



2146 Belcourt
Nashville, TN 37212
615.343.8536 phone
615.343.6182 fax
[TIPOC.Office@TIPOC.org](mailto:TIPQC.Office@TIPOC.org)
www.TIPOC.org

“Partners in Perinatal Quality”

The TIPQC “Opioid Use Disorder (OUD) and Opioid Exposed Newborn (OEN)” educational modules are designed to provide additional resources to care partners in caring for the OUD and OEN patients. The modules consist of the video and post-test. To obtain CME credit for your participation, you must complete each step and pass the post-test with a score of at least 80%. Your credit will become immediately available online.

TIPQC OUD OEN: A Parent’s Perspective Video

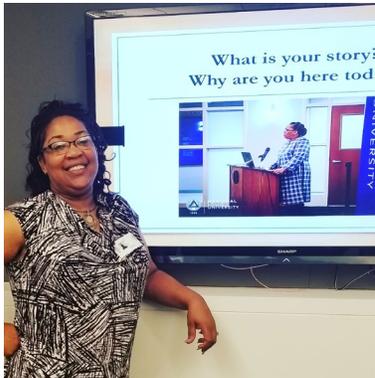
Description:

Tamela Milan-Alexander describes the personal struggle as well as her triumph over addiction, public assistance and poverty. Through her journey of recovery from opioid addiction, regaining custody of her six children, and caring for her Opioid Exposed Newborn, she is able to share what was supportive to her recovery. This is a must watch!

Learning Objectives:

1. Hear the personal struggle and story of one OUD mom during pregnancy and her fight to recovery
2. Learn potential ways to support moms with OUD
3. Realize the stigma of OUD moms and hope to provide non-judgmental support

Presenter:



Tamela Milan-Alexander, MPPA is a part of the Maternal and Child Health Partnership and Outreach team and Co-Chair of the Westside Healthy Start Community Action Network at Access Community Health Network in Chicago. She completed her master’s degree in Public Policy and Administration from National Louis University, building on her previously completed Bachelor and Associate degrees. Mrs. Milan-Alexander came into the Maternal and Child Health (MCH) field because of her history with opioid use disorder that led to a high-risk pregnancy. The Westside Healthy Start (WHS) program was able to provide care coordination for her child experiencing Neonatal abstinence syndrome. After working with her pediatrician, she was able to attain needed services for her family that led to the reunification of all of her children. She then worked for many years as a Healthy Start parent advocate and transitioned from patient to employee in 2002. Tamela has more than 20 years’ experience in the MCH community working as a peer educator, developmental screener, and community health worker, as well as a Healthy Start case manager. She was one of the first parents nominated for the National Healthy Start

Association (NHSA) Board of Directors, where she served for several years. Mrs. Milan-Alexander has collaborated with many organizations that fight to improve the lives of moms and babies. Tamela has been appreciative of the opportunities to represent WHS and NHSA nationally and regionally along with organizations such as Today's Black Child, Bright Futures, Institute for Family and Patient Centered Care, City Block and the American Academy of Pediatrics various quality improvement initiatives (HALF and PRE-Sip 2). A well-respected MCH leader, Tamela also serves on AAP Family and Partnerships Network Executive committee, Vice President Health Connect One, EverThrive of IL and the Illinois CHW Advisory Board.

Questions

- 1) **Multiple Choice:** What does she suggest to improve our systems?
- a. Listening to those with experience
 - b. Advocacy and collaboration
 - c. Having practioners lead all discussions
 - d. Both A & B

Answer: d. Both A & B

- 2) **True or False:** Creating a plan of care with the patient's perspective and desires to improve their care will foster a deeper sense of commitment and lead to better outcomes.

Answer: True

- 3) **Multiple Choice:** Which of the following services helped Tamela regain control of her life and custody of her children?
- a. Early Intervention services
 - b. System Navigation
 - c. Community resources
 - d. All of the above

Answer: d. All of the above

- 4) **True or False:** Judgement and stigma can prevent a parent from reaching out for services.

Answer: True