



## Is this Plan required?

A Plan is required if your baby has been affected by substance use as determined at birth. Your hospital is required to report to DCF whether a Plan is in place. That is why having a Plan is encouraged if you have used any substances while pregnant, including Medication for Opioid Use Disorder (MOUD). Creating and sharing a Plan can help you feel more confident as a parent and make your birthing experience less stressful.



## Will a 51A be filed if I have a Plan?

A 51A may be filed at birth; however, making a Plan demonstrates preparation and planning for the well-being of parent and baby.



## Where can I find the Plan?

Online at:

[www.mass.gov/doc/family-support-plan-template-0/download](http://www.mass.gov/doc/family-support-plan-template-0/download)

Or you can order a Birth Planning Kit:

[massclearinghouse.ehs.state.ma.us/PROG-BSAS-YTH/SA3588.html](http://massclearinghouse.ehs.state.ma.us/PROG-BSAS-YTH/SA3588.html)



## Additional Supports

We know you want the best for your baby, and you deserve understanding and best efforts to help you, your baby, and your family. These websites can provide additional support.

- [helplinema.org](http://helplinema.org)
- [www.healthrecovery.org/our-work/pregnant-women-and-families](http://www.healthrecovery.org/our-work/pregnant-women-and-families)
- [journeyrecoveryproject.com/resources](http://journeyrecoveryproject.com/resources)
- FIRST Steps Together: [www.mass.gov/first-steps-together](http://www.mass.gov/first-steps-together)
- Birth Planning Kit: [massclearinghouse.ehs.state.ma.us/PROG-BSAS-YTH/SA3588.html](http://massclearinghouse.ehs.state.ma.us/PROG-BSAS-YTH/SA3588.html)

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INSTITUTE FOR HEALTH & RECOVERY



## A Plan of Safe Care/Family Support Plan Supports My Baby and Me

Becoming a parent can be exciting ... *and stressful.*

Sometimes pregnancy can be a window of opportunity for change. A Plan of Safe Care can help you be the best parent you can be for your baby!



## What is a Plan of Safe Care (POSC)/ Family Support Plan?

Your Plan is a roadmap for you and your baby to support your baby's wellness and safety during the first year of your baby's life. The Plan is part of the Comprehensive Addiction and Recovery Act (2016) and asks healthcare providers to support parents who have a baby who has been affected by substance use. The Plan is often created with the support of your providers. It addresses the health and treatment needs of you and baby during pregnancy and after your baby is born.

Your Plan can be any family service plan that covers parent services (including substance use and mental health supports) as well as family and child-focused services (such as referral to Early Intervention, Home Visiting, or parenting supports). A Plan can help you stay supported and connected when leaving the hospital. The plan is YOURS! It's about what you and your family need so that you can be healthy and successful in the beginning stages of your child's life and beyond.

You can update your Plan over time to keep track of all the work you've done to prepare for parenting, and to show the progress that you've made.



### Who creates the Plan?

The POSC is a partnership between YOU and your healthcare providers.

These could include medical or healthcare providers, mental health or substance use treatment providers, early intervention, or peer supports. *Providers may make suggestions, but you decide what is in your plan.*



### When is the Plan created?

The Plan may be started at any point in pregnancy, preferably before delivery, and can be updated at any point, including at discharge from the hospital. You can ask someone at the hospital to help you make a Plan, if you don't have one already. Developing your Plan is something better done over time, not all at once.



### What are the benefits of a Plan?

This Plan can help you and your providers work together to connect with needed services such as childcare, Head Start, early intervention, parenting support, as well treatment and recovery services for substance use and mental health concerns, and any supports around healthy family relationships. Your Plan supports your family to be able to provide a safe and healthy first year of life for your baby. Your recovery and wellbeing are key to your baby's wellbeing.



### Who do I share my Plan with?

You choose who to share your Plan with. Sometimes it helps your providers to know who you are getting support from and for what needs. You may be asked to sign a form that allows information to be shared with other providers or with DCF.

Know that your Plan is a way that you can show your commitment to your recovery and your baby's wellbeing.

The hospital social worker may ask if you have a Plan and you can provide them with a copy at the time of birth. If you choose to share your Plan it can help build trusting relationships with health care professionals.