; refer the participant to the NH Smokers' Helpline 1-800-Quit-Now (800.784.8669).

Assign RC 904 Environmental tobacco smoke for applicants responding positively to tobacco exposure in the house.

Assign RC 371 Smoking for women applicants responding positively to smoking.

b. Uses over-the-counter medications

Recommend that the participant discuss the use of the medication with their healthcare provider, if they have not already done so.

c. Currently uses illegal substances and/or misuses prescription medications

State concern about illegal substance use or misuse of prescription medication; provide referral(s).

Assign RC 372 Alcohol and Substance use. Assign RC 902 Woman with limited ability "currently using or having a history of misuse of alcohol, use of illegal substances, use of marijuana, or misuse of prescription medications" only after a complete assessment. Do not automatically assign based on substance misuse alone.

d. Uses Methadone or Suboxone

Acknowledge and commend her effort at sobriety. Follow-up with questions on her treatment plan adherence.

Assign RC 902 Woman with limited ability "currently using or having a history of misuse of alcohol, use of illegal substances, use of marijuana, or misuse of prescription medications" only after a complete assessment. Do not automatically assign based on substance misuse alone.

f. Currently binges or has daily use of alcohol, defined as:

- Binge drinking is routine consumption of alcohol is greater than or equal to 4 drinks within 2 hours;

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- High Risk Drinking routine consumption of greater than or equal to 8 drinks per week or greater than or equal to 4 drinks per day;

- Pregnant woman with any reported alcohol use.

State concern about alcohol use; provide referral(s).

Assign RC 372 Alcohol and substance use and RC 902 Woman with limited ability "currently using or having a history of misuse of alcohol, use of illegal substances, use of marijuana, or misuse of prescription medications only after a complete assessment. Do not automatically assign based on alcohol/substance misuse alone.

2. Education: Provide education of the dangers of alcohol, tobacco, and other drug use to all pregnant, breastfeeding and/or postpartum participants.

Local agencies shall provide information about the dangers of using alcohol, tobacco, and other drugs to all participants. The education provided shall be non-judgmental, compassionate, and non-controlling. The education may lead someone to seek help or may move them closer to seeking help. State the concern about the tobacco, alcohol use or drug use—see referral section below.

Document Substance Abuse basic contact in StarLINC.

Staff shall provide at least one of the following during a certification period:

1. a local agency referral sheet, or the
2. Nutrition Matters newsletter.

The following statement is included on local agency referral sheets and the Nutrition Matters newsletter to educate WIC participants about dangers from alcohol, tobacco, and other drugs. The statement reads:

Don't smoke, drink alcohol or take drugs. They may harm you, your baby and your children. If you want to stop smoking, drinking, or taking drugs, ask your WIC nutritionist for information. You can call 1.800.662.HELP (4357) or 211 for help with drugs or alcohol. For help with quitting smoking, call 1-800-Quit-Now (800.784.8669).

For the Spanish newsletter:

No fume ni beba alcohol ni consuma drogas. Pueden hacerle daño a usted, a su bebé y a sus niños. Si usted quiere parar de fumar, beber or consumir drogas, pida información al nutricionista del WIC. Usted puede llamar al 1.800.662.HELP (4357) o 211 para pedir ayuda referente a drogas o alcohol. Para fumadores llamar al 1-800-8-DEJALO [1.800.833.5256].

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Local agencies shall add this statement if they develop their own referral sheet or newsletter.

3. Referral: Maintain a list of local resources for tobacco, drug and other harmful substance misuse counseling and treatment resources.

Positive screen for substance use or misuse: refer to programs in your service area that provide counseling and treatment and refer the participant to their healthcare provider. Document the referral(s) made. It is not within the scope of WIC to diagnose, provide an in depth assessment or counsel on drug or alcohol use.

Local agencies shall maintain a current copy of the NH Bureau of Drug and Alcohol Services' Resource Guide for Alcohol-Drug-Prevention and Treatment Services. The *Resource Guide* is a list of prevention, treatment and recovery providers for the State of NH. [The Resource Guide](#) can be obtained from the Bureau of Drug and Alcohol Services website.

Bureau of Drug And Alcohol Services also provides the following contact numbers: 603.271.6110 or 800.804.0909 (toll free in NH) after hours call the State referral line at 211.

Local agencies shall keep their local agency referral sheet updated with drug and alcohol counseling and treatment programs. Local programs are encouraged to maintain a list of treatment programs in their service area.

Have copies of drug and alcohol counseling and treatment programs available for all nutrition/CPA. CPAs will provide a copy of the list to participants that have a positive response for alcohol or drug abuse or who request a copy of the list.

Local agencies shall utilize the [USDA-FNS Substance Use Prevention: Screening, Education and Referral Resource Guide for Local Agencies](#) as an additional tool.

Participants and/or parents and caregivers that indicate the child/infant is exposed to environmental tobacco smoke can be offered a referral to the NH Quit Line. 1-800-Quit-Now (800.784.8669).

Referral to Division of Children, Youth and Families (DCYF)

A pregnant woman prescribed and taking methadone or suboxone for treatment of her addiction during her pregnancy may deliver a baby who is affected by the methadone/suboxone, and who may have withdrawal symptoms from prenatal drug exposure to

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methadone/suboxone and who may have additional challenges due to the prenatal methadone/suboxone exposure. A report by "health care providers involved in the delivery or care of infants" to DCYF is required for an infant "born and identified as being affected by illegal substance abuse or withdrawal symptoms resulting from prenatal drug exposure". WIC provides an additional opportunity to determine if the family needs additional supports and services to care for an infant born substance exposed and to make appropriate referrals as needed.

Staff are required to report any WIC participant or caregiver reporting drug and/or alcohol abuse that impairs their ability to take care of or endangers their child(ren); this may include abuse of methadone/suboxone, to the Division of Children, Youth and Families (DCYF) at 800.894.5533. Staff shall document the report to DCYF in StarLINC Admin notes.

Confidentiality

Staff and volunteers shall keep participant information about possible alcohol or other drug use confidential.

Exception

No exceptions.