

Plan of Safe Care

Information for Healthcare Providers

When a mother or infant is impacted by prenatal substance use, a Plan of Safe Care (POSC), also known as a **Family Care Plan**, can help ensure the health and well-being of both mother and baby. A POSC should be developed during pregnancy and is required by state and federal law if a mother or infant exhibits withdrawal symptoms.

Plans of Safe Care:



Improve Outcomes:

A POSC can reduce risks associated with substance exposure and promote maternal and infant health.



Support Recovery:

Connects patients to treatment for Substance Use Disorder (SUD), mental health care, and social services.



Protect Family Wellbeing:

Can help prevent unnecessary child welfare involvement by addressing health and social service needs proactively.

Key Components of POSC

- **Needs Assessment:** Physical health, behavioral health, and social supports for mother and infant.
- **Care Coordination:** Referrals to SUD treatment, home visiting, and community resources.
- **Support Planning:** Strategies for safe parenting and infant care.
- **Ongoing Monitoring:** POSC is documented in the mother's medical record and updated regularly.



Find POSC resources and learn more at:
<https://nhcenterforexcellence.org/posc/>



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