

KIDS NOW Plus

2015 Findings at a Glance

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INTRODUCTION

The overall goal of the KIDS NOW Plus case management program is to increase positive birth outcomes for high risk pregnant women in Kentucky by reducing inter-related risks. These include substance abuse, mental health problems and partner abuse and violence which could potentially have a negative impact on the health of the pregnant mother, fetal development, and birth outcomes. KIDS NOW Plus case management clients received both traditional case management assistance to meet basic needs such as safe housing, food, and childcare, as well as referrals to treatment services. Clients also receive information and support to facilitate a healthy pregnancy and fetus as well as to meet needs after the baby is born.

EVALUATION METHOD

The KIDS NOW Plus outcome evaluation includes a face-to-face intake interview by program staff from eight Community Mental Health regions to assess these risk factors. In addition, clients are offered the opportunity to be contacted for a postnatal follow-up interview approximately 6 months after the birth of their baby.

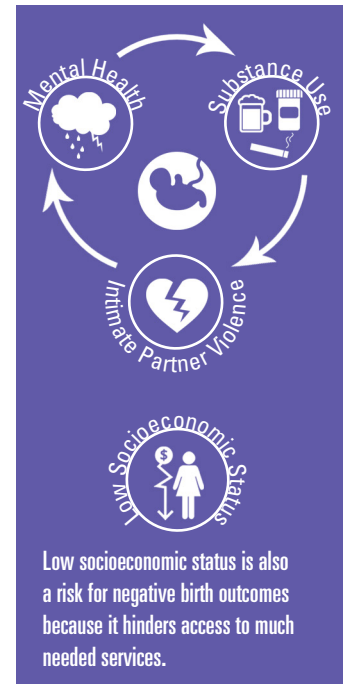
Results for this study include analysis of self-report responses for 136 pregnant women who: (1) participated in the KIDS NOW Plus case management program; (2) completed a face-to-face intake interview with program staff between January 2013 and June 2014; (3) completed a 6-month follow-up after the birth of their baby; (4) were served in a KIDS NOW Plus region; and, (5) had a match to the Kentucky vital statistics data set.

This Findings at a Glance summarizes results from the full KIDS NOW Plus 2015 Outcomes Report¹ and is organized into four main sections: (1) quality of life indicators; (2) changes on the three main factors targeted at prenatal intake and postnatal follow-up; (3) birth events and outcomes compared to the general population of mothers; and, (4) client satisfaction with the KIDS NOW Plus program.

DESCRIPTION OF KIDS NOW PLUS CLIENTS INCLUDED IN THE FOLLOW-UP SAMPLE

Of these 136 clients who entered KIDS NOW Plus case management services:

- They were an average of 24 weeks pregnant and were in the program an average of 18 weeks.
- They were an average of 25 years old and predominately white (91%).
- Almost one-third were not married or not currently cohabiting, 57% were married or cohabiting, and 12% were separated/divorced.
- They were mostly from non-metropolitan areas (57%) while 43% were from metropolitan areas.
- Less than one quarter had less than a high school degree, 36% were high school graduates or had their GED, 31% had some college, and 7% had a college degree.
- Over 70% were not currently employed.

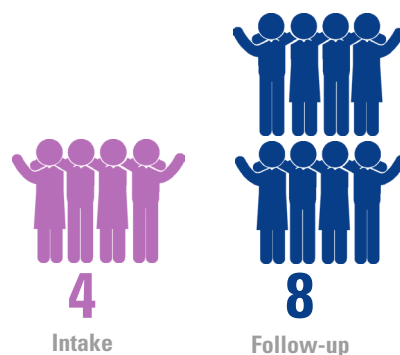


QUALITY OF LIFE INDICATORS

FEELING VERY CONFIDENT ABOUT
TAKING CARE OF NEWBORN

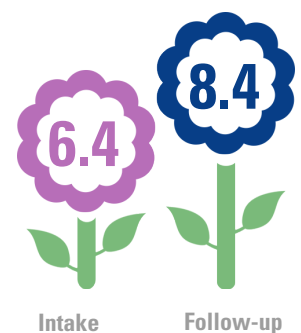


NUMBER OF PEOPLE CLIENT COULD
COUNT ON FOR EMOTIONAL SUPPORT



QUALITY OF LIFE PERCEPTIONS

Ratings were from 1='Worst imaginable' to 5='Good and bad parts were about equal' to 10='Best imaginable'.



¹ Findings from the full report can be downloaded from <http://cdar.uky.edu/KIDSNOW/>

FACTORS TARGETED BY KIDS NOW PLUS

Measures comparing 6 months before the client became pregnant and the past 6 months at postnatal follow-up

SUBSTANCE USE



48%
of clients reported illegal drug use at intake



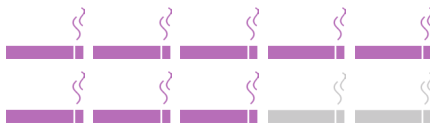
3%
of clients reported illegal drug use at follow-up



54%
of clients reported alcohol use at intake



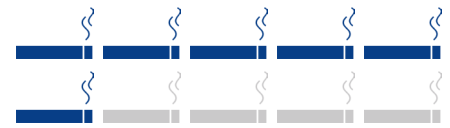
21%
of clients reported alcohol use at follow-up



79%
of clients reported smoking cigarettes at intake

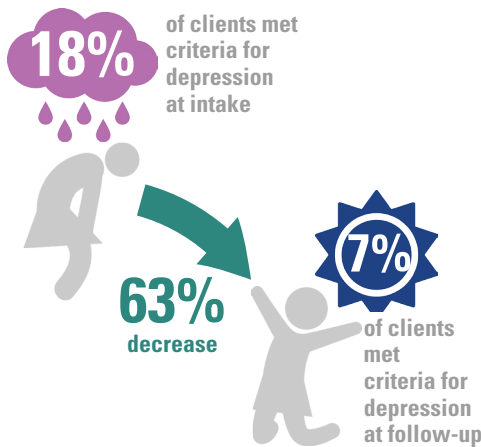


58%
of clients reported smoking cigarettes at follow-up

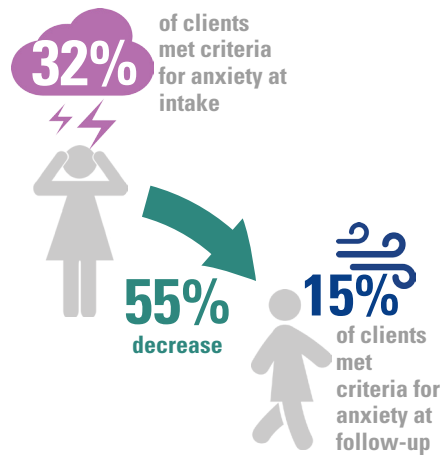


MENTAL HEALTH

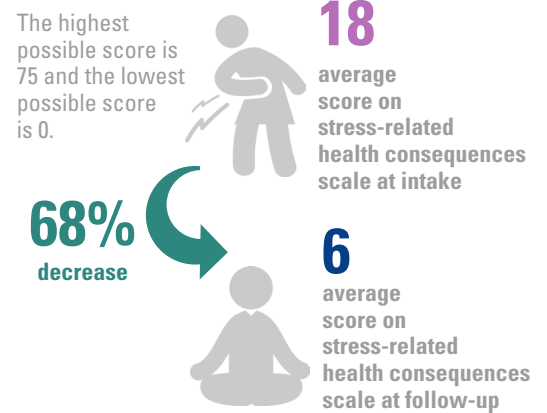
DEPRESSION



GENERALIZED ANXIETY



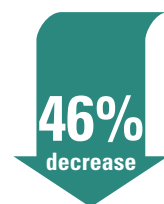
STRESS-RELATED HEALTH CONSEQUENCES²



INTIMATE PARTNER VIOLENCE³



27%
of clients reported any intimate partner abuse at intake



15%
of clients reported any intimate partner abuse at follow-up



² Measure of symptoms in the past 7 days

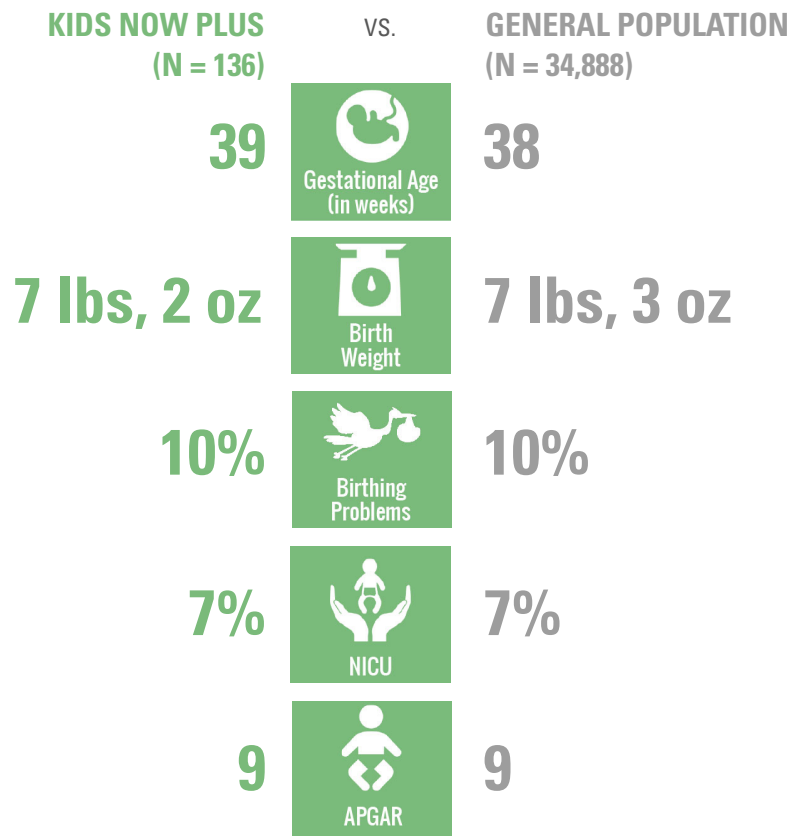
³ Any abuse was defined in this study as a client indicating "yes" to any of the partner abuse questions asked in the survey (e.g., verbal and psychological abuse, extreme jealousy and control, threats of violence towards client and others close to them, physical violence, stalking, partner purposely damaging or destroying property, sexual assault/threats of assault) at each period.

BIRTH EVENTS AND OUTCOMES

Even with their prenatal risk factors, when mothers who participated in KIDS NOW Plus were compared to other mothers in the general population, birth outcomes were not significantly different

KIDS NOW Plus Case Management Clients Compared to the General Population of Mothers within the Regions Served by KIDS NOW Plus

Using the Kentucky Vital Statistics data and adjusting for key demographic factors⁴, birth events and outcomes of KIDS NOW Plus case management clients and their babies were compared to others in the state who had babies during the same period (between January 2013 and January 2014) but who did not participate in the KIDS NOW Plus Case Management study (n = 34,888) and who lived in the CMHC regions that provide KIDS NOW Plus.



In addition, the KIDS NOW Plus mothers had the same average number of prenatal care visits (11.6) as a matched comparison sample and as the general population.

CLIENT SATISFACTION WITH KIDS NOW PLUS

AS A RESULT OF THEIR KIDS NOW PLUS CASE MANAGEMENT EXPERIENCE, THE MAJORITY OF CLIENTS INDICATED THEY:



Learned about the risks of tobacco, alcohol and drugs during pregnancy



Felt better about themselves after participation



Believed they had a healthier pregnancy



Felt their mental health had improved



Felt safer from intimate partner violence

"My counselor was wonderful, even if she couldn't help, she listened."

- Quote from KIDS NOW Plus client

CONCLUSION

This study provides support of the efforts by the Kentucky Division of Behavioral Health to address the rising statewide and national problem of drug-exposed pregnancies, given the positive changes in the women's substance-using behavior once interventions were initiated. Overall, evaluation results indicate that pregnant women participating in the KIDS NOW Plus case management program significantly improved on a variety of inter-related risk factors including substance use, mental health symptoms and intimate partner violence and had birth outcomes similar to the general population of mothers. Results also indicate clients appreciate their experiences in the program and have a better quality of life after participation.

⁴ Each birth outcome was entered as the dependent variable in a separate binary logistic regression model with KIDS NOW Plus participation as the predictor variable and the covariates of mother's age, education (i.e., high school diploma or higher), area of residence (metropolitan vs. non-metropolitan county), and smoking at the time of the birth. The alpha level was set at $p < .01$.