

NORTH CAROLINA DIVISION OF SOCIAL SERVICES PLAN OF SAFE CARE

Purpose: Plans of Safe Care (POSC) are federally required for all infants born substance affected (SA). POSC for infants and families involved with Child Welfare supplement the NC Safety Assessment (DSS-5231). In POSC cases, at minimum, the Safety Assessment, Part A: *Factors Influencing Child Vulnerability*, “Child is age 0-5” should be checked because this age group is unable to assist in protecting themselves. In Part B: Current indicators of Safety: At a minimum, Item number 1: *Caretaker caused and/or allowed serious physical harm to the child or made a plausible threat to cause serious physical harm in the current assessment* should be circled “yes” and “drug-exposed infant/child” should be checked. This POSC document should focus on health needs and treatment for both mother and infant, developmental needs of the infant, parenting skills and attachment, and education for all caregivers on the special needs of a SA infant. [SAI and POSC Policy Link](#)

Name of Infant: _____ **DOB:** ___/___/___ **County** _____ **Case #** _____

Medical Facility: _____ **Admission date:** ___/___/___ **Discharge date:** ___/___/___

Name of Parent: _____ **DOB:** ___/___/___ **Name of Parent:** _____ **DOB:** ___/___/___

Household Members and Caregivers of the Infant:

Name	Age	Relationship to Infant	Name	Age	Relationship to Infant

Family Goals: (breastfeeding, housing, smoking cessation, parenting support, recovery)

Strengths and Protective Factors: (i.e., parental resilience, social connectedness, knowledge of parenting and child development, social and emotional competence of children)

NORTH CAROLINA DIVISION OF SOCIAL SERVICES PLAN OF SAFE CARE

Parental Substance Use and Mental Health History

Open and transparent discussions must be held about any substance use or mental health diagnoses, both past and present. The reason for asking this information is not to be punitive but to help create a plan that will keep the child/children safe. Talking about any history with mental health or parental/family substance use can help connect the family and child welfare with providers familiar to the family. These discussions must include:

How parent/s access substances:
How often and under what circumstances do they use, known triggers:
New stressors: new baby in the home, lack of sleep, financial challenges, stress on relationship, etc and how these are impacted by substance use:
Plans for keeping the child/children safe in the context of substance use, "What would protecting your child look like if you believe they are at risk from your substance use?" The focus is on future safety:

Infant Safety

Safety Element	Plan
<u>Medical Care</u> (Medical home, insurance, prescribed medications, specialists)	
<u>Safe Sleep</u> (Discuss high risk of death for these children due to rollovers, crib/bassinet safety and <u>specifically how it will be utilized</u> , discuss safety concerns of using parent falling)	

NORTH CAROLINA DIVISION OF SOCIAL SERVICES PLAN OF SAFE CARE

<p>asleep while feeding/holding, napping beside, infant) Safe Sleep Policy</p>	
<p><u>Nighttime parenting</u> (Discuss the differences in parenting at night and the intentional actions to be taken by caregivers to ensure safe sleep)</p>	
<p><u>Basic Needs</u> (housing, clothing, food, crib, bassinet, baby items, transportation)</p>	

Parental Safety

Safety Element	Plan
<p><u>Relapse Plan</u> (Discuss how parent can identify the onset of a possible relapse and what are the needs of both the parent and child in the event of relapse, location of child's supply bag, including copy of POSC)</p>	
<p><u>Recovery Support</u> (Identify supportive and non-supportive persons, who should and should not be around the child/children, recovery support groups, list reasons to remain abstinent and in recovery)</p>	
<p><u>Mental Health and Substance Use Treatment</u> (Discuss providers and how parent will engage in</p>	

NORTH CAROLINA DIVISION OF SOCIAL SERVICES PLAN OF SAFE CARE

services, current assessments, and recommendations)	
<u>Medical Care</u> (Medical home, insurance, prescribed medications, specialists, post-natal care needs)	

Safety Resources An important part of family and safety-centered practice is helping the family build and strengthen a safety network—made up of family, friends, and involved professionals. A safety network supports caregivers to develop and maintain a safety plan for the children even after professional services end or are no longer needed.

<https://policies.ncdhhs.gov/divisional/social-services/child-welfare/policy-manuals/modified-manual-1/child-welfare-resources-for-using-safety-circles-to-build-safety-networks-december-2021.pdf>

Name	Relationship	Address	Phone Number	ROI Completed by Parent (Y/N)

Family Is Currently Involved in the Following Services:

Service	Organization	Contact person/Phone/Email	ROI Completed by Parent (Y/N)

New Family Services Referred or Recommended:

Service (indicate referred or recommended)	Organization	Contact person/Phone/Email	ROI Completed by Parent (Y/N)

NORTH CAROLINA DIVISION OF SOCIAL SERVICES PLAN OF SAFE CARE

Additional Comments/Information:

Signature and Review

Signature of parent /caregiver: _____ Date: / / Print name: _____

Signature of parent /caregiver: _____ Date: / / Print name: _____

Signature of staff: _____ Date: / / Print name: _____

Signature of Supervisor: _____ Date: / / Print name: _____

Review by (Date): / /

Ongoing Review Dates:

 / /

 / /

 / /

 / /