

Dear Jackie,

First and foremost I would like to thank you and Rotary International and all the host for the exceptional opportunity and experience of being part of the VTT team. I also want to thank FARR for the opportunity. Myself and the team have had a great trip and learned a lot over the two weeks and have had correspondence with great people and experts in their fields. Professional and personally the trip has had an impact on myself and I have made memories that will last.

### THE PROGRAMME

May 2018	HOST CLUB	Time	ACTIVITY	ATTENDEES
Sat 5 <sup>th</sup>	<u>Host:</u>		Arrive In America – Meet Host Family – Settle In	
Sun 6 <sup>th</sup>	<u>Host:</u>		Rest / Recover from Jetlag Welcome and Briefing Dinner with all Host / Visiting Friends	
Mon 7 <sup>th</sup>	<u>Host:</u>	8:30 – 10:30AM	TRAINING DAY: HHC – HH Attend Welcome Breakfast and Overview of Hartford Healthcare and Behavioural Health Network: 1. HHC – Overview of NAS / FAS Programs 2. BHN – Overview of BHN	Rocco Orlando / Kate Sims / Pat Rehmer / Dr. Linda Matonis / Craig Allen / Aimee Schroder / Dr. Sonia Chaudry MD / Dr. Beth Deckers / Dr. Deborah Feldman / Dr. Borgida / Vinnie McClain/ Dr. AnneMarie Golioto / Amy Kelleher / Daryl / / Dr. Kyle Baker / Sarah Benham
		10:30 – 11am	TRAINING DAY 1. Tour of L&D / Post-Partum Units	Amy Schroder
		11:00 - 1:00	TRAINING DAY 1. Tour of CCMC NICU 2. Protocol Review & Discussion on NAS / FAS 3. Lunch & Learn – Rooming In / Care of NAS/FAS	Dr. Sonia Chaudry / Amy Schroder / Dr. Beth Deckers
		1:00 – 4pm	TRAINING DAY Travel to the Institute of Living (IOL) 1. Tour Opioid Clinic 2. Attend Lecture / workshop – Opioid Detox during pregnancy 3. Experiential Learning – shadow similar professionals for the day	Dr. Craig Allen / Vinnie Craig
Tues 8 <sup>th</sup>	<u>Host:</u>	8:30 – 9:30	TRAINING DAY: HHC – HOCC 1. Welcome Breakfast / Meet and Greet Team Members	Dr. Linda Matonis / Kate Sims / Dr. AnneMarie Golioto / Amy Kelleher / Nicole Morales / Dr. Stephanie Garrozzo / Carolyn Rossi / Terri Carter / Dr. Deborah Feldman / Dr. Pepe /

FARR11

Foundation for Alcohol Related Research

Association incorporated under Section 21  
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				Jeanne Franza/ Dr. Lisa Bystry / Sarah Benham
		9:30 – 10:30	<p>Training Day</p> <ol style="list-style-type: none"> <li>1. Lecture / Workshop - Prenatal care for women and substance abuse and our NAS program at THOCC</li> <li>2. Suboxone treatment planning</li> </ol>	Dr. Linda Matonis / Dr. Kyle Baker / Sarah Benham
		10:30 – 3:00	<p>TRAINING DAY</p> <ol style="list-style-type: none"> <li>1. Experiential Learning - Shadow similar professionals for the day: <ol style="list-style-type: none"> <li>a. Obstetrics / L&amp;D and Post-Partum - Care of the NAS Mom / Detox Protocol</li> <li>b. NICU – Neonatologist - Care of the NAS Baby</li> <li>c. Maternal Fetal Medicine - Monitoring / Care of Mom &amp; Baby Dyad in Utero</li> </ol> </li> </ol>	Dr. Linda Matonis / Dr. AnnMarie Golioto / Dr. Deborah Feldman
		3:00 – 4:30	<p>Training DAY</p> <ol style="list-style-type: none"> <li>1. Psychiatrist intervention during delivery – active using mothers</li> </ol> <p>Wrap Up – Review &amp; Discussion</p>	Dr. Balcones / Jessica Collins / Dr. Linda Matonis
<b>Wed 9<sup>th</sup></b>	<b>Host:</b>	9:00 – 12noon	<p>TRAINING DAY: HHC – Midstate Medical Center</p> <ol style="list-style-type: none"> <li>1. Experiential Learning - Shadow similar professionals for the day: <ol style="list-style-type: none"> <li>a. LDRP – NAS Care of Mother / Baby</li> <li>b. APRN – Nursing Education for Addiction – Care of the patient not judgement</li> <li>c. Trauma Informed Care</li> <li>d. Social Services / DCF – Interaction / Program evaluation / Decision to home</li> </ol> </li> </ol>	Amy Kelleher / Terri Carter / Jeanne Franza /
		1:00 – 4:00pm	<p>TRAINING DAY: HHC – Rushford Detox Center / Residential &amp; OP</p> <ol style="list-style-type: none"> <li>2. Experiential Learning - Shadow similar professionals for the day: <ol style="list-style-type: none"> <li>a. Continuum of Care - Mother’s and opioid use during pregnancy</li> <li>b. Detox during pregnancy</li> <li>c. Program review</li> </ol> </li> </ol>	Dr. Vinnie McClain
<b>Thursday 10<sup>th</sup></b>	<b>Host:</b>	9:00 – 12noon	<p>TRAINING DAY: HHC – Middletown – Silver Street – Detox &amp; Residential</p> <ol style="list-style-type: none"> <li>1. Experiential Learning / Shadow &amp; Lectures <ol style="list-style-type: none"> <li>a. Overview discussion / Addiction during pregnancy and care after delivery</li> </ol> </li> </ol>	Dr. Vinnie McClain
		1:00 – 3:00pm	<p>TRAINING DAY: HHC – Glastonbury - MATCH</p> <ol style="list-style-type: none"> <li>1. Experiential Learning / Shadow &amp; Lectures</li> <li>2. Medication Assisted Treatment Close to Home (MATCH Program)</li> </ol>	Dr. Vinnie McClain
<b>Friday 11<sup>th</sup></b>	<b>Host:</b>	8:30-9:15 AM	Welcome Breakfast	Christopher Morosky MD Courtney Townsel MD

		9:15-10:00 AM	TRAINING DAY: Attend Lectures / Workshops presented by UCCON Health on the following topics: <ul style="list-style-type: none"> <li>“Opioid use disorders among pregnant mothers: an addiction psychiatry perspective”</li> </ul>	Surita Rao MD / Vinnie McClain
		10:00-10:45 AM	Lecture/Workshop: <ul style="list-style-type: none"> <li>Topic TBD</li> </ul>	Cassandra Holinka MD
		10:45AM-11:45AM	Lecture/Workshop: <ul style="list-style-type: none"> <li>MotherToBaby Community outreach for Opioid exposed pregnancies</li> </ul>	Sharon Lavigne MS
		12:00PM - 1:00PM	Lunch	Roundtable discussions
		1:00P M - 1:45 PM	Lecture / Workshop <ul style="list-style-type: none"> <li>“Opioid Detoxification during pregnancy”</li> </ul>	Winston Campbell MD
		1:45 PM - 2:30 PM	Lecture / Workshop <ul style="list-style-type: none"> <li>“Clinical scoring and biomarkers of NAS”</li> </ul>	Naveed Hussain MD
		2:30PM-3:00PM	Lecture / Workshop: <ul style="list-style-type: none"> <li>Placental Opioid Metabolism and Neonatal Abstinence Syndrome: POMNAS Study</li> </ul>	Courtney Townsel MD
		3:00PM-3:45PM	(Topic TBD)	Deb, Marisa, Chris, Carrie
		3:45PM-4:45 PM	Experiential Learning - Shadow similar professionals for the tour / discussion <ul style="list-style-type: none"> <li>L&amp;D/ Postpartum/NICU tour</li> <li>Outpatient tour</li> </ul>	John Dempsey Hospital Outpatient Pavilion
		4:45 PM – 5:00 PM	Closing remarks	Christopher Morosky MD Courtney Townsel MD
<b>Sat 12<sup>th</sup></b>	<b>Host:</b>		Free Time with Host / On your Own	
<b>Sun 13<sup>th</sup></b>	<b>Host:</b>		Holy Day / Free Time	
<b>Monday 14<sup>th</sup></b>		8:30-10:30 AM	TRAINING DAY: DHMAS Lecture / Workshop Trauma informed care in the newborn Connecticut Children's Medical Center: intensive care unit: Promoting safety, security and connectedness	Marilyn Sanders, MD
		10:30-11:30 AM	Lecture / Workshop Maternal Health – Reproductive Health March of Dimes	Jordana Frost
		11:30-12:30 AM	Lecture / Workshop Maternal and Infant Health Coalition Department of Public Health	Marijane Carey
		12:30AM-1:30 PM	Lecture / Workshop Fetal Alcohol Spectrum Disorders UConn Health	Sharon Levigne, MD
		1:30-2:30PM	Lecture / Workshop Peer Networking for Addiction Recovery	Connecticut Community

		2:30PM-4:00PM	Lecture / Workshop Intimate Partner Violence Connecticut Coalition Against Human Trafficking Domestic Violence	Jillian Gilchrest
<b>Tuesday 15<sup>th</sup></b>		8:30AM-10:00 AM	TRAINING Day – DCF <ul style="list-style-type: none"> <li>Breakfast with DCF Leadership-open discussion regarding CT child welfare system</li> </ul>	DCF Commissioner, Deputy Commissioners, Administrators, Chief of Staff, Medical Director, Director of Workforce Development, Director of Substance Use
		10:00AM-10:30AM	Experiential Learning - Shadow similar professionals for the day <ul style="list-style-type: none"> <li>DCF Careline Tour</li> </ul>	DCF Careline staff
		10:30AM-10:45AM	Break	
		10:45AM-12:45PM	Lecture / Workshop <ul style="list-style-type: none"> <li>CT Child Welfare Practice Overview</li> </ul>	Academy Trainers
		12:45PM-1:45PM	Lunch with Youth & Families from DCF	Parents with Cognitive Limitations, Youth, Parent Advocates, Persons in Recovery, Parents who have lost children to Overdoses
		1:45PM-2:45PM	Lecture / Workshop <ul style="list-style-type: none"> <li>Child Welfare &amp; Substance Use National Perspective</li> </ul>	Skype with National Center for Substance Use & Child Welfare Staff
		2:45PM-3:00PM	Travel	
		3:00PM-4:00PM	Coventry House Tour Experiential training / shadowing & Tour	Kim Karanda
<b>Wed 16<sup>th</sup></b>	<b>Host:</b>	8:30AM-9:45AM	TRAINING DAY: DCF Working breakfast: <ul style="list-style-type: none"> <li>Workforce development &amp; Training Overview: Biology of Addiction, MAT, A-SBIRT, etc.</li> </ul>	Training Academy
		9:45AM-10:00AM	Break	
		10:00AM-11:00AM	Lecture / Workshop <ul style="list-style-type: none"> <li>Pay for Success/Social Impact Bond Financing for Services</li> </ul>	Social Finance, Elizabeth Duryea, Harvard University Social Impact Bond staff
		11:00AM-11:45 PM	Travel to New Haven/Yale	
		11:45PM-2:30PM	Lunch & Learn - Lecture / Workshop <ul style="list-style-type: none"> <li>Lunch with panel representatives-open discussion Panel with Model Developers: overview of each model, followed by moderated panel discussion with family experience</li> </ul>	FBR: Yale-FBR Services (Karen Hanson) RSVP-RCM: ABH (TBD) MST-BSF: Wheeler (TBD) Families who have received services
		2:30PM-2:45PM	Break	
		2:45PM-4:00PM	Experiential Learning <ul style="list-style-type: none"> <li>Tour Yale NAS program/Carol Weissman FASD program</li> </ul>	Matt Grossman/Carol Weissman
<b>Thurs 17<sup>th</sup></b>	<b>Host:</b>		TRAINING DAY: <b>Connecticut Hospital Association – CHA</b> - Wrap Conference - All Day Lecture / Workshop (Care of the Mother/Baby Dyad with NAS and FAS)	Dr. Cooper / Rocco Orlando / Kate Sims – Welcome?
		8:30-10:30	Prenatal Care of Mothers with Substance Use	

		AM	Disorder	
		10:30-10:45 AM	Prenatal Care of Mothers with Alcoholism	
		10:45AM-11:45AM	Patient and Family Education	
		11:45AM-12:30 PM	Best Practices for Mother/Baby Dyad with Neonatal Abstinence Syndrome	
		12:30-1:30PM	Best Practices for Mother/Baby Dyad with Fetal Alcohol Syndrome	
		1:30PM-3:00PM	Best Practice Outcomes	
		3:00PM-3:15PM	Collaboration with State Agencies <ul style="list-style-type: none"> <li>• DCF</li> <li>• DMHAS</li> </ul>	
		3:15 – 4:15	Summary, remarks and Next Steps	
<b>Fri 18<sup>th</sup></b>	<b>Host</b>		TRAVEL DAY: Travel to District 7890 Conference with Host	
<b>Saturday 19<sup>th</sup></b>	<b>Host</b>		District Conference – Travel Home Evening – Host House and pack for home	
<b>Sunday 20<sup>th</sup></b>	<b>Host</b>		Travel to Airport – Depart for South Africa	

As you can see above we had an extremely busy schedule in Hartford. We started off by visiting all Hartford Health's hospitals and other associated institutions. The main goal of these visits was to learn about Neonatal Abstinence Syndrome and what they have implemented to deal with the epidemic in America currently.

We met with various professionals and they presented their findings to us. It was interesting to see how many in the health field have started implementing similar programs without ever corresponding with one another. However as they find out of one another they shared their experience with one another and adapted accordingly.

### **WHAT I LEARNED**

It has become clear that a lot of professionals over the years have looked at most substance abuse problems incorrectly and have dealt incorrectly with the mother that has the substance abuse problems. For many years in especially NAS mothers have been separated and kept away from their babies and the babies were given more drugs to overcome their withdrawal symptoms. However the last 5 years they have started to realise that the mother is integral part of the health of her child and vice versa.

The babies stay in hospital have come down 4 times since they started keeping them together and research has shown that mothers with substance abuse problems have 60% less chance of relapsing within the first year, thus motherhood has given them a meaning and a reason to stay sober.

Thus it has made me think that a lot of time we are also just looking at the mother with programmes that we have implemented. It is not always possible to look holistically, because most fathers are not involved and we have a lot of women headed households in South Africa. But I do think there needs to be a bigger drive to include men and other family members.

## **IMPACT OF THE TRIP**

I have believe I have made life time acquaintances and friends on the trip. The host family I stayed with were people that think out of the box and that push the envelope and challenges themselves even at the age of 70. It has made me more driven and goal-directed personally and realise how easily we get comfortable in our profession and environment and that we must always push the envelope and challenge ourselves.

I am also definitely thinking of joining my local Rotary club as I do believe I can make an impact there. It was also inspiring the speech that the previous Rotary International president gave about how organisation should also inspire to change and evolve with change of the world. How young people (that include myself) does not feel connected with the 'old ways' of things being done. How we require flexibility. He spoke about if Rotary does not change they will end up with the same fate as Kodak, Block Buster Videos etc., technology has made it possible to do things remotely.

## **HOW I WILL USE WHAT I HAVE LEARNED PROFESSIONALLY**

The trip is not finished for myself yet as the delegates of America is coming to us as well. However one thing is certain, our problems are not much different than America's problems. However we do not have the same resources to implement interventions like the USA. Thus I think we have to explore different ways of getting funds for example Social Impact Bonds. I have shared this knowledge with my CEO. More and more funders are looking at impact and we are moving in the direction were they would like to see impact before they fund a programme thus it is important to be ahead of time and look into it.

In USA they have a programme called "One Question". It have spoken to Kim if it is possible to look at a webinar were our staff, especially the Community Workers receive training on this programme. It will increase their own capabilities and expertise and give them exposure to international training.

We also need to look at our customers more holistically and get the fathers, mothers and other people in their immediate surrounding involved. However this will take time as we will need to revisit our programmes.

For me it was very interesting how they spoke about changing the prejudices of the nurses in the hospitals. This is something that needs to be explored as well. We also offer training to nurses. One of the women made a point where they told the nurses that they are not only judging the mothers but they are discriminating against them. They aimed at putting the nurses in the shoes of the mothers, mentioning to them that a lot of these women were abused when they were children, sexually or physically.

## **CONCLUSION**

As you can see it has been exceptional trip and life time changing experience. However the experience is not done yet. Hopefully FARR and Rotary can have more correspondence in the future and another opportunity like this will come along for some of my other colleagues to experience.

Thanks once more  
Tersius Lambrechts