

Highlights Report 2020-2023



Background

The Healthy Care Pregnancy Program (HCPP) aims to better support pregnant, postpartum, and newly parenting people who use or have used substances. It creates and utilizes formal connections between acute care facilities and community organizations, who are also BCAPEP Program Members. This program was created and is implemented in collaboration with the Provincial Perinatal Substance Use Program, BC Women's Hospital and Health Centre, Provincial Health Services Authority.

HCPP is based on the nine Guiding Principles from the *Provincial Blueprint for a Perinatal Substance Use Continuum of Care*, (1) equitable access, (2) trauma & violence informed practice, (3) Indigenous cultural safety, (4) harm reduction based, (5) women centered & women's voices, (6) recovery orientated, (7) mother-baby togetherness, (8) interdisciplinary and (9) evidence informed.*

Central Strategies of HCPP

- Provide trauma-informed, culturally safe and responsive support to a caseload of 4-7 participants who are either pregnant, postpartum or newly parenting up to 7 months postpartum.
- Focus on participants who are not already accessing existing services and programs and who are experiencing risks to their health and well-being (i.e. unstable housing, food insecurity, lack of prenatal care, poverty, intimate partner violence, and/or systemic racism).
- Meet with participants throughout their perinatal journey, walking alongside them and supporting their access to basic needs, services, transitions, etc., and coordinating Healthy Care Pregnancy Meetings to help them reach their self-identified goals.



Program Outcomes

- Maintaining parent-baby togetherness regardless of custody or guardianship status.
- Supporting holistic wellness and addressing acute medical complexity and social determinants of health for both participants and their infants.
- Building confidence and self-efficacy within participants and their families.
- Identifying pressure points in the system of care for intervention or support.

bcapop.ca/HCPP

Program Results 2020-2023



301 participants

agreed to enter the program during their pregnancy or postpartum

This is the healthiest and proudest I've been in all my life. It's been a long time since I've been this happy.
-anonymous participant

933 HCPP meetings

have been coordinated by an inreach worker with the participant and their identified support team



2223 accompaniments

to other services, appointments and agency introductions

I am so glad she has you to support her, you have been a very good resource for us, assisting with collaboration and communication.
-service provider

Thanks so much for all of your support. You've already helped me on this journey more than you'll ever know.
- anonymous participant

160 participants

connected to prenatal education by an inreach worker .



114 participants

roomed-in postpartum with their baby

We appreciate all the services your program provides to our clients. You do fantastic work! Wow, this is amazing that your program has the capacity to be flexible and provide wrap-around services.
-service provider



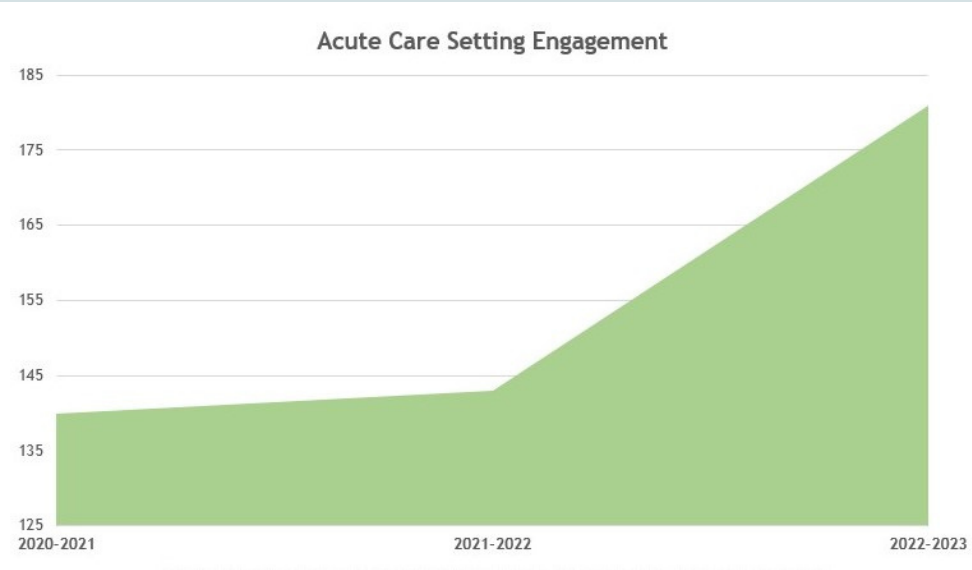
BCAPOP

283 supervised

visits coordinated by the HCPP inreach worker for participant and baby/children

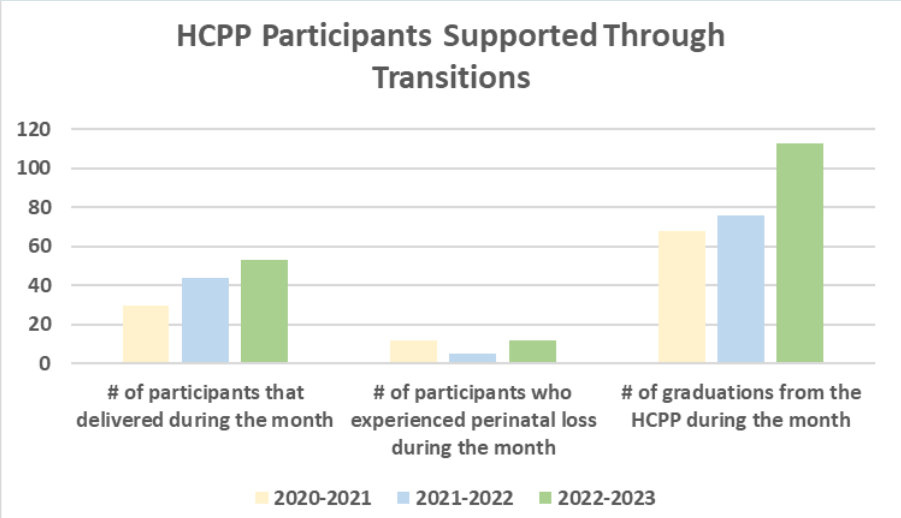


Over the last three years HCPP has experienced an exponential increase in participant referrals, accompaniments to appointments/services, supervised visits, and engagements. Particularly, the number of acute care engagements have increased since program was launched during COVID and post-pandemic times.



Number of points of contact that took place in the acute care setting (hospital) during the month.

From 2020-2023, 257 HCPP participants graduated from the program. Participants are graduated when they are seven months postpartum (or equivalent) and ready to be transitioned to other community supports and services. Inreach workers assist their participants in increasing self-confidence and accessing supports independently before graduation.



Summary

A key to HCPP’s success is its unique programming in meeting participants when and where they are at and assisting them in a culturally safe and trauma informed way. Inreach workers provide services that are complimentary to existing services, reduce gaps in care, and promote connections between community and acute care services.

BCAPOP looks forward to publicly sharing the HCPP external program evaluation completed by the BC Centre of Excellence of Women's Health in the Fall 2023 and providing our evidence-informed findings and recommendations for this model of care.

