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Presentation Abstract

Presentation title:

Birth Outcomes for Infants born to Women Participating in Integrated Treatment Programs: A Meta-Analysis.

Presenter:

Dr. Karen Milligan

Karen Milligan is a clinical psychologist and Director of Research and Psychology at Integra, a mental health centre for children with learning disabilities. She has worked with women with substance use issues and their children and is involved in research on integrated programs for this population and knowledge translation.

Presentation abstract:

Infants born to women who use substances are at increased risk for negative birth outcomes, such as prematurity, low birth weight, and impaired physical growth and development. This risk, the unique needs of pregnant women who use substances, and barriers to accessing care have been the impetus for the development of integrated programs (programs that integrate on-site pregnancy-, parenting-, or child-related services with substance use treatment). In our meta-analysis of studies on the effectiveness of integrated programs, we synthesize this body of research, examine the strength of outcome effects, and explore client, program, and study characteristics that might moderate outcome. Birth outcome findings from our meta-analysis will be presented. Preliminary results suggest positive effects for most indices of birth outcome for integrated programs compared to no-treatment control groups, including significantly greater proportion of negative toxicology screens at birth and larger infant head circumference. Compared to non-integrated programs, integrated programs are associated with positive effects for birth weight, gestational age, and prenatal visits, with the effects being moderate to large in strength. However, due to the small number of studies, these effects did not reach significance. Implications for clinical practice, policy, and future research will be discussed. Group discussion will be encouraged and facilitated.