

## Comprehensive Addiction Recovery Act Requirement

The Comprehensive Addiction Recovery Act (CARA) establishes requirements to meet the needs of substance exposed and substance affected infants and their families with the development of a Plan of Safe Care for infants born and identified as being affected by substance abuse (legal or illegal), withdrawal symptoms or a Fetal Alcohol Spectrum (FAS) Disorder.

### What is a plan of safe care?

Plans of safe care describe the services and supports needed to comprehensively address the needs of infants prenatally exposed to substance and their families. These federally required plans must identify family members'/caregiver's health care needs, including substance use disorder treatment services; developmental interventions for the baby; as well as services and supports needed to promote family stability. Plans of safe care incorporate all treatment plans developed by the multidisciplinary professionals serving the family. The plan of safe care is developed with the parents and all service providers. These plans may or may not require involvement of child welfare agencies.

### Steps We Need to Take Together

- Provide pregnant women access to comprehensive medication assisted treatment.
- Establish guidelines and standards for treatment which includes preparing mothers for the birth of their infant who may experience withdrawal syndrome and potential involvement with Child Protective Services (CPS).
- Beginning the development of a plan of safe care prior to the birth event.
- Timely information sharing and monitoring of infants and families across multiple systems.
- Consistent hospital notifications to CPS.
- Develop a set of questions and responses that will help CPS hotline workers determine if a case should be opened in order to assess the risk and protective factors and safety concerns for the infant and mother.
- Provide comprehensive assessments of the infant's physical health and the mother's parenting capacity, physical, social and emotional health.
- Develop a thorough discharge plan that provides a multi-disciplinary plan of safe care.

### What does this mean for Mandated Reporters?

Mandated Reporters are required to make a referral to a Public Children Services Agency (PCSA) when an infant is identified as exposed or affected by substance use, which places the infant at risk of serious harm.

Important to note: CARA has included both legal and illegal substance abuse; meaning if an infant is exposed and/or affected by a substance which is legal (alcohol, prescribed medications, antidepressants, etc.) these infants are at risk just as an infant who is impacted by the abuse of illegal substances. Infants can and do withdrawal from prescribed legal medications and per rule if these infants are experiencing withdrawal symptoms, have a positive toxicology result or are identified as having Fetal Alcohol Syndrome, mandated reporters are expected to make a referral to their local PCSA. The PCSA must then, based on the information provided by the referent, decide whether to open a case for investigation.

With CARA in place it is the hope that when these referrals are made the additional information regarding the Plan of Safe Care (ex: compliance with MAT, taking medications as prescribed, no other issues/concerns, etc.) is provided to the PCSA. If information is not provided or available at the time a referral is made, the PCSA is required to open a case for assessment/investigation. CARA is not changing what referrals should be called in, instead the focus is on being able to be able to make better screening decisions based on the additional information (i.e. The Plan of Safe Care) provided by the referent.

### Completing a Plan of Safe Care

The Plan of Safe Care that is created will address actions and services for the infant and family's needs that support the family achieving long-term recovery.

When developing the Plan of Safe Care, the family, case managers, and other agency providers should keep in mind that the post-partum period is a time of "unique vulnerability" for the mother due to:

1. Increased stress associated with motherhood, infant care, sleep deprivation
2. Limited social support and resource availability
3. Increased financial demands
4. Pain and physical recovery from delivery
5. Physiologic transition from pregnant to non-pregnant state

### POSC Coordination should include the following:

1. Assess the health and substance use disorder needs of the infant, family and caregiver.
2. Obtain an Authorization for Release of Information (ROI) from the subject or parent/guardian of the infant/other children for whom the information is being requested, when it is necessary to obtain/share information and/or to initiate referrals.
3. Ensure that the Plan of Safe Care addresses:
  - a. The health and substance abuse treatment needs of the infant and caregiver; and
  - b. The needs of the other family members affected by the substance abuse.
4. Monitor the Plan of Safe Care to determine whether referrals are made and delivery of appropriate services to the affected infant, family or caregiver.
5. Develop the Plan of Safe Care addressing the needs of the infant, other children in the home, mother, and other family members.

#### Definitions:

**Substance Affected Infant:** A child under the age of 12 months who has any detectable physical, developmental, cognitive, or emotional delay or harm which is associated with a parent, guardian or custodian's abuse of a legal or illegal substance; excluding the use of a substance by the parent, guardian, or custodian as prescribed.

**Substance Exposed Infant:** A child under the age of 12 months who has been subjected to legal or illegal substance abuse while in utero.

#### Important to Remember!!!

Any infant who has been identified as being affected by or exposed prenatally to substances is required to have a plan of safe care in place. This includes prenatal exposure associated with a mother's Medication Assisted Treatment for substance use disorders.

6. Identify and obtain agreement regarding a responsible party for referrals, provision of services for the mother, other caregivers, infant and other children in the home.
7. Identify and obtain agreement regarding a responsible agency to monitor the Plan of Safe Care, if the case will not be opened for child welfare services; and
8. Complete the written Plan of Safe Care using the Plan of Safe Care form. Implement and monitor the Plan of Safe Care.
  - a. Follow up with the family and other parties involved in the plan.
  - b. Initiate services and/or follow up on substance use disorder treatment and/or any other recommendations from the substance use disorder assessment.
  - c. Refer and/or follow up with medical or other providers regarding services for the infant and other children in the home.
  - d. Follow up regarding the referral for the developmental screening for the infant and other children in the home.
  - e. Incorporate the plan of safe care into the case plan

### What to include in the Plan of Safe Care

1. Needs of the mother:
  - a. Health care
  - b. Identification by the mother of a consistent and stable primary caregiver
  - c. Medication management
  - d. Pain management
  - e. Breast feeding, if recommended by the physician.
  - f. Substance use and mental health, should include the following:
    - i. Timely access
    - ii. Engagement, retention and recovery supports
    - iii. Appropriate treatment (i.e. gender-specific, family focused, accessible, medication assisted treatment, trauma responsive)
    - iv. Depression/anxiety/domestic violence
    - v. Identify and assist the mother in accessing the appropriate assessments and treatment services.
  - g. Parenting/family support:
  - h. Coordinated Case Management/Home Visits to assess/address infant care, parent/infant bonding, nurturing, mother's understanding of the special care needs of the infant(s) and ability to provide such care, parenting guidance and skill development, safe sleep practices, and maternal support.
    - i. Childcare
    - j. Benefits/eligibility determination
    - i. Employment support
    - ii. Housing
    - iii. Transportation
  - k. Supportive network (having relationships and social networks that provide support, friendship, love, and hope)
2. Needs of the Infant:
  - a. Identification of a consistent pediatrician/healthcare provider
  - b. High risk follow-up care

- c. Referral to specialty care, as indicated
- d. Developmental screening and assessment
- e. Linkage to Early Intervention Services

3. Needs of other children in the home:
  - a. Identification of a consistent pediatrician/healthcare provider
  - b. Developmental screening and assessment
  - c. Linkage to Early Intervention Services
4. Needs of other family members:
  - a. Substance use disorder assessment and treatment
  - b. Mental health assessment and treatment
  - c. Pain management
  - d. Medication management
  - e. Parenting skills (i.e. bonding, nurturing, understanding of the special care needs of the infant and the ability to provide it, safe sleep practice, etc.)
  - f. Their ability to meet the care and protection needs of the infant and any other children living in the home.

#### Online Information Resources:

Ohio Department of Job and Family Services - <http://jfskb.com/sacwis/index.php/cpspolicy/178-cara-community-kit/861-cara-community-kit>

The Comprehensive Addiction and Recovery Act - <https://www.cadca.org/comprehensive-addiction-and-recovery-act-cara>

Administration for Families and Children - <https://www.acf.hhs.gov/sites/default/files/cb/pi1702.pdf>

National Center on Child Abuse and Child Welfare - <https://www.cffutures.org/files/fdc/A-Planning-Guide-Steps-to-Support-a-Comprehensive-Approach-to-Plans-of-Safe-Care-3.21.18-final.pdf>

### COMMUNITY RESOURCES:

#### Managed Care Plans

Buckeye Community Health Plan: (866) 246-4358.  
CareSource: (800) 488-0134.  
Molina Healthcare of Ohio: 1-800-642-4168.  
Paramount Advantage: 1-800-462-3589.  
United Healthcare: 1-800-895-2017.

#### Pediatricians

*Pediatric Associates 687-6386*  
*Buckeye Family Health 689-9860*  
*Fairfield Medical Associates 687-8600*  
*Pediatric Academic Associates, Inc 687-6907*

#### Early Intervention/Child Development

*Help Me Grow Early Intervention 681-4881*  
*Early Head Start/Head Start 681-4881*  
*Fairfield County Board of Developmental Disabilities Birth to Three Program 652-7225 Press 2*

#### Nutrition Education

*Fairfield Department of Health (WIC) 652-2800*  
*Ohio State University Extension 740-653-5419*

### **OB/GYN's**

- \* OB GYN Associates of Lancaster, Inc 653-5088
- \* River Valley Women's Health 687-2229
- \* Women's Comprehensive Health Center 689-2079
- \* Fairfield Healthcare Professionals Obstetrics and Gynecology 689-6690

### **Health Services**

- \* By The Way Free Clinic 654-691
- \* Fairfield Department of Health 652-2802
- \* WIC 652-2800 / Immunizations – 652-2800
- \* Fairfield Community Health Center
- \* East Main Street 689-6758
- \* Trace Drive 654-6300
- \* Baltimore 862-4183
- \* Job & Family Services, Community Services 652-7889
- \* Family Health Services 654-6338
- \* Fairfield Medical Center 687-800
- \* Health Source Physician Referral 687-8687
- \* Pregnancy Decision Health Center 681-5683
- \* VA Out-Patient Clinic 653-6145
- \* Medicaid application 1-844-640-OHIO (6446)

### **Pregnancy Services**

- \* Fairfield Community Health Center – Women's Health Center 689-6594
- \* Fairfield Medical Center 687-8218
- \* Family Health Services 654-6338
- \* Help Me Grow 681-4881
- \* Early Head Start 653-4146
- \* Pregnancy Decision Health Center 681-5683

### **Mental Health/Counseling**

- \* Crisis Talk Line 687-Talk (8255)
- \* New Horizons / Lancaster 687-0835
- \* Pickerington 1-614- 834-1919 Voice & TDD
- \* The Lighthouse (domestic violence) 687-4423
- \* The Recovery Center 687-4500 Voice & TDD
- \* Mid-Ohio Psychological Services 687-0042
- \* ADAMH Board 654-0829
- \* Fairfield Psychiatric Health Services 689-6600
- \* Lancaster Veteran Outpatient Clinic 653-6145
- \* Integrated Services 277-6389
- \* OhioGuidestone 888-522-9174
- \* Mental Health Client Advocate 475-0415

### **Alcohol and Drug Treatment (SUD)**

- \* The Recovery Center 687-4500 Voice/TDD
- \* Alcoholics Anonymous 653-4869
- \* Mid-Ohio Psychological Services 687-0042
- \* Fairfield Psychiatric Health Services 689-6600
- \* New Horizons / Lancaster Office 687-0835
- \* Pickerington 1-614-834-1919 Voice and TDD
- \* ADAMH Board 654-0829

### **MAT Services (Medication Assisted Treatment)**

- \* The Recovery Center 687-4500
- \* OhioGuidestone 888-522-9174
- \* Integrated Services (in Lancaster only) 277-6389
- \* Comp Drug (methadone only) (614) 224-4506
- \* Life Springs (Subutex) 653-2533
- \* Positive Recovery Solutions (mobile vivitrol clinic)(614)604-8231
- \* First Step Recovery Center 844-300-0102

### **Parenting Skills**

- \* Active Parenting 652-7287
- \* Lancaster-Fairfield Community Action Head Start/Early Head Start 653-4146
- \* Fairfield Medical Center 687-8218
- \* Teens with Tots 681-4881
- \* The Parent Project 652-7287
- \* Positive Parenting Program (Triple P) 652-7287
- \* OhioGuidestone 1-888-522-9174

### **Benefits Eligibility Determination/Financial Assistance**

- \* Job & Family Services, Community Services 652-7889
- \* Fairfield County 211 – Dial 211 or 687-0500
- \* Lancaster-Fairfield Community Action 653-4146
- \* Social Security Administration 1-877-841-5712
- \* Veteran's Service Commission 652-7920, 652-7924
- \* Canal Winchester Human Services **614-834-3888**

### **Clothing**

- \* Salvation Army 687-1921
- \* St. Peter's Lutheran Church (Free) 653-1950
- \* St. Vincent DePaul Society 653-6037
- \* Lancaster-Fairfield Community Action (Free) 653-4146
- \* Maywood Mission 653-4458
- \* Maple Street UM Church 687-6384

### **Heating Utility Assistance**

- \* Fairfield County 211 – 211 or 687-0500
- \* Lancaster-Fairfield Community Action 653-4146
- \* Job & Family Services, Community Services 652-7889

### **Coordinated Case Management**

- \* Perinatal Cluster 652-7282

### **Childcare**

- \* Job & Family Services, Childcare 652-7889
- \* Child Care Finder 687-6833 Press 3
- \* Family Y 654-0616
- \* Maywood Mission 653-5734
- \* Afterschool Programs of Lancaster 653-5678

### **Employment and Training Services**

- \* Job & Family Services, Community Services 652-7856
- \* Job & Family Services, OhioMeansJobs 689-2494
- \* Eastland & Fairfield Career & Tech 756-9245
- \* Fairfield County Board of Developmental Disabilities
- \* Adult Service Options - JobFusion 652-7230
- \* Bureau of Vocational Rehabilitation 652-7813 or 1-800-430-6940

### **Housing Assistance/ Homeless Services**

- \* Fairfield Metropolitan Housing Authority
- \* 653-6618 (TTY 653-2653)
- \* Lancaster-Fairfield Community Action 653-4146
- \* LSS Faith Mission of Fairfield County 653-2265
- \* Habitat for Humanity 654-3434/ Pickerington 1-614-828-8432
- \* Lancaster Community Development 687-6663
- \* Job & Family Services, Community Services 652-7889
- \* Project House Call 687-0500 or 211
- \* LSS Faith Mission of Fairfield County 653-226

### **Transportation**

- \* Lancaster Fairfield Public Transit 681-5086
- \* Job & Family Services, Community Services 652-7889
- \* Center for Disabilities & CP 653-1186 (Medical)
- \* Veterans Services 652-792
- \* Fun Bus 1-888-386-2870

### **Education: Preschool**

- \* Child Care Finder 687-6833
- \* Lancaster-Fairfield Community Action
- \* Head Start/Early Head Start 653-4146
- \* Fairfield County Educational Service Center 653-3193
- \* Lancaster City Schools Preschools 687-7340
- \* Fairfield County Board of Developmental Disabilities
- \* Forest Rose School 652-7225
- \* Family Y 654-0616
- \* After School Programs of Lancaster 653-5678

### **Food and Nutrition:**

- \* Food Pantry referral 211 or 687-0500
- \* Church Lunches (free) 211 or 687-0500
- \* Lancaster-Fairfield Community Action 653-4146
- \* First United Methodist Free Lunch 653-3330
- \* Salvation Army 687-1921
- \* WIC (Women, Infants, Children) 652-2800 Press 7
- \* Job & Family Services, Community Services 652-7889
- \* Canal Winchester Food Pantry 1-614-834-4700
- \* PCMA Food Pantry 1-614-834-0079

### **Family and Youth Activities 12-18**

- \* Fairfield County District Library 653-2745
- \* Big Brothers/Big Sisters 687-9477
- \* Boy Scouts 1-800-433-4051
- \* Family Y 654-0616
- \* Lancaster Parks & Recreation 687-6651
- \* Ohio State University Extension (4-H) 653-5419
- \* Girl Scouts of Ohio's Heartland 1-800-621-7042
- \* After School Centers of Lancaster 653-5678

*Birth is not only about making babies. It's about making mothers – strong, competent, capable mothers who trust themselves and know their inner strength.*

# Fairfield County Plan of Safe Care Resource Guide



**The development of a Plan of Safe Care is a coordinated, multi-system approach to address the needs of substance-exposed or affected infants and their families.**

Provided by:  
Fairfield County  
Perinatal Leadership Committee –  
a collaboration of family-serving  
organizations throughout the county.

The Fairfield County Perinatal Cluster was formed to support and plan for healthy pregnancies especially for women struggling with challenges like homelessness, addiction and lack of access to prenatal care.

For information, contact:  
Fairfield County Family, Adult and  
Children First Council  
831 College Ave.  
Lancaster, Ohio 43130  
www.facfc.org  
740-652-7284