

# LANCASTER COUNTY PLANS OF SAFE CARE



*Planning with you to support you  
and your baby's health*



## What is a plan of Safe Care?

Federal Legislation requires a Plan of Safe Care for substance affected infants. This specifically includes misuse of prescription medications and alcohol exposure. Medical professionals must initiate a plan of safe care when they identify, based on standards of professional practice, an infant (up to 12 months old) born affected by prenatal substance exposure including **Fetal Alcohol Spectrum Disorders (FASD)**.

The plan of safe care is a community approach to the protection of mothers and substance exposed infants. Any provider can assist the mother in completing a plan of safe care to ensure babies have the healthiest start possible. **Our goal is to work with families on a plan before the baby is born.** Providers are required to offer a plan to all eligible families. Families may opt out at any time as Plans of Safe Care are voluntary.

## Who needs a Plan of Safe Care?

- Pregnant people who are in treatment for a substance use disorder
- Pregnant people who are taking medications that are clinically indicated but may result in withdrawal symptoms in a newborn. This includes: Methadone, Buprenorphine, Prescription Opioids, Prescription Benzodiazepines, and some Antidepressants
- Pregnant patients who are using medical marijuana and/or recreational marijuana
- Infants who have been exposed to alcohol and other substances during pregnancy
  - A ChildLine notification must be made at the time of delivery
  - Let ChildLine know if a plan of safe care has been initiated
  - Call ChildLine at **1-800-932-0313** or online at [compass.state.pa.us/cwis/public/home](https://compass.state.pa.us/cwis/public/home)

## When is a Plan of Safe Care started?

Plans of Safe Care may be initiated at any time during pregnancy and through the baby's first year of life.

## What does a plan of Safe Care do?

It focuses on the health and development of the baby and the needs of the family.

Plans of Safe Care are essentially a resource directory that are personalized to meet the needs of the family. It will include individuals and organizations who can provide various kinds of services and supports along with information about how to contact those resources as needed.

## Notification and Reporting Quick Reference

	Notification for Plan of Safe Care * ONLY	Report for Concern for Abuse/Neglect AND Plan of Safe Care *
<b>Mother is:</b>	<ul style="list-style-type: none"> <li>Stable on medication assisted treatment (MAT)</li> </ul>	<ul style="list-style-type: none"> <li>Utilizing any substance illicitly where use may impair the mother's ability to adequately care for the child or poses a potential concern for the child's safety, including but not limited: 1) to marijuana, PCP, cocaine, amphetamines, opioids, benzodiazepines <b>OR</b> 2) misusing prescription benzodiazepines or opioids, <b>OR</b> 3) alcohol</li> </ul>
<b>Infant is:</b>	<ul style="list-style-type: none"> <li>Born exposed to legally prescribed benzodiazepines, opioids</li> <li>Born with <b>signs</b> of Fetal Alcohol Spectrum Disorder</li> </ul>	<ul style="list-style-type: none"> <li>Born exposed to any substances that were used illicitly if mother's use may impair the mother's ability to adequately care for the child or poses a potential concern for the child's safety including but not limited to: PCP, cocaine, amphetamines, opioids, benzodiazepines, marijuana <b>OR</b> prescription benzodiazepines or opioids that were misused</li> <li>Born with a <b>clinical diagnosis</b> of Fetal Alcohol Spectrum Disorder</li> </ul>
<b>When calling Childline, specify:</b>	<ul style="list-style-type: none"> <li>"I am calling to <b>notify</b> Childline of a <b>Plan of Safe Care for an infant affected by substance use.</b>"</li> </ul>	<ul style="list-style-type: none"> <li>"I am calling to <b>report</b> to Childline a <b>concern for abuse/neglect</b> and notify of a Plan of Safe Care."</li> </ul>

\* For cases that do not fall within the above described scenarios but in which specific referrals are deemed necessary, resources found within Plans of Safe Care can still be offered.

## Universal Screening for Substance Use

The American College of Obstetrics and Gynecologists (ACOG) recommends screening all pregnant patients for substance use. Routine screening should rely on validated screening tools such as the 5Ps or the NIDA Quick Screen.

Routine screening should not be confused with clinical drug testing which uses a biological sample (usually urine) to detect the presence or absence of a specific drug (or drugs) as well as drug metabolites within a specific window of time.

If a patient is identified as using substances that may affect the baby's health, a plan of safe care must be offered to the patient. While it is required that the patient receive education about plans of safe care, they may decline to participate.

## Universal Consent Form

The Lancaster County Plans of Safe Care Committee has developed a universal consent to release information form. The universal consent form can be found online.

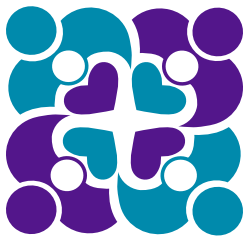
Like many consent forms, patients may choose which information is shared and with whom. Patients may select from both their medical records and their drug and alcohol records.

This universal consent form allows each family's multidisciplinary team to streamline processes and better coordinate care for the family.

## Notes



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