

# Project Scope Sessions, 2021

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## **Session 1 - Thursday, February 25: Introduction to the Opioid Crisis: Addiction & Treatment**

Understand the history and development of the opioid crisis in the U.S. and the specific impact of opioids within ND. Discuss stigma around individuals experiencing substance use disorder/addiction and list at least one strategy to combat stigma in ND. Identify the brain changes related to substance use disorder/addiction and the impact this has on one's behavior. Describe evidence-based practices for the treatment of substance use disorder/addiction.

## **Session 2 - Thursday, March 11: Neonatal Abstinence Syndrome**

Define neonatal abstinence syndrome (NAS) compared to typical fetal development. List one pharmacological and one non-pharmacological intervention for NAS. Discuss the parental experience and stigma related to mothers of children with NAS.

## **Session 3 - Thursday, March 25: Monitoring Child Development and Linking to Services**

Describe the role of early childhood professionals in monitoring child's development. Discuss developmental milestones and red flags in social-emotional development for children experiencing NAS or similar exposures. Identify resources and referral sources as well as potential barriers from identification to referral for children with NAS or similar exposures. Discuss longer-term developmental outcomes for children with NAS (based on what is currently known in the literature) and identify one strategy to support these children in their development

## **Session 4 - Thursday, April 8: Having Difficult Conversations**

Discuss the challenges and potential stigma families face related to parenting, substance use disorder/addiction and NAS. Describe the strategies from a strengths-based approach to assist with difficult conversations to facilitate partnerships with families.

## **Session 5 - Thursday, April 22: Trauma, Addiction and Health and Frameworks for Understanding and Reacting to Emotions and Behaviors of Trauma-Exposed Children**

Describe the complex relationship between substance use disorder/addiction and traumatic stress and adverse childhood experiences (ACEs). Define childhood traumatic stress and identify the potential ACEs children may experience related to the opioid crisis. Recognize potential signs of traumatic stress in families impacted by the opioid crisis. Understand the importance of culture and the cross-generational transmission of parenting practices. Understand the Attachment, Regulation, and Competency (ARC) framework. Describe at least one evidence-based, trauma-informed strategy to respond to a child's difficult behavior. Adapt and apply trauma-informed strategies to help regulate emotions in self and children in your care. List at least one strategy to increase one's cultural competence to encourage positive parenting/caregiving practices.

## **Session 6 – Thursday, May 13: Trauma, Substance Exposure and Language Development**

Identify common impairments with social communication skills related to trauma exposure. Understand language development in prenatally exposed, abused, and/or neglected children. Learn the principles for effective interventions and strategies on how to best implement those principles.

**Session 7 – Thursday, May 27: Trauma, Substance Exposure and Sensory Concerns**

Define Sensory Under-Responsive, Sensory Over-Responsive and Sensory Craving behavior. Identify the different behavioral presentation in each category. Learn the basic treatment principles to address Sensory Craving behavior.

**Session 8 – Thursday, June 10: Models of Care and Social Determinants**

Identify one policy or process that could be improved upon to support children and/or families impacted by the opioid crisis at the [local, regional, state, national] level. Discuss at least one advocacy strategy to drive change with the population you work with to support children and families impacted by the opioid crisis. List and describe at least one social determinant that may impact the health and well-being of a mother and child. Describe the intersection of social determinants and addiction on individuals and populations

**Session 9 – Thursday, June 24: Project Scope Feedback and Wrap Up.** Discuss state specific needs and program evaluation follow-up. Describe necessary ongoing supports to effectively support children and families impacted by the opioid crisis.