

What is a Plan of Safe Care ?

When an infant has been exposed to substances during pregnancy a POSC is developed. The plan is written with the pregnant/parenting mother and her personal and professional support team.

The POSC is a written plan that can be updated and stays with the woman. She is encouraged to share the plan with her support team, throughout her pregnancy. The team helps to ensure resources are available to assist the woman, infant, and family.

The Plan of Safe Care provides an opportunity to refer mothers to important services, educate them about the health and safety of their infants, and prepare them for the challenges of caring for a substance exposed infant.

Key Topics in a POSC

Basic Needs:

- Food
- Safe housing
- Medical care
- Clothing
- Transportation
- Mental health
- Substance use treatment

Delivery and Discharge Plan:

- Prenatal care
- Birthing location
- Safe sleep environment
- Family planning
- Sharing plan with other service providers

Infant Needs:

- Diapers
- Breast/formula feeding
- Pediatric care
- Car seat
- Parenting skills

Support After Delivery:

- Substance use treatment
- Home visiting nurse
- WIC
- Transportation
- Medical follow-up for Mom & Baby

Developing a Plan of Safe Care

Ideally a POSC should be developed during pregnancy or at the earliest point it is suspected that the infant has been exposed to a substance.



All service providers involved in the mother's care should have input to promote the best health outcomes.

The purpose of the POSC is to

- share information
- reduce harm
- ensure well being during and after pregnancy

Each plan is designed to meet the unique needs of the woman and her family.



POSC Team Members may include:

- ◆ Family/Social Supports
- ◆ OB/GYN, Midwives, Nurse Practitioners
- ◆ Treatment Programs
- ◆ Behavioral Health
- ◆ Infant's Provider
- ◆ Maternal Child Nurses
- ◆ Community Services: WIC, Head Start, EOC
- ◆ Early Intervention
- ◆ Social Services

Resources:

Maternal Child Nurses

Washington County: 518-746-2400

www.washingtoncountyny.gov

Warren County: 518-761-6580

www.warrencountyny.gov

Saratoga County: 518-584-7460

www.saratogacountyny.gov

Essex County: 518-873-3500

www.co.essex.ny.us/health

Resources Continued:

NYS Office of Alcoholism and Substance Abuse Services - OASAS

1-877-846-7369

www.oasas.ny.gov

Council for Prevention

518-746-1527

www.councilforprevention.org

The Baywood Center

518-798-4221

Center for Recovery

518-926-7200 (Glens Falls)

518-747-8001 (Hudson Falls)

www.glensfallshospital.org/services/Behavioral-Health/center-for-recovery.cfm

St. Peter's Addiction Recovery Center (SPARC)

518-885-6884

www.sphcs.org/addictionrecoverySPARC

Conifer Park

518-793-7273 (Glens Falls)

www.coniferpark.com

**Saratoga Community Health Center
Addiction Medicine Program**

518-886-5600

Saratoga County Alcohol & Substance Abuse Services

518-587-8800

**New Choices Recovery Center
COTI Project**

518-579-9233

Plan of Safe Care

(POSC)

A plan to support the mother to ensure well being during and after pregnancy.

