



Addiction and Pregnancy: Empowering Recovery through Peer Counseling

Laura M. Sanders, Barry R. Sherman, Chau Trinh

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Pioneering evidence is presented in this book to support the effectiveness of peer counseling for substance abuse treatment of pregnant women and their families. The introduction by Barry R. Sherman describes his personal experience as a behavioral scientist doing work in a culture other than his own. A comprehensive overview of the crack epidemic and its impact on women is followed by an up-to-date account of acupuncture in addiction treatment. The authors use the theory and principles of social learning to justify the peer counselor model known as SISTERS. Chapters include discussions of conducting culturally competent research, development and validation of the Abstinence Self-Efficacy Scale (ASES) and the Traumatic Life Events (TLE) Inventory, as well as the social support systems of drug-dependent women. Both quantitative and qualitative methods are used to evaluate program impact. A urine toxicology index of sobriety as well as empirical measures of psychosocial functioning and client satisfaction demonstrate sufficient success and cost-effectiveness of the program to warrant serious support by health care providers and insurance companies.

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