

Services available for women with opioid use disorder (OUD) and/or substance-use disorder (SUD)

A baby is born every 15 minutes suffering from opioid withdrawal in the United States. Of these births, 86% are unplanned by women with OUD, and more than 50% are by women with OUD who had at least 4 pregnancies.¹

According to a 2018 Centers for Disease Control and Prevention (CDC) analysis, the number of pregnant women diagnosed with OUD during labor and delivery in the U.S. more than quadrupled from 1999 to 2014. In Kentucky, the number climbed from 0.4 per 1,000 delivery hospitalizations in 2000 to 19.3 in 2014.²

What can we do?

The American College of Obstetricians and Gynecologists (ACOG) recommends screening for substance use:

- Early in pregnancy
- At the first prenatal visit as part of comprehensive obstetric care

The earlier a pregnant woman with OUD/SUD is diagnosed, the greater the chance for improved outcomes for her and her baby.

Family-planning discussions also play an important role in preventing unintended pregnancies. Humana Healthy Horizons® in Kentucky enrollees have access to voluntary and confidential family-planning services from any family-planning services provider with no referral needed.

Humana Healthy Horizons and the HumanaBeginnings™ Care Management Program team also partner with StrongWell to provide our enrollees with additional support and services.

The HumanaBeginnings team offers pregnant women and new mothers care-management services, education and guidance to help ensure access to, and participation in, early and regular prenatal care/postpartum visits.

StrongWell, a division of Mindoula™, is:

- A compassionate team of experienced counselors, peers and nurses
- A tech-enabled behavioral healthcare company

The StrongWell team works with pregnant women to help:

- Stabilize all aspects of their lives
- Support goals for themselves and their babies

Humana
Healthy Horizons®
in Kentucky

Humana Healthy Horizons in Kentucky is a Medicaid product of Humana Health Plan Inc.
LC14031KY0921 (HUMP14031)

Through StrongWell, enrollees receive specialized care and support during and after pregnancy (up to 1 year), including:

- 24/7 mobile app, phone and text support
- A care team that includes a licensed counselor, nurse educator and a peer specialist
- A personalized long-term stabilization and recovery plan focused on relapse prevention
- Help navigating and coordinating the recovery process
- Connection to community resources for food, clothing, housing and transportation
- Counseling that addresses enrollees' health goals
- Nurse-led education focused on healthy pregnancy and delivery while in recovery
- Support from peer specialists also in recovery with similar experiences

StrongWell enrollees also receive services and support for a healthy pregnancy, delivery and baby, including:

- Connections to an online community of women
- One-on-one, group counseling and peer support
- Support to keep families intact
- Education from nurses covering healthy pregnancy topics

Learn more by visiting [iAmStrongWell.com](https://www.iamstrongwell.com).



To connect with a Humana Healthy Horizons care manager or to request information about our HumanaBeginnings program for pregnant enrollees, please contact via:

- Email: KYMCDHumanaBeginnings@Humana.com
- Phone: **888-285-1121 (TTY: 711)**, Monday through Friday, 8 a.m. to 6 p.m., Eastern time
- Fax: 833-939-1317

Refer your pregnant and postpartum patients to StrongWell via:

- Phone: **888-339-9404**, Ext. 2
- Online portal: [iAmStrongWell.com](https://www.iamstrongwell.com) and click “Refer Someone”

Resources:

1. “Opioid Withdrawal in Babies is Increasing,” National Institute on Drug Abuse, Feb. 18, 2020., Last accessed: April 24, 2021, <https://teens.drugabuse.gov/blog/post/opioid-withdrawal-babies-increasing>.
2. “Opioid Use Disorder Documented at Delivery Hospitalization – United States, 1999-2014,” Haight, Sarah C.; Ko, Jean Y.; Tong, Van T.; Bohm, Michele K.; and Callaghan, William M, The Centers for Disease Control and Prevention, Aug. 10, 2018. Last accessed: April 24, 2021, https://www.cdc.gov/mmwr/volumes/67/wr/mm6731a1.htm?s_cid=mm6731a1_w.