

support community-based services for pregnant women, mothers, & children



addressing the issue

With the right supports, mothers with substance use disorders can be healthy, maintain sobriety, and be good parents.

The Community of Recovery Aiding Families in Transition (CRAFT) prevention program serves women with a history of chemical dependency or abuse who are either pregnant or parenting dependent children in Olmsted County and the metropolitan area. With increased funding in 2017, the program will also expand to Wabasha County and Winona County and serve more women in the metropolitan area.

In 3.5-years, from 2013 to mid-2016, the program served 298 women at an average cost of \$2,467 per family for the entire 3.5 years, or \$705 per family per year. Only four babies were born with prenatal substance exposure during that period.

The program works by addressing root problems for the most vulnerable families by connecting them with existing community resources.

recommendation

The Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) recommends funding be continued at current levels.

sources

1) Grantee reports to the Minnesota Organization on Fetal Alcohol Syndrome, 2013-2016.

2) Substance Abuse and Mental Health Services Administration Treatment Episode Data Set, 2000-2010, based on data received through October 10, 2011.

3) DD Amendah, SD Grosse, J. Bertrand, Medical expenditures of children in the United States with fetal alcohol syndrome, 2011.

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the reality

\$705

CRAFT has supported hundreds of women to help them stay sober during their pregnancies for \$705 each year per family. (1)



4%

From 2000-2010, 4% of all female substance abuse treatment admissions were pregnant. (2)

9x

The cost of Fetal Alcohol Syndrome to society and for each person with the disability is very high. Children diagnosed with an FASD incur Medicaid costs 9 times higher than a child without an FASD (\$16,782 vs. \$1,859). (3)

meet elise*

a success story



Advocacy efforts during the 2015 legislative session helped MOFAS secure funding for the Community of Recovery Aiding Families in Transition (CRAFT) Program in Olmsted County. CRAFT supports women with substance use disorders maintain healthy, sober lives and become better-equipped parents. When mothers have the support, help, and resources they need, they not only become successful and healthy; they also parent more positively. CRAFT continues to be funded and has had remarkable outcomes at a low cost.

meet elise

CRAFT staff met Elise* through a referral from Olmsted County Corrections. At the time of admission to CRAFT, Elise was two months pregnant and looking for ongoing support in her pursuit towards sobriety. She was attending intensive outpatient treatment and mental health treatment at a local health center while living with a roommate who was using drugs. She was also engaged to a man who was in prison at the time and who had assaulted her physically and sexually for over three years. Elise's longest prior period of sobriety had been six months.

Before entering the program, Elise had abused methamphetamine, alcohol, marijuana, cocaine, prescription drugs, and hallucinogens in the past. At the onset of her time with CRAFT, Elise stated she had been sober for about three months. She wanted to remain sober, have a healthy baby, avoid prison time, achieve her GED, obtain and maintain employment, provide a safe and sober home for her child, and better her life for the sake of her child. She decided to join CRAFT so she could receive support, make connections with other new mothers, gain parenting knowledge, and connect with community resources.

achievements

CRAFT staff provided services and support to Elise through group meetings and home visits. During her pregnancy, Elise was sentenced to the work release program. Because of her involvement with the CRAFT program and her personal commitment, she maintained sobriety throughout her pregnancy and had a healthy baby girl in August. Both mom and baby tested free of any substances in the toxicology screen performed at the time of delivery. Elise then moved home with her family, who supports her recovery and commitment to a better life. After the birth of her child, Elise was required to complete work release for her remaining 36 days. Elise completed CRAFT with no relapses and 22 months of sobriety. Not only did she attend CRAFT regularly twice a week, she paid her fines, completed all required community service, finished outpatient treatment, completed her work release, achieved her GED, completed a curriculum for women on probation, found and maintained a part-time job, and secured safe and sober housing. Elise created a new reality for herself thanks to CRAFT.

*Name changed for privacy