



Plans of Safe Care and Family Care Plans

March 2023

IN PARTNERSHIP WITH THE



Plans of Safe Care Legislation

The Comprehensive Addiction and Recovery (CARA) Act of 2016 amended the Child Abuse Prevention and Treatment Act (CAPTA) to include the requirement that a plan of safe care (POSC) be created that addressed the needs (health and substance use disorder treatment) of both the infant and the family/caregiver. Requirements of amendments:

- Infants “born with and affected by substance use, withdrawal symptoms or Fetal Alcohol Spectrum Disorder”
- POSC includes needs of both infant and family/caregiver
- Data must be reported by states
- Enhanced monitoring and management for States to guarantee POSC are initiated, and families gain access to needed resources and services

Plans of Care Legislation Continued

POSC in their ultimate form should be:

- Interdisciplinary among health and social services agencies
- Developed from the findings of a comprehensive, multidisciplinary assessment
- Family-focused to address needs of individual family members and collective family ability to perform and achieve health and well-being
- Initiated during the prenatal period to achieve early health engagement of parent and communication with provider, however, completion during the prenatal period is not required by legislation
- Available to relevant agencies and stakeholders
- Grounded in evidence-based practices

Consideration should be given to the support of the pregnant person including mental health services, social services, parenting services, and substance abuse prevention and treatment counseling and referral to statewide early intervention evaluation for the infant.

Plans of Safe Care VS. Family Care Plans

A Plan of Safe Care and a Family Care Plan are essentially interchangeable terms as both have the same goal of providing for the needs of the infant and caregiver/family. A Family Care Plan simply takes a more proactive, prenatal focus and the document is guided by the pregnant person.

Family Care Plans

A Family Care Plan (FCP) is a proactive approach that encourages pregnant and postpartum people with SUD to engage in their own health and well-being through the provision of necessary resources. It is a living document updated by the individual and their health care team to help them achieve and maintain recovery. The pregnant or postpartum person is the holder of document.

Family Care Plans

FCP Recommendations

- Initial Screen- focus on immediate needs (i.e. food, housing)
- Forms to include:
 - Physician Forms- Verification of Appt/Procedure
 - Release of Information Checklist
 - Contact Information for family, caregiver, healthcare providers
 - Release of Information Consent forms
 - Doctor appointment Logs
 - Attendance Logs
- Patient Education should include:
 - Safe Sleep
 - Treatment of SUD
 - NAS
 - Eat, Sleep, Console

Resources

[Plans of Safe Care: An Issue Brief for Judicial Officers](#)

[Oklahoma Department of Mental Health and Substance Abuse Services Family Care Plan eLearning](#)

[Child Abuse and Prevention Treatment Act \(CAPTA\) Substance Exposed Infants Statutory Statement](#)

[Information about Plan of Safe Care \(POSC\) | Mass.gov](#)

[Words Matter: Preferred Language for Talking about Addiction](#)

[Substance Use During Pregnancy and Family Care Plans](#)

Templates

[Mass.gov Family Support Plan Template](#)

[Family Care Plan Template](#)

[Generic Family Care Plan Template](#)

[Family Care Plan Cover page with Release of Information Consent](#)

Educational Resources to include in FCP

[PURPLE Crying](#)

[Action Plan for Depression and Anxiety Around Pregnancy](#)

[A Mother-Centered approach to treating Neonatal Abstinence Syndrome](#)

[Eating, Sleeping, Consoling \(ESC\) NAS Care Tool](#)

[Healthy Pregnancy, Healthy Baby Fact Sheets](#)

[SAFE Sleep for you baby](#)

[Methadone Treatment for Pregnant Women](#)