



A MINISTRY OF CHRISTIAN MEDICAL & DENTAL ASSOCIATIONS

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## *Introduction*

**October 2022**

CMDA's [Addiction Medicine Section](#) (AMS) is excited to share our third quarterly e-newsletter. Since July, we had a great start to our new monthly Zoom workshops! We had the following workshops to launch our series:

- August: Dr. Don Middleton spoke on “12-Step Programs from a Christ-centered, Faith-based Perspective.”
- September: Pastor Frank Monteleone and CMDA Embrace Recovery Buffalo shared about “Embracing Recovery: Christ-centered Clinical Practice with Collaborative Faith-based Community Outreach.”
- October: Dr. Atasha Jordan introduced “Christian Mental Health Initiative: Using Mental Health First Aid to Increase Mental Health Literacy in Philadelphia’s Black Churches.”

Many thanks to our amazing speakers and guests for making these workshops so special. We hope to continue fostering a space to grow our fellowship while equipping and encouraging one another.

In this edition, we highlight the great need to care for women struggling with substance misuse with special attention to the lack of services nationally for pregnant women with substance use disorders. It is our great pleasure to share with you the testimonies of Dr. Jennifer Anderson and Drs. Timothy and Nikki Allen, which will hopefully be an encouragement for us all to improve resources and compassionate care for this vulnerable population.

## *Announcements*

**Monthly Zoom Workshops!\***  
**5 p.m. PT, 7 p.m. CT and 8 p.m. ET!**

### [November 9 Meeting Link](#)

Pastor Tom and Cindy Johnson with Sling n’ Stones ministry will share about faith-based addiction recovery sober living services.

### [December 7 Meeting Link](#)

Dr. Beth Delaney and Pastor Greg Delany will share their experience helping churches destigmatize caring for people with addictions.

## **PASSION TALKS**

**Passion Talks Virtual Poster Conference**  
**November 5, 9 a.m. to 11 a.m. PT, 12 p.m. to 2 p.m. ET**

We are also excited to share about a collaboration with Passion Talks to host a Health Session on “Shaping Spaces.” We have six presenters sharing posters on mental health and addiction topics. Come join us!

[Sign up here!](#)

\*Additional clinical and behavioral topics to follow. [Email us](#) to propose a topic or be a guest speakers. Topics and speakers are subject to change. Email announcements with Zoom links will be sent out in advance to confirm topic, date and time.

## ***Our Mission***

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The Addiction Medicine Section of CMDA exists to prevent and treat addiction and transform lives, by God's grace, love and power. We strive to provide compassionate excellence in all aspects of addiction care, including whole-person prevention and treatment, education, advocacy, empowerment of others, research, church and community partnerships and interprofessional collaboration and support.

## ***Our Purpose***

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To **RISE** with Christ and, by His power, excel in these areas:

**Research** – Support, assist and network with those interested in doing faith-based study and research in addiction medicine.

**Inspire** – Encourage and support opportunities for interprofessional health professionals, pastors, theologians and the broader recovery care community to co-labor and network together to share ideas, concerns, successes, and prayer for one another.

**Serve** - Provide excellent, Christ-centered, evidence-based, clinical care to individuals struggling with addictions and their families using the biopsychosocial-spiritual model of whole-person healthcare.

**Educate** - Educate, equip, and mentor others about successful approaches to addiction - including students, health professionals, patients, families, churches, community groups, politicians, media and others.

## ***Caring for Pregnant Women struggling with Addiction***

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by Jennifer Anderson, MD

Today, individuals and communities are struggling with substance use disorders at an alarming rate. The stigma around “addiction” is felt by most of these patients, and often pregnant women experience an abundance of shame, guilt and judgment. These emotions can impact their pregnancy and the life of their unborn baby.

As an obstetrician and gynecologist, I witnessed the difficulties these women experienced and sought to remove as many barriers as possible and assist in their recovery. In 2014, I obtained the DATA 2000 waiver and began providing evidence-based treatment of opioid use disorder for pregnant patients in my practice. Providing integrated substance use treatment and prenatal care removed many obstacles to treatment, improved compliance and outcomes for mothers and babies. Since initiating this integrated model, patients began requesting treatment for their partners and family members. For this reason, the scope of my practice shifted to enable substance use treatment services for men and women, with the goal of impacting families and reducing Adverse Childhood Experiences (ACEs). We have had the opportunity to see families strengthened, living environments improved, health and hope restored to many families.

As practitioners of medicine, every encounter we have with patients can open doors to conversations that can be life affirming and life altering. During pregnancy, women are often highly motivated to address unhealthy behaviors as they consider the health and well-being of their unborn baby. This provides a great opportunity to discuss substance abuse and treatment. A compassionate and non-judgmental approach to screening, brief intervention and referral (or provision) of treatment can dismantle the stigma and help women receive treatment that can be lifesaving. Medication Assisted Treatment has become the standard of care for treatment

of pregnant women with opioid use disorder. Studies have demonstrated reduced relapse to illicit opioid use, improved compliance with prenatal care and reduced adverse outcomes compared to women with continued illicit opioid use during pregnancy. This equates to less risk of fatal overdose during pregnancy. Neonatal opioid withdrawal is a known risk associated with illicit opioid use as well as use of prescribed Methadone or Buprenorphine during pregnancy. Encouraging breast-feeding, skin-to-skin bonding and rooming-in have been found to help reduce opioid withdrawal in neonates, as well as pharmacological management when needed.

Treating pregnant women with opioid use disorder is embarking on a journey with them, and a journey for them and their family. As their recovery skills develop, they are able to gain new tools to help them become the mothers they desire to become.

Throughout Scripture, we see Jesus meeting people where they are, loving and leading them to Himself. Seeing His light shine into the darkness of “addiction,” we witness restoration. This is an amazing experience as we travel with our patients in recovery.



#### About the Author

Dr. Anderson is a board-certified obstetrician and gynecologist, practicing in Sevierville, Tennessee. She received her medical degree from The University of Tennessee College of Medicine in Memphis, Tennessee and completed residency in obstetrics and gynecology at Wake Forest University in Winston Salem, North Carolina. During the last 13 years, she has provided care to women in Sevierville, Tennessee, specializing in the treatment of opioid use disorders during pregnancy and postpartum. In January 2020, Dr. Anderson expanded her provision of substance use disorder treatment in Sevierville, bringing treatment to women and their families in the community. She is now working with Cedar Recovery in Knoxville as the medical director of their outpatient treatment program and continues to provide obstetrical care in Sevierville. She has been a member of Christian Medical & Dental Associations since medical school. Her hobbies include spending time with family and her dog Roscoe, camping and hiking in the Great Smoky Mountains National Park.

## *Podcast: Loving Patients Who Struggle with Substance Abuse*

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On this episode of the *CMDA Matters* weekly podcast, Drs. Timothy and Nikki Allen joined CMDA CEO Dr. Mike Chupp to talk about their work serving the underserved, especially those who are struggling with addiction. Take a listen to hear their heart.

CMDA Matters Podcast: Loving Patients Who Struggle with Substance Abuse  
[Listen Now](#)

#### About the Interviewees

Drs. Timothy and Nikki Allen have been privileged to be family physicians serving the people in Cudahy, Wisconsin and the surrounding areas since 2003. They consider themselves missionaries to their patients and started a primary care clinic focused on the underserved, those who struggle with mental health and people who struggle with addiction. Timothy especially focuses on pregnant women who struggle with addiction and has built a program designed to help vulnerable women with their medical, psychiatric, addiction and spiritual needs. They also planted Cudahy Christian Church to minister to their patients' spiritual needs.



## *AMS Intercession Prayer Meetings*

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At AMS, we believe our best work is done first in intercession and prayer. You are invited to join us at the following monthly prayer times. Also feel free to email us at [cmda@org.ams](mailto:cmda@org.ams) with prayer requests.

Every second Tuesday of the month at 6 p.m. ET, 7 p.m. CT and 3 p.m. PT.

[Zoom Link \(Click Here\)](#)

Meeting ID: 884 5252 7299 Passcode: 872122

Every fourth Tuesday of the month at 9:30 a.m. ET, 8:30 a.m. CT and 6:30 a.m. PT.

[Zoom Link \(Click Here\)](#)

Meeting ID: 870 4161 7350 Passcode: 202396

## *Connect with AMS*

Learn more about our [mission, vision and leadership team](#). You can also engage with us directly via the AMS discussion forum on the [CMDA Go app](#) or [Contact AMS](#) via email. Don't forget to come out for our twice monthly prayer times and monthly workshops on Zoom.

You can also find us at the upcoming [CMDA National Convention](#) as well as the [Christian Community Health Fellowship National Conference](#)! Both conferences this year will have addiction medicine workshops and addiction medicine luncheons to continue to gather and equip our community. We look forward to encouraging one another as brothers and sisters in Christ as we lock arms and follow the Holy Spirit's guidance in setting the captives free!

### **Participate in our Panda Express National AMS Fundraiser!**

We are excited to announce we've enrolled in Panda Express' online order fundraiser.

**How?** Order online for pick up or delivery on our workshop days and enter the fundraiser code.

[November 9 Fundraiser Page - Code 909251](#)

[December 7 Fundraiser Page - Code 909253](#)

With this fundraiser, 28 percent of sales goes to the AMS to help us raise funds to build community with events and resources. Consider organizing a watch party for your CMDA community during one of the monthly workshops!

**Have a testimony, job posting or other announcement you would like us to share?**

Email [ams@cmda.org](mailto:ams@cmda.org) to add your update into our next newsletter!