

# ASAM Women & Addiction Course

Thursday, April 4, 2024, | 9:00 am – 4:30 pm | Grapevine CD, Level 3 | Gaylord Texan Resort & Convention Center

## Overview

ASAM's Women and Addiction: Screening, Treatment, and Whole Person Care pre-conference course will equip healthcare providers with the necessary tools to make a meaningful difference in the lives of women facing addiction. This interactive course will explore the complexities associated with women's health and addiction, instilling participants with the knowledge and skills needed to provide compassionate, effective, and equitable care to women with substance use disorders. Participants will discuss gender-specific issues, stigma, and unique challenges faced by women in relation to addiction. Participants will consider pharmacotherapy and treatment options appropriate during pregnancy and postpartum, and they will consider holistic care for women across the lifespan. This course will empower participants to support women in making informed decisions about their care and through their journey toward recovery.

**Course Theme:** Screening, Treatment, and Whole Person Care

## Learning Objectives:

1. Examine gender-specific issues and stigma associated with substance use disorder to promote informed decisions and support women with addiction.
2. Apply motivational interviewing techniques specific to women's needs to evaluate and enhance their readiness to change.
3. Provide holistic care to women with substance use disorder across the lifespan, considering specific needs of women during adolescence and young adulthood, and as adults in later life.
4. Recommend pharmacotherapy options for opioid, alcohol, and tobacco use disorders appropriate during pregnancy and postpartum.
5. Provide holistic care to women with substance use disorder that includes family planning, promotes trauma informed care, addresses mental health concerns, and encourages self-advocacy.

## Program Planning Committee & Faculty

Katrina Mark, MD, FASAM, Chair  
Hendrée E. Jones, PhD, LP  
Teresa Crosby, MSW, CADC  
Jennifer Bello Kottenstette, MD, MS, FASAM  
Barbara V. Parilla, MD, FACOG, FASAM  
Shona Ray-Griffith, MD  
Vania P. Rudolf, MD, MPH, DFASAM  
Jenny Lau, *Patient with Lived Experience*

## Claiming Credit & Rewatching Sessions

Claim credit in the ASAM eLearning Center from April 8, 2024 – April 8, 2025. Full instructions are available at the ASAM Booth or under "More Info" in the conference app.

All course presentations are recorded, and registrants receive complimentary access to the on-demand recordings in the ASAM eLearning Center (<https://elearning.asam.org/>). On-demand sessions will be available from May 6, 2024 - May 6, 2027.

# Women & Addiction Course Agenda

8:00 am – 9:00 am	<b>Breakfast</b>	
9:00 am – 9:15 am	<b>Welcome &amp; Course Overview</b>	<i>Katrina Mark, MD, FASAM</i>
9:15 am – 9:25 am	<b>Session 1: Gender Differences in Addiction and Treatment</b>	<i>Katrina Mark, MD, FASAM</i>
9:25 am – 10:10 am	<b>Session 2: Providing Compassionate Care</b>	<i>Hendrée E. Jones, PhD, LP</i>
10:10 am – 10:30 am	<b>Session 3: Adolescents: Trends, Risk Factors, and Special Considerations</b>	<i>Theresa Crosby, MSW, CADC Katrina Mark, MD, FASAM</i>
10:30 am – 10:45 am	<b>15-Minute Break</b>	
10:45 am – 11:25 am	<b>Session 4: Young Adulthood: Sexual and Reproductive Wellness</b>	<i>Jennifer Bello Kottenstette, MD, MS, FASAM</i>
11:25 am – 11:40am	<b>Case Discussion</b>	
11:40 am – 12:30 pm	<b>Session 5: Adulthood: Opioid Use Disorder in Pregnancy</b>	<i>Barbara V. Parilla, MD, FACOG, FASAM Hendrée E. Jones, PhD, LP</i>
12:30 pm – 1:30 pm	<b>Lunch</b>	
1:30 pm – 2:20 pm	<b>Session 6: Adulthood: Impacts of Polysubstance Use on Pregnancy and Postpartum Care</b>	<i>Shona Ray-Griffith, MD Vania P. Rudolf, MD, MPH, DFASAM</i>
2:20 pm – 2:35 pm	<b>Q&amp;A</b>	
2:35 pm – 3:00 pm	<b>Session 7: Adulthood: Risk Factors and Treatment Considerations</b>	<i>Katrina Mark, MD, FASAM</i>
3:00 pm – 3:15 pm	<b>15-Minute Break</b>	
3:15 pm – 3:35 pm	<b>Session 7: Adulthood: Risk Factors and Treatment Considerations (Continued)</b>	<i>Katrina Mark, MD, FASAM</i>
3:35 pm – 4:05 pm	<b>Session 8: Aging: Generational Trauma, Retraumatization, and Psychological Influences</b>	<i>Vania P. Rudolf, MD, MPH, DFASAM</i>
4:05 pm – 4:25 pm	<b>Panel Discussion/Q&amp;A</b>	
4:25 pm – 4:30 pm	<b>Wrap-Up and Closing Announcements</b>	<i>Katrina Mark, MD, FASAM</i>

**Activity #1: Creating Your Compassion Toolbox**

Often our discomfort with someone or some situation comes from not knowing how to react to it. Completing this toolbox will increase your ability to respond in more compassionate ways to the patients you serve and those around you.

**Fill Out Worksheet:** Take a few minutes to reflect on the guiding questions below and answer them in the space provided. Faculty will invite a few volunteers to share aspects of their completed worksheet with the audience.

**Time allotted:** 7 minutes.

**Compassion for Women with Addiction Toolbox:**

1. Words or phrases I use or want to start using when I am with a patient who is suffering, and I am struggling to find compassion for them.

Notes:

2. Actions I can take when I find a patient triggering negative emotions in me.

Notes:

3. Compassionate Imagery

- a. Pick a patient with whom you have the best rapport and imagine they were going through a realistic and difficult situation (nothing too difficult e.g., not getting a job they wanted, being offended by an interaction with someone else, etc.). Picture them telling you about this situation and imagine how you could react compassionately.
- b. Make a list of possible things you could do or say to help alleviate their suffering. Think outside of the box. List as many ideas as you can. Repeat with different patients and different situations. This exercise allows you to practice responding and building compassion.

<b>Notes:</b>

4. Just Like Me - Think of the patient in your life that you find the most difficult or challenging. Write down all the ways they are "just like me."

<b>Notes:</b>

5. Most important take home messages, actions, or thoughts I want to remember from this part of the training.

<b>Notes:</b>

## Activity #2: Review and Discuss Case

### Small Group Activity:

- Review the case details below and follow the guiding questions to progress through the case.
- As you review, place yourself in the shoes of the provider and answer the questions in the space provided.
- When finished reviewing, volunteers from the audience will be asked to share their answers.

**Time allotted:** 7 minutes.

### Case 1

- A 29 y/o person who identifies as a woman (she/her) presents for outpatient treatment for polysubstance use.
  - Urine pregnancy test: Negative
  - Urine drug screen: + Fentanyl, methamphetamines, amphetamines, THC
- She is interested in starting buprenorphine/naloxone.
- She last used fentanyl 24 hours ago, and last used meth this morning.
- She has 2 children not in her custody due to substance use.
- She is sexually active with a new romantic partner and says, "he takes care of me."

1. How can you, the provider, engage the patient in a conversation about sexual and reproductive health that supports reproductive autonomy?

Notes:

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2. If the patient expressed ambivalence about pregnancy, how would you address this with her?

Notes:

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3. After discussion, the patient tells you she wants to have a baby with her new partner when she is stable on suboxone but is not sure if she can get pregnant. How would you counsel the patient about her fertility? How would you counsel her on OUD treatment options?

**Notes:**