



Plan of Safe Care

Washington State

Who is Plan of Safe Care for?

Newborns with prenatal substance exposure and their families

Federal Policy Changes

- CARA's Primary Changes to CAPTA
 - Expanded the population requiring a Plan of Safe Care (POSC) to include families who do not meet criteria for child welfare intervention.
 - Family-centered plan.
 - Clearly defined structure for families to access community-based services and resources.
 - Data & reporting.
- Primary Tasks for WA State
 - Define the language in the Federal Legislation.
 - Identify criteria for pathway determination:
 - POSC Community-Based Pathway.
 - POSC Child Welfare Pathway.
 - Support shared understanding of the POSC body of work across systems.
 - Develop & implement a cross-system structure for the POSC.



The Birthing Hospital identifies an infant as substance exposed. Via the online referral portal, the provider provides de-identified data related to every instance of prenatal substance exposure.



If a **report to DCYF** is needed, the online referral portal's algorithm will then direct the provider to call DCYF Intake. If the family screens in for CPS intervention, DCYF will complete the POSC as a component of the case..



If the **community-based pathway** is appropriate, the online portal's algorithm will then direct the provider to complete a referral to Help Me Grow to complete the POSC.



Help Me Grow will reach out to the family and refer them to services and other wrap-around supports.

Who is the Community-Based Pathway for?



Prenatal exposure to:

- **Methadone or buprenorphine as prescribed + no safety concerns**
- **Opioids as prescribed + no safety concerns**
- **Medication or combination of medication with abuse potential as prescribed + no safety concerns**
- **Cannabis + no safety concerns**

Community-Based Pathway in Action



- Consent-based
- Specialized team serving statewide
 - Two local sites
- Virtual services
- Flexible and robust outreach and follow-up
- Wraparound resource navigation
- Warm handoffs

Client Facing Tasks

Outreach Preparation

- Monitoring the MBH Referral Queue & MBH Inbox
- Assigning & maintaining Current Caseload
- Reviewing referral information
- Rerouting POSC referrals to Pierce County
- Preparing & customizing scripting

Intake/Screening

- Building rapport is essential
- Customizing scripting & transitions
- Identifying needs of client/family by asking questions about income, insurance, food insecurity, SUD treatment, parent support, baby supplies, child development, MBH support, housing, transportation needs
- Reviewing resources that will be provided to client via email/text and asking if there is anything else we can help with
- Scheduling Follow Up with client in Outlook

Support Delivery

- Capture all resources provided to client in client management system
- Set follow ups for ourselves (ASQ, health insurance, etc.)
- Set follow ups for other staff (KC ESIT, Watch Me Grow)
- Document wrap up notes and save
- Contacting resources (such as food banks, baby supply location) to verify information for the client
- Schedule time to create email/text with resources
- Create email/text with resources

Close Client Engagement

- Close client in client management system, add final wrap up notes and reason for closing
- Add all resources to MBH Resource Tracker
- Remove client from MBH Current Caseload
- Update client Checklist under current with all completed steps and move to Closed

Engagement Strategies



- Flexible and robust outreach and follow-up
- Immediately offering of concrete supports (baby supplies, gift cards, housing assistance)
- Intentional and transparent scripting around the relationship with Child Welfare (co-created by those with lived experience)
- Listening to what's on top for the family

Family Engagement Data



- Engagement is counted when contact is reciprocated by parent (call, text or email responded to)
- Engagements are tracked through Help Me Grow's client management system
- Help Me Grow sends DCYF a quarterly report with the following data points:
 - # of POSC clients referred to HMG
 - POSC client need (referral) - top 15
 - # of POSC referrals made by HMG

Family Engagement Data

Contact Attempt

Success Rate

1	16%
2	24%
3	24%
4	17%

Plan of Safe Care Flyer

Informed by Providers
and Families with
Lived Experience



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.

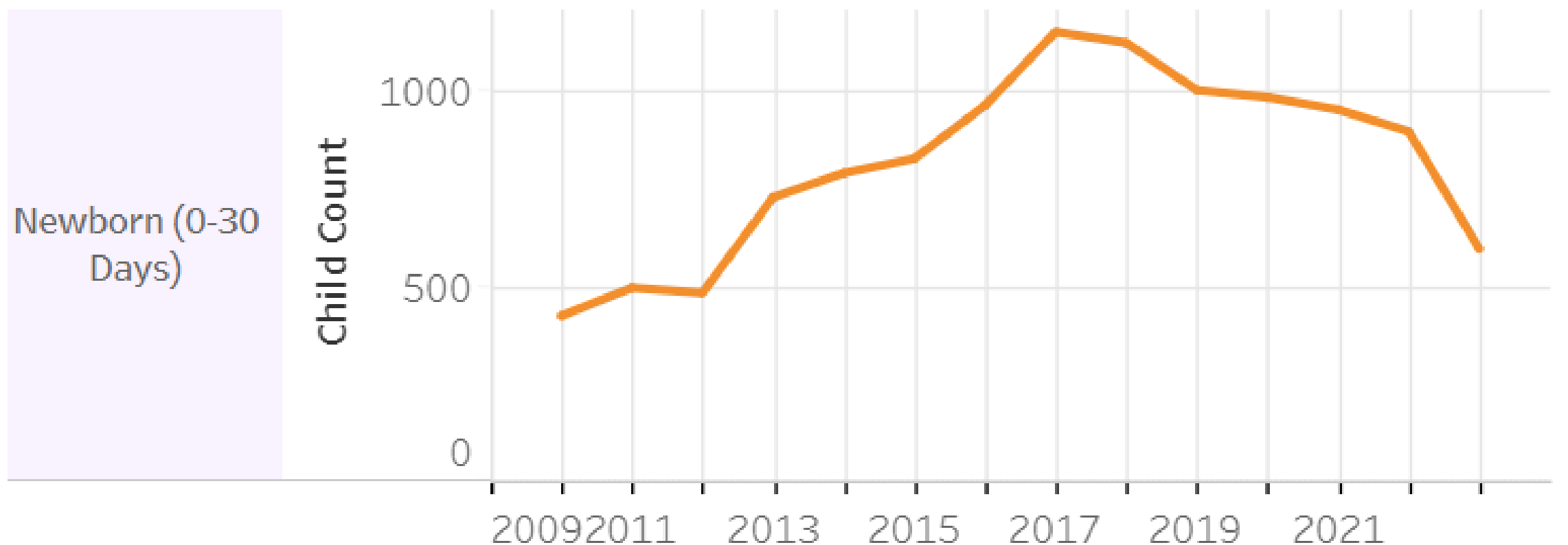
How does it work?

- 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.

 **Help Me Grow**
WASHINGTON
Part of the WithinReach family

The number of newborns with parental substance use entering care decreased substantially in 2023.



Thoughts & Questions

