MASSACHUSETTS

OTP TTA CENTER

Opioid Treatment Program
Training & Technical Assistance Center

Caring for Pregnant and Parenting People in Opioid Treatment Programs

April 9, 2025

Housekeeping

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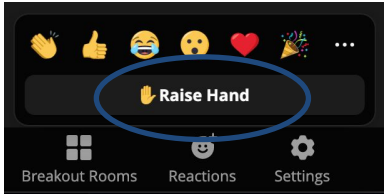
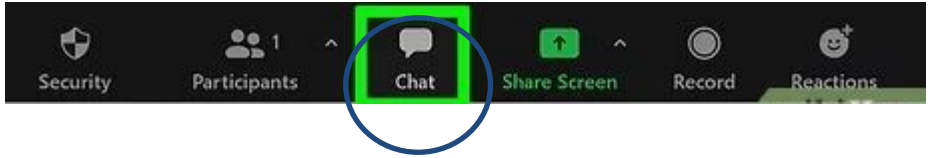
- Lines will be muted. Use the raise hand feature if you would like to come off mute.



- Use the chat to submit questions for speakers, panelists, and our TTA team



- We are recording today's session

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Session Reminders

📸 Turn your camera on (if you can!)

🤫 Mute yourself when you are not speaking

☑️ Complete your evaluation!

Your feedback is important as we continue to develop the TTA Center.

📧 Email us at: otptta-ma@jsi.com

Stay Informed!

Join our contact list to stay informed about the MA OTP TTA events and updates.

At the conclusion of this webinar, participants will be able to…

1. Clarify the legislation passed in MA regarding pregnant and parenting people with SUD
2. Identify important aspects when treating pregnant people at OTPs.
3. Identify ways to improve care at OTPs for pregnant and parenting people

Funded by the MA Bureau of Substance Addiction Services. Staffed and operated by JSI.

Agenda

Welcome

Serving Pregnant, Postpartum, and Parenting People in OTP Settings

Sarah Courtney
MA Department of Public Health, Bureau of Substance Addiction Services

OTP TTA Spotlight

Taryn Valdez
Behavioral Health Network

Discussion and Evaluation

Today we are joined by representatives from MA DPH Bureau of Substance Addiction Services (BSAS)

Sarah Courtney

MA Department of Public Health
Bureau of Substance Addiction Services
State Opioid Response Grant Program Coordinator
Pregnancy, Postpartum, and Parenting Programs

Sarah's background includes training, residential substance use, outpatient substance use and inpatient psychiatric treatment. She is passionate about creating greater access to drug user health services, treatment, recovery, and healthcare for pregnant, postpartum, and parenting folks.

Massachusetts Department of Public Health

Serving Pregnant, Postpartum, and Parenting People in OTP Settings

April 9, 2025

Sarah Courtney MSW, LCSW
MDPH/BSAS

Supporting Collaborative Efforts

- Protecting provider time to build and maintain relationships with outside agencies
- Scheduling ongoing collaborative meetings with internal and external interdisciplinary services
- MOUs for services not provided within your agency
- Perinatal Collaborative building and attendance

Centering Participant Voice and Choice

- Having patients lead interdisciplinary meetings related to their care
- Engaging patients in decision making about current and future programming
- Development and support of a peer workforce

Connect with DPH

@MassDPH

Massachusetts Department of Public Health

mass.gov/dph

Spotlight Program

Taryn Valdez, CARC
Recovery Coach Supervisor
Behavioral Health Network, Inc.
Springfield, MA

Taryn Valdez, a dedicated and passionate softball mom, is a powerful advocate for pregnant and parenting moms in recovery, inspiring them to "be the change" they seek in their lives. As a Certified Addiction Recovery Coach (CARC), she offers invaluable guidance and support to mothers balancing the challenges of recovery and parenthood.

With her own lived experiences, Taryn has become a strong voice for advocacy and systemic change. Over the last six years, her efforts have made a positive impact on Family Wellness Courts, as well as the lives of pregnant individuals and their communities.

Caring for Pregnant and Parenting People

Taryn Valdez, CARC
Recovery Coach Supervisor
Behavioral Health Network, Inc.
Springfield, MA

Our Team

Recovery Coach Supervisor
Taryn Valdez

Recovery Support Navigator
Caroline Novelli

Recovery Coaches
Lesliann Flores
Celia Rodriguez

Clinical Supervisor, Springfield OTP
Rayna Brown

Medical Director
Ari Kriegsman

Program Director
Laura Maceyka

Senior Program Manager
Alison TellierFox

Springfield/Holyoke OTP Clinicians, Nurses, Medical Providers

bhn

Our Clients

Pregnant and Parenting Moms in Recovery

- **Pregnant people** using Medication for Opioid Use Disorder (MOUD)
- **Moms with children under the age of three** using MOUD
- **Pregnant and/or parenting people** struggling to achieve and maintain their personal recovery journey while balancing the rewards and challenges of parenthood.

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Community Partners

Baystate Medical Center

tapestry

Success Stories

- Gabriella
- Jennifer
- Amanda

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Curves and Detours too…

- Lisa
- Jessica

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Our Program

Team Based Approach; Person Centered Treatment Planning

- Assess risks and needs
- Referrals and assistance with applications for outside services (housing, WIC)
- Create Plan of Safe Care
- Collaboration with DCF
- Participation in provider appointments
- Collaboration with clinical services and additional recovery needs (residential, sober living, etc.)
- Consistent contact and encouragement from recovery coaches with lived experience
- Weekly meetings with social workers and providers at Baystate
- Transportation to vital appointments
- Weekly groups for participants
- Multidisciplinary meetings involving clinicians, PPW team and medical team
- Clinical supervision for staff

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Key Takeaway

- ***Combination of MOUD**, **clinical services**, **recovery coaching** and **navigation** provide **intensive wrap around support** to pregnant and parenting people in recovery.*

- *The **peer relationship** between the moms and their coaches, who are moms in recovery, **builds trust and breaks down barriers along the recovery journey**.*

- *The **relationship with providers**, DCF, and community partners creates a solid base on which to **build a foundation for continued success**.*

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Resources

1. MCPAP for Moms Toolkit for Substance Use Disorder Treatment Providers
2. Massachusetts Substance Use Helpline
3. Substance use and mental health resources for pregnant and parenting individuals | Mass.gov
4. Journey Recovery Project

Discussion

TTA Center Updates

Staff Discussion, Drop-In Sessions

Wednesday

April 16

1:00 – 2:00 pm

June Roundtable: Infectious Disease Testing in OTPs

Stay Tuned!

2-Day Statewide Virtual Convening

Tuesday

May 6 & May 13

12:00 – 4:30 pm

TTA CENTER WEBSITE

Coming Soon!

Resources & Upcoming Events

Advisory Committees

Staff Advisory Committee

14 Members

Representative 9 OTP Organizations

Staff gather to inform the identification, design and development of TTA topics and opportunities

Members provide a voice in the design and delivery of TTA provided to OTPs

Patient Advisory Committee

14 Members

Representative of all BSAS Regions; Western, Central, Metrowest, Central, Northeast and Boston

Patients gather to share their experiences in receiving methadone or buprenorphine (Suboxone) and related services at an OTP

Members provide information about patients' gaps and challenges to help improve experiences at OTPs across the state

Getting to Know You!

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Mentimeter

1. Got to www.menti.com Code:
2. Snap the QR code →
3. Or, click link in the chat!

Please share your thoughts with us

Your feedback on this session will help us improve our content based on your needs.

MA OTP TTA Team

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Opioid Treatment Program
Training & Technical Assistance Center

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Evaluation

Audrey Foxx
Health Communications

Lili Njeim
Advisory Councils

Melissa Schoemmell
Training and Technical Assistance

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OTP TTA CENTER

We aim to support opioid treatment programs by providing responsive, educational opportunities to enhance the delivery of medications for opioid use disorder.

Our Purpose

- Increase access to MOUD
- Improve patient care
- Provide tools, training, and resources
- Promote best practices
- Address challenges

Our Mission

Improve service delivery and outcomes for individuals with opioid use disorder (OUD), with a focus on aligning with updated federal and state-specific regulations for OTPs.

Funded by the MA Bureau of Substance Addiction Services
Staffed and operated by JSI

JSI

Our Services

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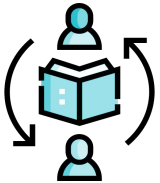
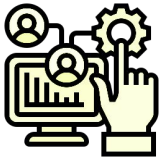
Tailored Technical Assistance

Support on a wide array of topics, including patient-centered care, telehealth, and regulatory changes.



Expert Support and Peer Learning

Access to leading experts in the field, peer-to-peer forums, and collaborative learning opportunities to share best practices and strategies.



Resource Development

Creation and dissemination of tools, guides, and resources to support OTPs in delivering high-quality, effective care.