An Examination of Treating Substance Use in Mothers with Young Children: A Scoping Review of the Literature

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**Background**

- There is a narrowing in the gender gap between substance use disorder (SUD) in males and in females (McHugh et al., 2014; Niccols et al., 2012; Greenfield et al., 2010).
- Majority of females in treatment for a SUD have children (Moreland & McRae-Clark, 2018; Urbanoski et al., 2018; Forray, 2016; Niccols et al., 2012; Milligan et al., 2010).
- The negative effects of SUD extend beyond the mother and have significant implications for the child (Forray, 2016).
- Traditionally, SUD treatment programs have been male-dominated (Greenfield et al., 2010).
- Integrative treatment programs have shown favorable outcomes; defined by emphasizing the mother-child relationship and responding to multiple conditions, including a collaboration of servicos, and incorporating trauma-informed therapy components (Kelly & Daley, 2013; Urbanoski et al., 2018; Andrews et al., 2018; Milligan et al., 2010; Moreland & McRae-Clark, 2018).

**Objective:** Review the current state of maternal substance use programs through a scoping review.

**Methods**

- **Inclusion Criteria:**
  1. Original peer-reviewed research,
  2. years of inclusion (2000-Present),
  3. measure of substance use post-treatment or measure of child mental health,
  4. at least one post-treatment measure,
  5. a control group, &
  6. child between the ages of 0-5.
- **Databases Searched:** Medline, PsycINFO, PubMed, and PsyARTICLES
- **Process:** All articles were screened by two independent researchers. Disagreements were discussed with group members until consensus was met.
  - In the event of missing data, relating to inclusion, corresponding authors were contacted.

**Key Findings**

- Outpatient Treatments: n = 12
- Home Visiting: n = 5
- Programs delivered by:
  - Paraprofessionals: n = 6
  - Masters: n = 4
  - Doctors: n = 4
- SUD Targeted Treatment Programs: n = 2
- Integrative SUD Treatment Program: n = 1
- Other:
  - Individual Parenting Programs: n = 5
  - Infant/Child Development: n = 2

**Discussion**

- Results highlight the lack of integrative treatment programs for mother with SUD.
- Further, there is a lack of maternal-SUD specific treatments.
- Instead, SUD outcomes are being tacked onto existing programs such as parenting programs.
- Given the potential benefits, future research should focus on implementing integrative treatment programs that are designed to better meet the specific needs of mothers and their children.

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**Reference List**


