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Online Support for Families Affected by Opioid Use Disorder

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Abstract

Families who care for children with neonatal abstinence syndrome (NAS) face many challenges and may be lacking support. The purpose of this project was to provide evidence-based information to families caring for NAS children through an established online support group, To the Moon and Back. Nola Pender's Health Promotion Model was the theoretical model used to guide this project. An intervention to deliver support and information was implemented through three sessions. During these sessions participants were educated on evidenced-based tools to help their children with behavioral self-regulation and communication with providers. Data was collected through pre and post assessments as well as individual session feedback and a program evaluation. Findings indicate that group online support groups are viable solutions to aid in support, deliver information and gather data. In the future online platforms may be highly utilized to educate, support and gather data on high-risk populations to improve parental self-efficacy. Through this project the importance of interdisciplinary collaboration is also highlighted in improving outcomes for these individuals.

Keywords: support groups, pregnancy, opioid use disorder, online support groups, women, prenatal, social media