



Plans of Safe Care:

Practice Insights, Promising Practices, and Lessons
Learned Across the United States



National Center on
Substance Abuse
and Child Welfare

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Children and Family Futures strives to prevent child abuse and neglect while improving safety, permanency, well-being and recovery outcomes with equity for all children, parents and families affected by trauma, substance use and mental health disorders.



National Center on Substance Abuse and Child Welfare

NATIONAL CENTER ON SUBSTANCE ABUSE AND CHILD WELFARE

- In-Depth Technical Assistance
- Regional Partnership Grants
- Pregnant and Postpartum Women Grants
- Family Treatment Court Grants

Funded by the Children's Bureau (CB), Administration for Children and Families (ACF) and the Substance Abuse and Mental Health Services Administration (SAMHSA)



NATIONAL FAMILY TREATMENT COURT TRAINING AND TECHNICAL ASSISTANCE PROGRAM

Funded by Office of Juvenile Justice and Delinquency Prevention



NATIONAL SOBRIETY TREATMENT & RECOVERY TEAMS TRAINING AND TECHNICAL ASSISTANCE PROGRAM

Funded by Individual States and/or Local Jurisdictions Operating in 8 states and 107 communities

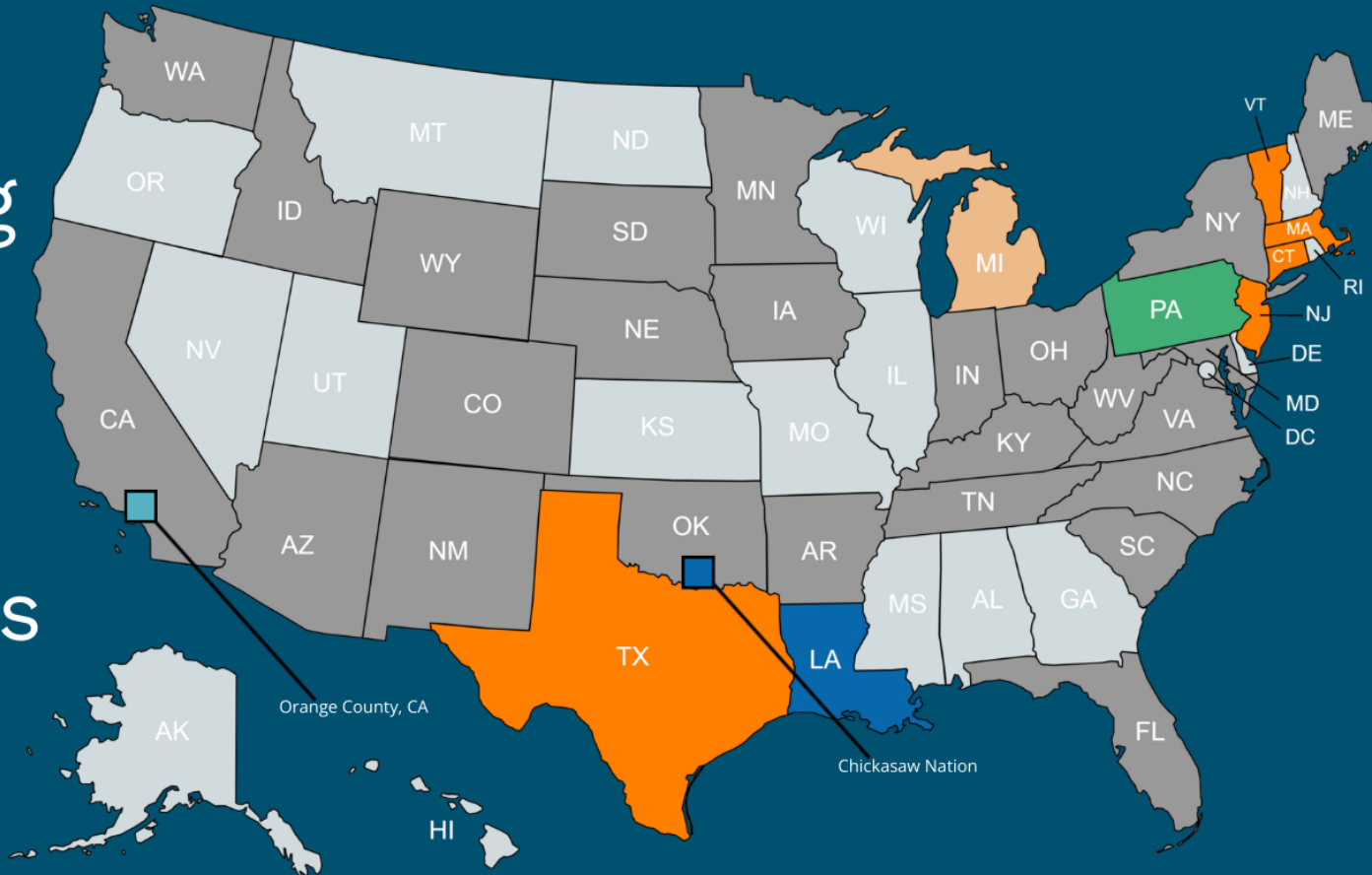


TECHNICAL ASSISTANCE AND EVALUATION PROJECTS

<p><i>Technical Assistance Projects</i></p> <ul style="list-style-type: none"> • Veteran and Military Families • SAMHSA GAINS Center • Rhode Island Harbor Homes, Inc. • Oklahoma Department of Mental Health and Substance Abuse Services • Quality Improvement Center on Family-Centered Reunification 	<p><i>Evaluation Projects</i></p> <ul style="list-style-type: none"> • Sacramento County, CA • Recovery Opportunities Open for Men • Dependency Family Treatment Court • Early Intervention Family Treatment Court • Santa Cruz Family Preservation Court
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In-Depth Technical Assistance Sites

Currently supporting 10 sites improving outcomes for families



- | | |
|---|---|
|  Phase 1: Site Readiness |  Phase 4: Implementation |
|  Phase 2: Site Assessment |  Phase 5: Scaling Up |
|  Phase 3: Site Development |  Previous IDTA site |

34
total states
**including Washington, D.C.*

8
Tribes

2
Counties

State Decision Points

1. Defining “affected by substance abuse”, “affected by withdrawal,” and “affected by a FASD”
2. Developing a notification system based on definitions
3. Identifying a partner(s) to oversee the POSC
4. Determining how to capture the required data



Three Distinct Populations

1

Using legal or illegal drugs, on an opioid medication for chronic pain or on medication that can result in a withdrawal syndrome and ***does not have a substance use disorder***

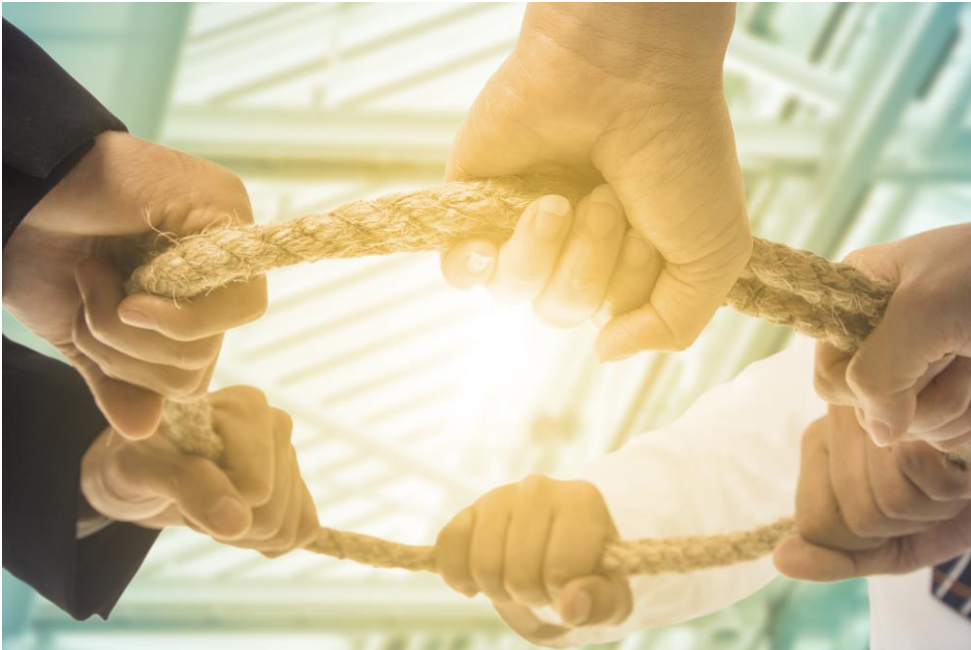
2

Receiving medication for an opioid use disorder or is ***actively engaged in treatment for a substance use disorder***

3

Meets criteria for a substance use disorder, ***not actively engaged in a treatment program***

Challenges to Collaborative POSC Implementation



Developing **shared definitions** and terminology across systems

Identifying who is responsible for **completing and coordinating** the POSC

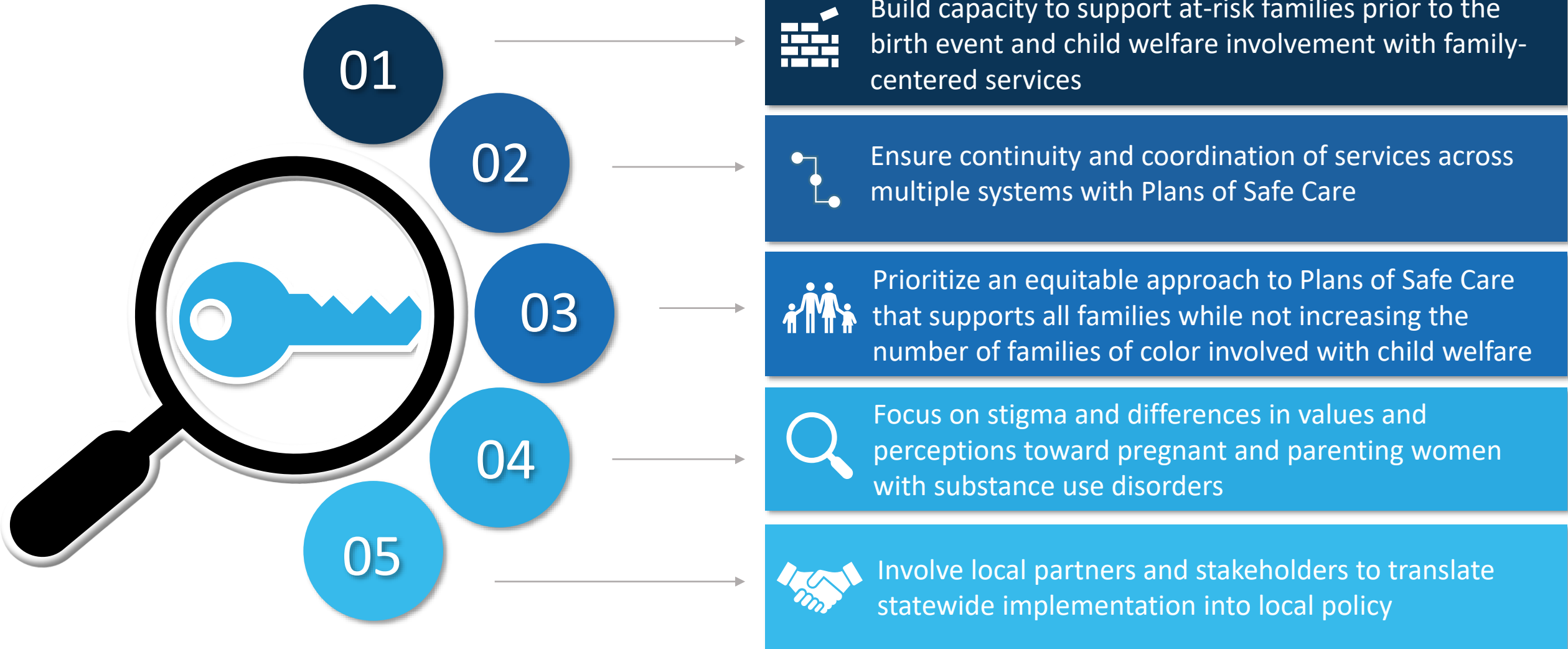
Enhancing **cross-system communication** to share information and exchange data

Developing a **flexible approach** using an array of services

Improving **timely** access to services and supports

Providing feedback on **POSC implementation** and needed practice and policy modifications

Key Lessons



Who Else Could Develop or Oversee the POSC (other than child welfare)



Healthcare

Pediatricians/family medical practitioners, prenatal care providers, care coordinators/MCOs



Public Health

Public health nurses, home visitors, early intervention providers



Substance Use Disorder

Inpatient or outpatient SUD treatment providers, MAT providers

State Trends: Prenatal Plans of Safe Care

Some NCSACW sites are expanding their focus to support families ***prenatally*** to enhance family well-being and protective capacities prior to birth.

This can result in families:

- Obtaining concrete supports
- Expanding their support connections prior to a highly vulnerable time
- Developing a network of recovery supports
- Understanding infant social and emotional development
- Experiencing reduced need for child welfare involvement or family separation



Continuous Quality Improvement



- Understand how families are faring
- Hone processes to ensure families have equitable access to POSC and address disparities in reports vs. notifications
- Analyze and redress how stigma acts as a barrier
- Strengthen implementation across diverse communities
- Expand the points of intervention and related service arrays
- Develop infrastructure to sustain cross-system implementation

POSC State Examples

POSC State Examples



Oklahoma

- Cross-Systems Collaboration
- Initiative Alignment



Washington

- Growing the community-based approach



Ohio



Vermont

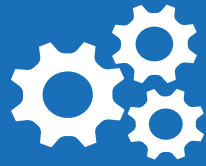


Kentucky

- Sustaining collaborative capacity

Service and Support Alignment

State Highlight: Oklahoma



Early Supports

Family Care Plan

- Pregnant or planning to be
- Required to be offered by SUD providers
- Comprehensive binder

CROSS-SYSTEM IMPROVEMENTS

- PQC AIM bundle and Team Birth
- Science of Hope
- Anti-stigma campaign



Instill Hope

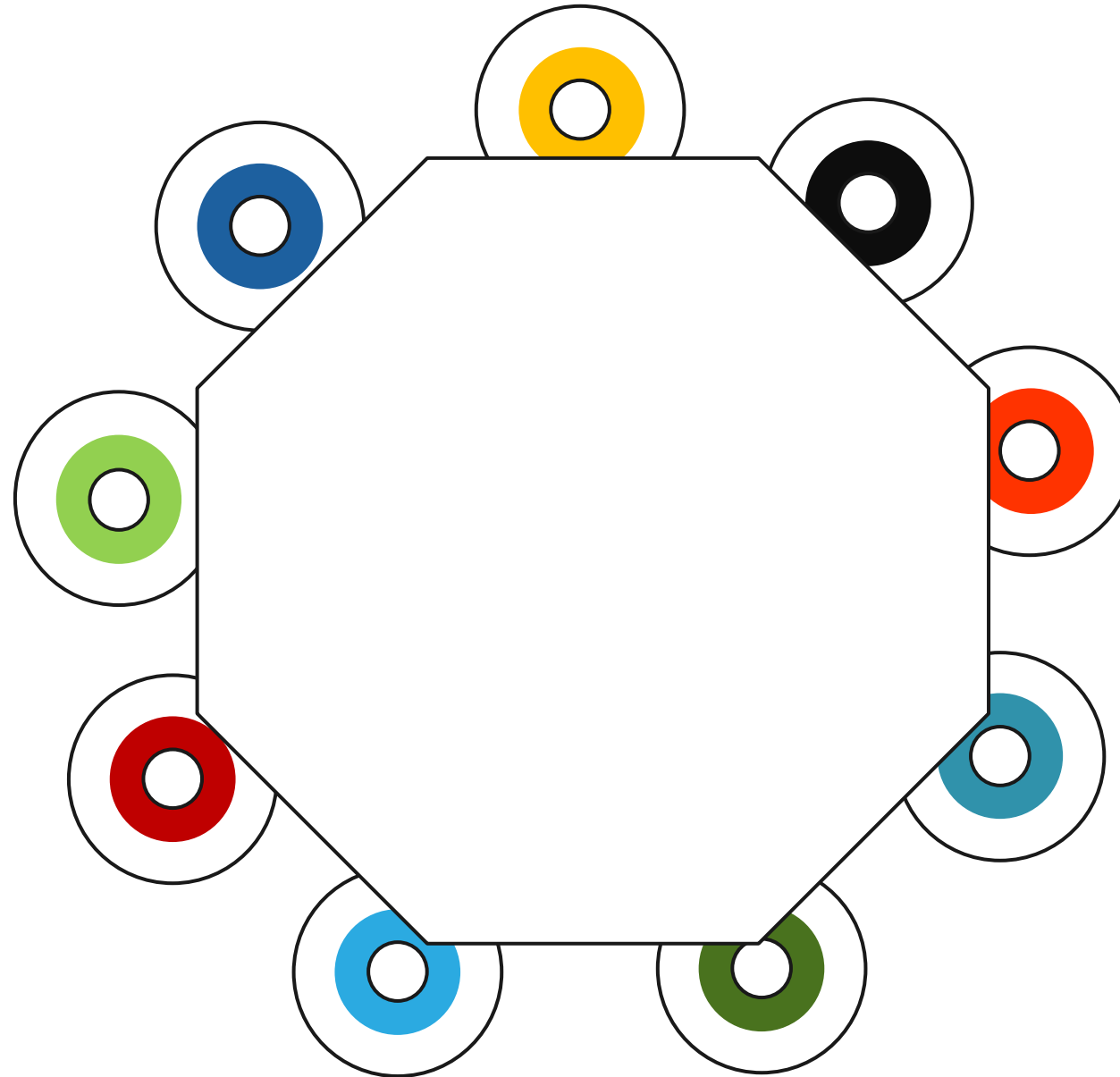


Coordinate Efforts

PATHWAYS FOR ONGOING COLLABORATION

- CHES health
- Evaluation
- Training plan

How it started...



Community Treatment Provider

The Center for Therapeutic Interventions (CTI) creating the state's first FCP.

How it's going...

OU STAR Clinic & PPW Expansion

Substance use Treatment and Recovery Prenatal Clinic for pregnant people who have a substance use issue. New capacity for residential and intensive outpatient substance use care and treatment for pregnant and parenting people.

Alliance for Innovation on Maternal Health (AIM) OUD Bundle Implementation

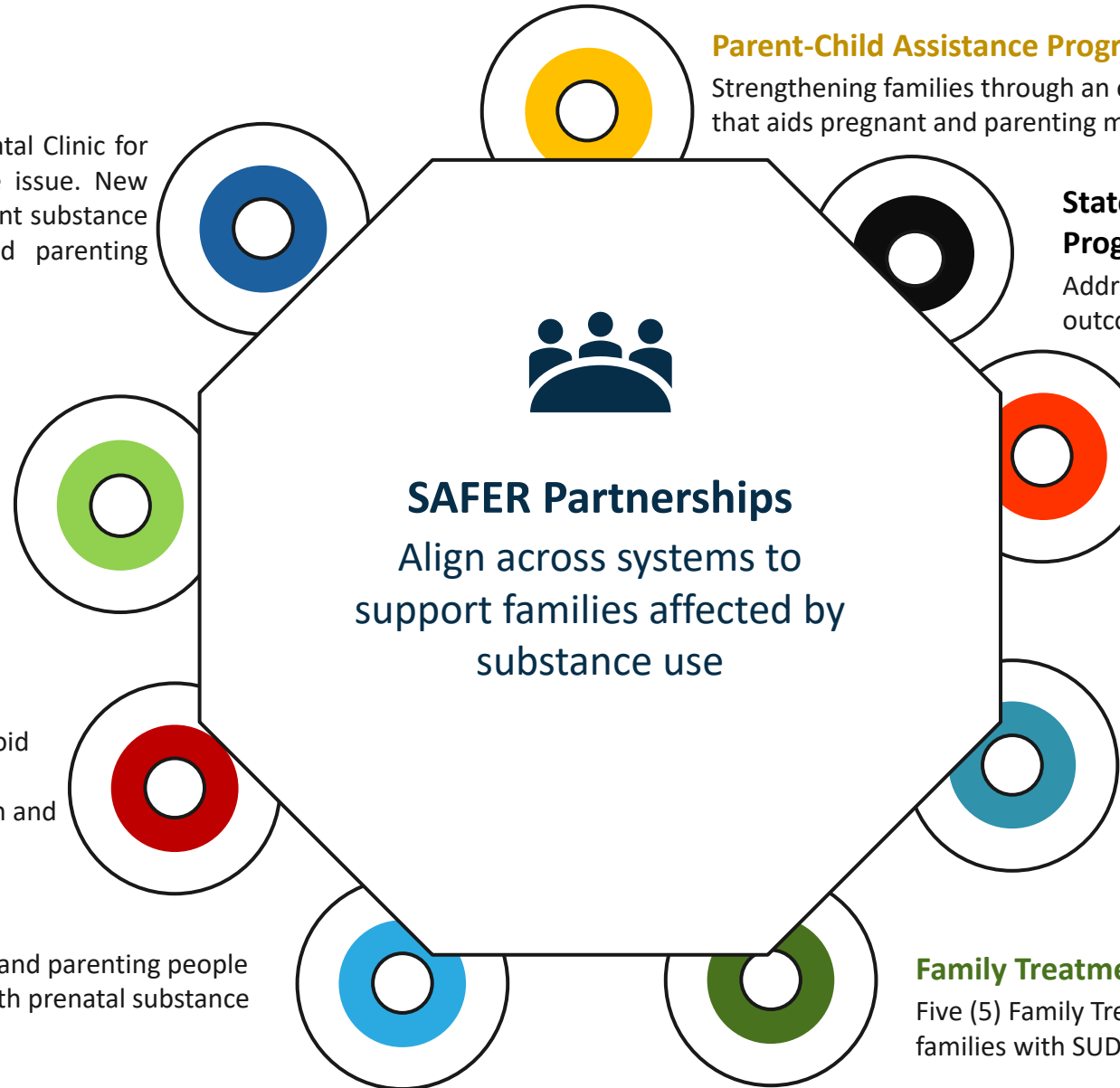
Enhancing prenatal and postpartum care and support for birthing persons and newborns affected by OUD at 17 birthing hospitals.

OK Perinatal Quality Improvement Collaborative/ OK Mothers and Newborns affected by Opioids

A collaborative healthcare response to the opioid epidemic to address the effects of opioids on mothers and newborns through staff education and updated policies and protocols.

Early Head Start & Head Start

Home visiting supports for pregnant and parenting people with SUD and supports for infants with prenatal substance exposure.



Parent-Child Assistance Program (PCAP)

Strengthening families through an evidence-based home-visiting program that aids pregnant and parenting mothers struggling with addiction.

State Maternal Health Innovation Program

Addressing disparities in maternal health outcomes and reducing maternal mortality.

TeamBirth / Birth Equity Initiative

Equipping families to have healthy, dignified births and reduce maternal health disparities through communication and collaboration between healthcare providers and birthing persons.

Community Based Organizations

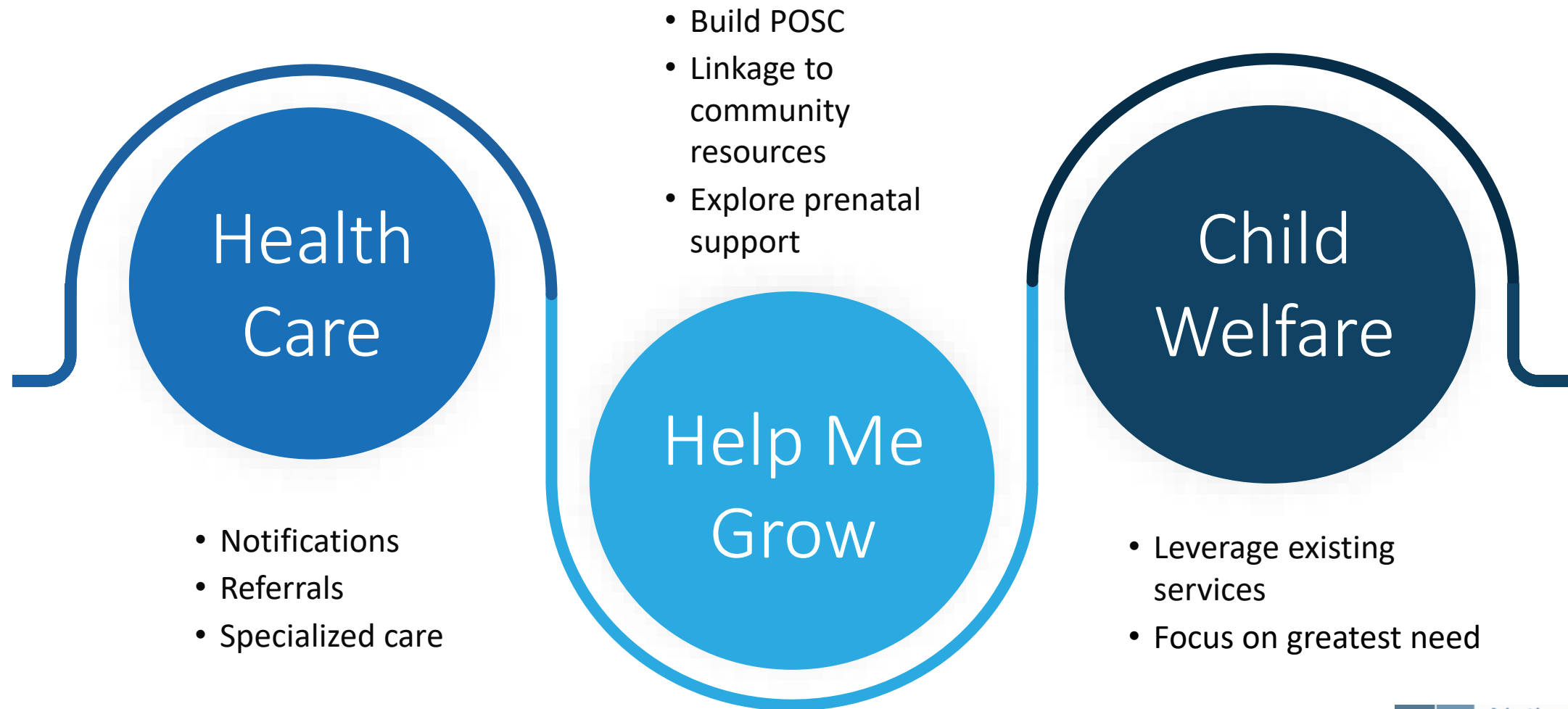
Creating networks of family centered providers to expand access to services and increase care coordination for pregnant and parenting people with substance use.

Family Treatment Courts

Five (5) Family Treatment Courts serving child welfare families with SUD & piloting prenatal Family Care Plans.

Growing the community-based approach

State Highlight: Washington State



No one agency can do it alone...
What if you didn't have to?



Sustaining
collaborative
capacity

Jurisdiction
Highlights: KY,
VT, OH

Multidisciplinary team to
develop the pathway



Create infrastructure to
support implementation



Pilot and learn



Expand across regions

Support

**Effective
Care**

Partnership

Kindness

Timely

resources

Understanding

**Strategies to build support
system & long-term recovery
network**

Empathy

Help

What substance use
disorder treatment and
child welfare leaders hope
families experience when
encountering their systems

Support

Partnership

**Effective
Care**

**Timely
resources**

What families want to
experience when
encountering substance
use disorder treatment and
child welfare providers

Kindness

**Strategies to build a
support network &
long-term recovery**

Empathy

Understanding

Help

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Resources



Collaborative Capacity

Substance use and child maltreatment are often multigenerational problems that are best addressed through a coordinated approach across multiple systems, including child welfare services, substance use treatment, courts, healthcare providers, and other community providers. Compared to efforts by individual agencies, collaboration across multiple systems, coupled with strong leadership and consistent communication, offers a more efficient and effective approach that ultimately leads to better outcomes for families. Implementing and sustaining improved practice and policy changes on behalf of families requires building capacity to work collaboratively across systems.



This section provides practice and policy publications and online resources that can assist communities as they build and strengthen their cross-systems partnerships.



[Home](#) [Explore Topics](#) [Collaborative Capacity](#) [Research](#) [Training](#) [Technical Assistance](#) [About Us](#)

Engaging Parents and Youth with Lived Experience: Strengthening Collaborative Policy and Practice Initiatives for Families with Mental Health and Substance Use Disorders

[VIEW DOCUMENT \(PDF 3.7 MB\)](#)





How States Serve Infants and Their Families Affected by Prenatal Substance Exposure



❖ Brief 1: Identification and Notification

❖ Brief 2: Plan of Safe Care Data and Monitoring

❖ Brief 3: Lesson from Implementation of Plans of Safe Care

Supporting Pregnant and Parenting People with Substance Use Disorders Series

Companion resources to SAMHSA's 2018 *Clinical Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder and Their Infants*:



Working with Child Protective Services to Support Pregnant and Parenting People, Their Infants, and Families Affected by Substance Use Disorders: A Factsheet for Health Care Providers



Resources for Professionals Working with Pregnant and Parenting People Affected by Substance Use Disorders



NCSACW Resources for Professionals Working with Pregnant and Parenting People Affected by Substance Use Disorders and Involved with Child Welfare



Preparing for Your Baby: Information for Pregnant and Parenting People with Substance Use Disorders: Designed specifically to support pregnant and parenting people with SUDs understand the child welfare system and how to prepare for their baby's safe and healthy arrival.



Find the series @ <https://ncsacw.acf.hhs.gov/topics/pregnancy/pregnant-parenting-with-sud-series/>



A NEW SERIES FOR PERINATAL PROVIDERS!

A fresh perspective on improving outcomes for families affected by prenatal substance exposure through a collaborative approach to Plans of Safe Care

A four-part video series examining the role healthcare providers play in collaborative initiatives to improve outcomes for infants.

Access the series @
<https://ncsacw.acf.hhs.gov/topics/capta-plans-of-safe-care/expert-video-series/>

Infants and Families Affected by Prenatal Substance Exposure: Five Points of Family Intervention

This resource provides:

- ✓ Detailed information on the Five Points of Family Intervention
- ✓ Major points in time in which agencies can improve outcomes for infants with prenatal substance exposure, pregnant and parenting people with substance use, and their families
- ✓ Examples of policy and practice strategies at each of the intervention points that child welfare, substance use treatment, healthcare, and other community agencies can employ to effectively serve this population



Download your copy @

<https://ncsacw.acf.hhs.gov/files/five-points-family-intervention.pdf>



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UNDERSTANDING FETAL ALCOHOL SPECTRUM DISORDERS

For child welfare and substance use treatment professionals

- Overview of fetal alcohol spectrum disorders (FASD)
- Effect of FASD on child development
- Treatment for FASD
- Practice strategies to support infants, children, and families with a family-centered approach
- Indicators of FASD among adults in SUD treatment

**Now
Available!**

Download @ <https://ncsacw.acf.hhs.gov/topics/parental-substance-use-disorder.aspx>

Peer Support Specialist Programs for Families Affected by Substance Use and Involved with Child Welfare Services: A Four-Module Implementation Toolkit

This four-module toolkit offers background information on the importance of peer support specialist programs in child welfare and considerations for implementation such as determining

- ❑ Population of focus
- ❑ Program goals
- ❑ Roles and responsibilities of staff
- ❑ Policies to recruit and hire diverse staff
- ❑ Required qualifications and certifications
- ❑ Onboarding and training
- ❑ Ongoing supervision and support



Scan the QR code or click the link to access the series @ <https://ncsacw.acf.hhs.gov/topics/recovery-specialists/peer-support-toolkit-series/>

