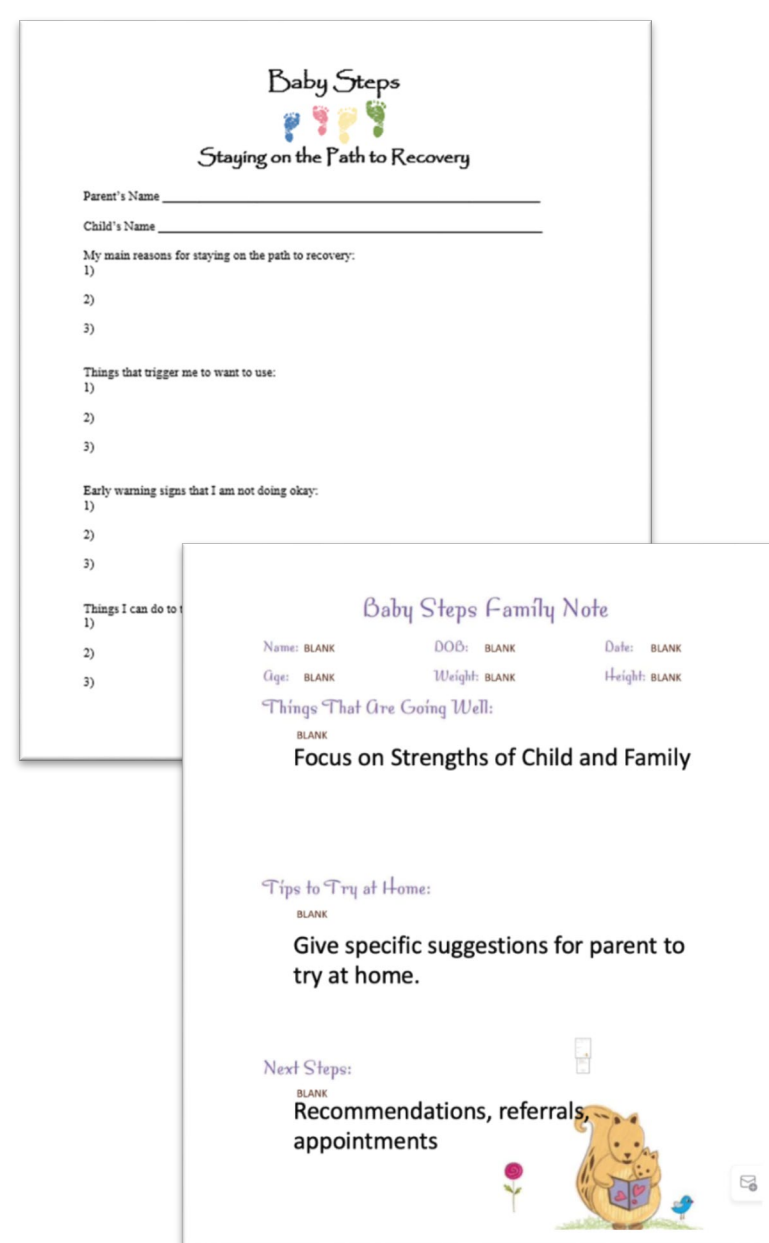


## BACKGROUND

Baby Steps is a two-generational, trauma-informed, patient and family-centered perinatal care coordination program and follow-up clinic started in 2020 at ETSU Health for families affected by prenatal drug use/exposure. The multidisciplinary Baby Steps team consists of a pediatrician, nurse, care coordinator, dietitian, audiologist, speech-language pathologist, physical therapist, and occupational therapist. Community partners include a licensed drug and mental health treatment provider and an early interventionist. The care coordinator provides support to mothers during and after pregnancy. Infants and children are followed every 3-6 months during the first five years of life in the clinic. The program was evaluated using aggregate electronic health record data and provider/partner surveys.

## PROJECT DESCRIPTION

The “arena style” assessment by the Baby Steps team focuses on the needs of the child and family. During each visit, the team provides education and resources, coordinates community referrals, and shares developmental tips for home through the Baby Steps Family Note. Emphasis on recovery and resilience help foster a healthy community around the family to promote best outcomes. The project was reviewed and approved as non-research by the ETSU Institutional Review Board.



## GOALS OF PROGRAM

- ❖ Improve care coordination throughout the perinatal period and early childhood.
- ❖ Ensure comprehensive health, developmental, and behavioral screening and follow-up.
- ❖ Prevent and mitigate the effects of ACEs and build resilience.
- ❖ Provide education and support to parents and caregivers.



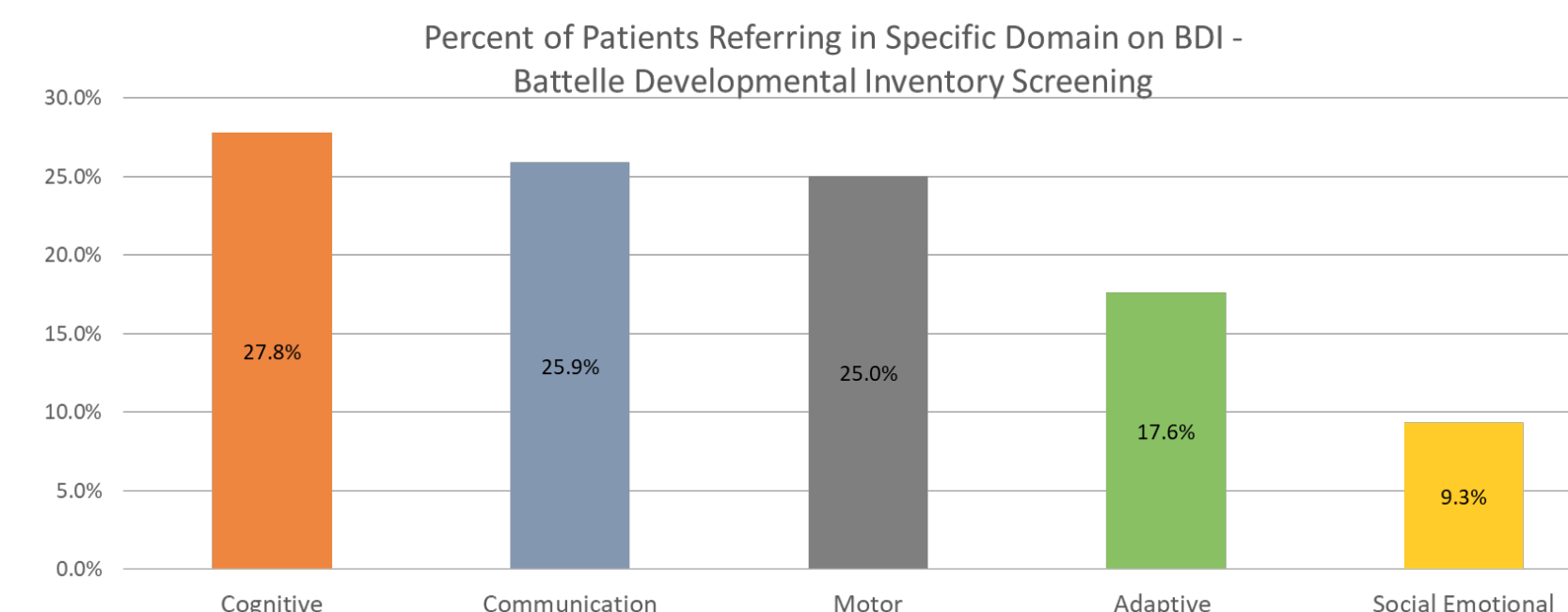
## PATIENT CHARACTERISTICS

Number of Baby Steps Participants	n = 108 patients	
In Foster Care / Temporary Custody	62.0%	
ACEs Scoring of Caregiver		
	1+	89.7%
	4+	51.7%
History of Substance Abuse in Father	38.9%	
Either Parent Incarcerated	15.7%	
Prenatal Drug Exposure		
	Rx buprenorphine	42.6%
	Illicit buprenorphine	14.8%
	Methamphetamine	40.7%
	Marijuana	42.6%
	Rx or illicit benzos	17.6%
	Alcohol	6.5%
	Tobacco	65.7%

## DISCUSSION

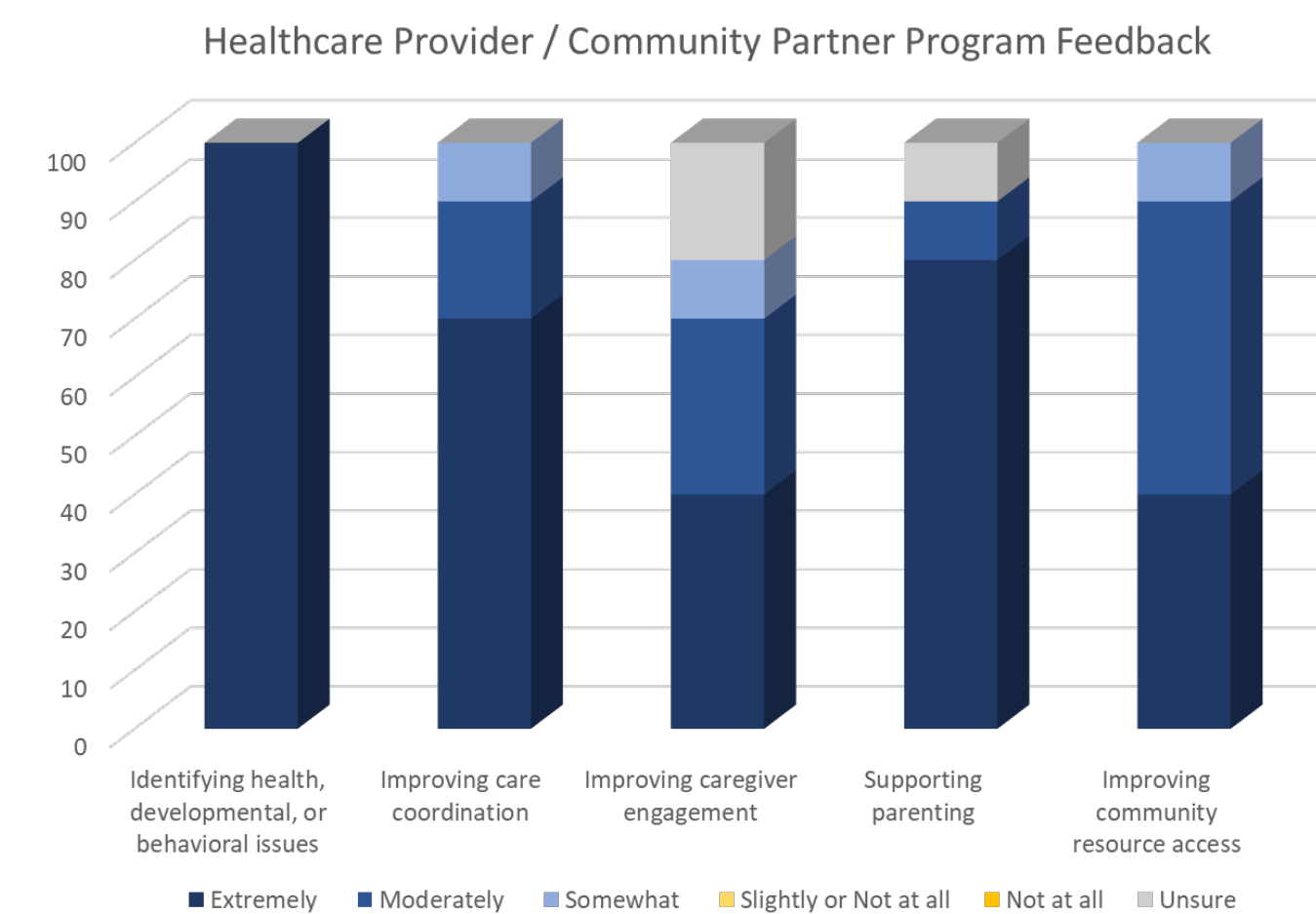
Baby Steps increased the identification of patient needs.

- Feeding difficulties in 29.6% of patients
- Need for Audiology evaluation in 22.2% of patients
- Developmental Delay of any type in 75.0% of patients
- Concern for specific developmental domain as below



## FEEDBACK ON PROGRAM

Feedback on effectiveness has been overwhelmingly positive from parents/caregivers, healthcare professionals, and community partners. Ninety-eight percent of families report being extremely or very satisfied with the clinic services. Feedback from Healthcare Providers and Community Partners has also been positive as shown.



## CONCLUSIONS

Baby Steps has been tremendously successful in identifying needs, connecting to essential resources, and promoting resilience to support optimal outcomes. The most notable strengths are the interprofessional and community collaborations that have been developed.

Future goals include the following:

- ❖ Mitigate the effects of prenatal drug exposure.
- ❖ Engage payers around return on investment and explore alternate reimbursement models.
- ❖ Improve access to addiction medicine and primary care services.
- ❖ Sustain and expand program and clinic to meet the significant need in the region.

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- Authors have no financial relationships to disclose.

