



LEARNINGbyte

Substance Exposure

Virginia Facts: The Opioid Crisis and Substance Exposed Infants



PURPOSE OF ACTIVITY

This activity is designed to provide Virginia-specific information/data related to opioid use and effects on substance exposed infants.



RESOURCES NEEDED

- Handout: Virginia Opioid Crisis Fact Sheet and ANSWER SHEET
- Infographic: [America's Opioid Crisis: The Unseen Impact on Virginia Children](#) (can be downloaded as handout)
- Summary Report: [Virginia Opioid Summary](#) (can be downloaded as handout)
- Mapping Report: [Med Beat: Mapping opioid deaths in Virginia](#) (optional activity to be displayed on computer with projector)
- Music or chime to begin activity
- Small prizes (optional)



SPECIFIC STEPS

1. Divide participants into small groups of 3-4 members using a 1-4 count off system.
2. Encourage members to cluster together in their number group.
3. Share that this will be a fun competition among groups. The task is to see which group can most quickly complete the *Virginia Opioid Crisis Fact Sheet* (attached). Remind participants to wait to begin until all directions and materials are passed out to all groups.
4. Pass out the *Virginia Opioid Crisis Fact Sheet*.
5. Pass out the downloadable handouts, *America's Opioid Crisis: The Unseen Impact on Virginia Children* and *Virginia Opioid Summary*.
6. Tell participants that they can begin at the sound of the music or chime. The first group to complete the fact sheet correctly wins small prizes.
7. OPTIONAL: As a large group or individually, use the *Med Beat: Mapping opioid deaths in Virginia* map to identify local counties within the early intervention system. Discuss which county(ies) in the system have the highest opioid mortality rate(s) and whether the system has seen increased referrals for substance exposed infants from those counties.



ADDITIONAL RESOURCES

- [Family-Centered Care and the Substance Exposed Infant Parts I and II Talks on Tuesday webinar](#)
- [Perinatal Substance Use: Promoting Healthy Outcomes A Guide for Hospital and Health Care Providers Virginia Legal Requirements and Health Care Practice Implications](#)
- [Collaborative Care: Developing and Implementing Plans of Safe Care for Substance Exposed Infants](#)

Virginia Opioid Crisis Fact Sheet

1. In 2016, _____ children were placed in the Virginia foster care system.
2. In 2016, _____ of foster care placements were attributed to parental substance abuse.
3. _____ babies in Virginia were born with Neonatal Abstinence Syndrome (NAS) in 2016.
4. Children dealing with traumatic experiences may have challenges in four areas that last into adulthood:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
5. In 2016, there were _____ opioid-related overdose deaths in Virginia.
6. In America, every _____ an infant is born suffering from opioid withdrawal.
7. In Virginia, the rate of babies born with NAS is _____ per _____ births.
8. In Virginia, _____ of people suffering from drug dependence or abuse go untreated.
9. In 2015, Virginia providers wrote _____ opioid prescriptions per _____ persons. This equals approximately _____ prescriptions.
10. When infants are born suffering from opioid withdrawals, they may experience:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

Virginia Opioid Crisis Fact Sheet

ANSWER KEY

1. In 2016, **2,938** children were placed in the Virginia foster care system.
2. In 2016, **29%** of foster care placements were attributed to parental substance abuse.
3. **773** babies in Virginia were born with Neonatal Abstinence Syndrome (NAS) in 2016.
4. Children dealing with traumatic experiences may have challenges in four areas that last into adulthood:
 - a. **Social**
 - b. **Emotional**
 - c. **Physical**
 - d. **Mental Health**
5. In 2016, there were **1,130** opioid-related overdose deaths in Virginia.
6. In America, every **25 minutes** an infant is born suffering from opioid withdrawal.
7. In Virginia, the rate of babies born with NAS is **8** per **1,000** births.
8. In Virginia, **87.6%** of people suffering from drug dependence or abuse go untreated.
9. In 2015, Virginia providers wrote **70** opioid prescriptions per **100** persons. This equals approximately **5.6 million** prescriptions.
10. When infants are born suffering from opioid withdrawals, they may experience:
 - a. **Lower birthweights**
 - b. **Respiratory conditions**
 - c. **Feeding difficulties**
 - d. **Seizures**
 - e. **Longer hospital stays**