

What Does a Plan of Safe Care Do?

The purpose of A Plan of Safe Care is to:

- Ensure you and your baby remain healthy and safe
- Work with you to identify your overall needs
- Make referrals and link you to services
- Focus on you and the health and development of your baby

How Does This Affect Me?

After the birth of your baby, a call will be made to child welfare and referral to CC4C if you used alcohol or other substances during pregnancy and your baby meets any of the guidelines. Someone from CC4C will meet with you to discuss your goals and how the program can best support you and your family.



How Can I Get Help?

If you are using alcohol or other substances talk to your provider. You can get help to stop using from counseling, support groups and treatment programs. Your provider knows you want your baby to be as healthy as possible. Your provider wants to help you create a plan to make that happen.

For information and resources across North Carolina for pregnant women you can contact the Perinatal Substance Use Specialist at the Alcohol/Drug Council of North Carolina.

ONLINE: www.alcoholdrughelp.org/contact

EMAIL: info@alcoholdrughelp.org

PHONE: 800-688-4232

Your Local Management Entity is a regional resource for programs in your area that accept Medicaid or will work with you if you don't have insurance coverage. Staff, who answer this number 24 hours a day, 7 days a week, can talk with you and connect you with services nearby.

The area phone numbers can be found at www.ncdhhs.gov/providers/lme-mco-directory. Calls are answered 24 hours a day, 7 days a week.

If you have private insurance, contact the Mental Health/Substance Use number listed on the back of your insurance card.

What Are The Impacts of Substances on My Developing Baby?

A variety of substances may affect your baby in different ways. MotherToBaby North Carolina provides information about the effects of substances during pregnancy and when breastfeeding. This free, confidential service is available to the public.

PHONE: 800-532-6302

ONLINE: www.MotherToBabyNC.org



State of North Carolina • Department of Health and Human Services • Division of Public Health • Women's Health Branch

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Plan of SAFE CARE

The goal is to work with you to plan how to best support your health and your baby's health and development.





What Is A Plan of Safe Care Notification?

A federal law now requires hospitals and those delivering babies to inform child welfare when the baby has:

- A positive urine, meconium (stool) or umbilical cord segment substance test and the provider has concerns
- A mom with an assessment that shows or is concerning to a provider for an untreated substance use disorder during pregnancy or at birth
- Withdrawal signs and symptoms
- Signs of being affected by a Fetal Alcohol Spectrum Disorder

This is NOT a report of suspected child abuse or neglect. It only starts a referral and the creation of a Plan of Safe Care.

A Plan of Safe Care includes a referral to the Care Coordination for Children (CC4C) program. CC4C will contact you and work with you to create plan to support both you and your baby's health and development.

What If I am Taking Medication My Doctor Gave Me?

Even if you are taking medicine as directed, your baby may be identified for a Plan of Safe Care because of a positive drug test or withdrawal symptoms. Some medicines can result in babies being at higher risk for complications. Many of these complications can be safely managed by your baby's doctor when the baby is born.

DO NOT stop taking your medicine until you talk to your provider. Often women need to continue taking medicine while pregnant. Suddenly stopping a medicine may be riskier than continuing to take it while under a doctor's care.

What Is Care Coordination for Children (CC4C)?

CC4C is a free, voluntary program to help families improve the health of their children from birth to age 5. They will work with you to focus on the health and development of your baby. CC4C will:

- Have a case manager work with you and your baby
- Talk about family strengths and concerns with you through home visits, phone calls and other types of contact
- Tell you about programs, services and resources for your family
- Act as a link between you and your child's doctor
- Help you strengthen your parent-child relationship
- Tell you about parent support programs in your area
- Offer encouragement and support