

Plan of Safe Care

Plan of Safe Care supports newborns with prenatal substance exposure and their families.

Plan of Safe Care has two pathways: an involuntary call to CPS, **or**, if appropriate, a voluntary specialized referral to **Help Me Grow Washington**.

Help Me Grow Washington is a **FREE** service that connects parents and caregivers to resources in their community.

How can we help?

We can help you connect with whatever resources you need, including:

- ✓ **Baby supplies** including diapers, clothing, car seats and strollers
- ✓ **Food resources** such as WIC, Basic Food, food banks, and formula
- ✓ Free or reduced-cost **health insurance**, including for your baby
- ✓ **Transportation assistance** such as discounts on public transportation and Hopelink
- ✓ **Housing options** including emergency shelter, long-term housing, and rental assistance

Ask your provider about a Plan of Safe Care Help Me Grow referral *before* leaving the hospital.

Once a referral is placed, one of our specialists will call you within 48 business hours and can start assisting you right away!

We can provide resources and answer questions by phone, text and/or email.



How does it work?

- 1. Connect to Our Program:** After we receive a referral for you, we will reach out multiple times, even after you leave the hospital.
- 2. Find Resources:** We will talk with you over the phone to learn more about the resources and services you and your family are interested in.
- 3. Get Support:** We will support you in completing applications and connecting to resources, including calling for you, calling with you and waiting with you.
- 4. Voluntary Check-ins:** We will check in with you multiple times to make sure you successfully connected to the resources, see if you have any questions or if we can help with anything else.

Missed a call from a 206 WithinReach number?
That's us! We can't wait to connect with you.