

**UW LEND Trainee – Leadership Project Proposal
2023-2024**

Program: Seattle Children’s Specialized Neurodevelopmental Assessment and Consultation Service (SNACS)

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Project Title: Stigma, Bias, and Prenatal Substance Exposure: Understanding the state of the lived experience and stigma prevention/reduction literatures.

Describe the Need: Stigma and bias towards individuals impacted by prenatal substance exposure (both pregnant persons and individuals with histories of prenatal substance exposure), is significant, surpassing other highly stigmatized groups such as incarcerated individuals. Unfortunately, pediatric providers frequently perpetuate stigma and bias towards individuals who had a pregnancy impacted by prenatal substance exposure, and children with prenatal substance exposure histories. Pediatric providers have been asking for our help in knowing what to say and do to reduce perpetuation of bias and stigma. A comprehensive review of the literature is needed to understand current lived experiences and inform stigma-reduction efforts with pediatric professionals.

Brief Description of Proposed Project:

Conduct a systematic review of literature with the following goals:

1. Summarize the literature describing stigma and biases experienced by:
 - Persons whose pregnancies are complicated by substance use and/or substance use disorders
 - Caregivers, including birth parents, during screening for prenatal substance exposure in pediatric health and mental health appointments
 - Individuals who have a history of prenatal substance exposure and/or a Fetal Alcohol Spectrum Disorder
2. Summarize the literature on provider’s self-identified knowledge gaps and stigma/biases towards the above groups
3. Summarize the current best practices/recommendations (i.e., professional practice guidelines, AAP and CDC training modules, etc.) for reducing stigma and bias for the above groups in clinical care (i.e., language guidelines, equitable screening procedures, etc.)

Project Goal and/or Desired Outcome:

Creation of a provider and community-facing one-pager to share summarized best practices to drive practice change. The trainee will also be an author on a future publication submission regarding this work. Next steps after this review will be conducting a qualitative study of lived experience of birth parents, caregivers, and individuals with prenatal substance exposure to fill

in gaps in knowledge identified through this review. Trainee(s) would have the opportunity to contribute more as interested beyond their LEND training year.

Proposed Roles/Responsibilities of the UW LEND Trainee(s):

1-2 trainees from LEND will join our existing team of 1 principal investigator and one graduate student to conduct this review. LEND trainees will be involved in refining search criteria, screening studies for inclusion, data extraction, and writing of results.

List Any Desired Trainee Prior Experiences or Skills:

Experience conducting (even un-published) literature reviews, and desire to quickly learn and apply literature review methods!