

Start making your plan...

- Do you want help finding a provider for your baby?
- Would you like to take parenting classes or have any parenting resources?
- Would you like to meet with a counselor?
- Would you like support with housing, food, transportation or paying your bills?
- Do you need a car seat?
- Do you need help finding childcare?
- Do you need help getting into a treatment program for drug or alcohol use?



Perinatal Substance Exposure
Task Force of the NH
Governor's
Commission on Alcohol and Other Drugs

"Plan of Safe Care" is the legal term used in New Hampshire and other states. Providers/clinics/hospitals can choose to change the name, if desired, to another term such as "Plan of Supportive Care".

How can a
Plan of Safe Care
support my baby and me?



Providing a **supportive** approach to help care for families

Becoming a mother can be an exciting time but it can also be stressful.

A Plan of Safe & Supportive Care can support you in being the best mom you can be for your baby.



WHAT IS A PLAN OF SAFE & SUPPORTIVE CARE?

A plan of supportive care is a “plan” this is developed by you, your health care team, and anyone else who supports you. The plan is to help you during your pregnancy and after your baby is born. The goal of this *plan* is to list the supports that you already have. As well as help you connect to new supports to help you and your baby feel safe and connected after the hospital.

WHEN IS THIS PLAN CREATED?

Your *plan* should start during your pregnancy. This allows time for you to identify supports and list extra help you might need. Your team will help to connect you to other resources. You can update your plan during your hospital stay and after you have your baby. Your plan acts as a resource for keeping information up to date for you and your baby.

WHO CREATES THIS PLAN?

YOU create your plan, along with your team and your baby’s care providers. A partner, friend, nurse, home visitor, WIC provider, or any other person can also help to create your plan.

IS THIS PLAN REQUIRED?

A plan of supportive care is encouraged for all mothers and babies to help them feel safe and connected during pregnancy. This plan is also a resource for after you leave the hospital. If a mother uses alcohol or other drugs while pregnant, creating a plan of safe care is required by state law to make sure extra support and care is available. The plan can be a support long after the mother and baby go home.

WHAT HAPPENS TO THIS PLAN?

A copy of your plan will be given to you at the time of your baby’s hospital discharge. This plan will also be shared with your baby’s primary care provider and your baby’s home visiting nurse. We hope that your plan will be shared with anyone that provides support to you and your baby. We will ask for your permission to share your plan with any supports and services before leaving the hospital. Your plan will have important contacts, updates, and resources that can be a very helpful resource to keep and update.

WILL I BE REPORTED TO DCYF IF I USED DRUGS OR ALCOHOL WHILE I WAS PREGNANT?

Healthcare providers are required to make a report to the NH Division for Children, Youth and Families (DCYF) if there is concern about abuse or neglect for an infant or child. If there are concerns that a mother’s drug or alcohol use may pose a risk to the health of your baby, a report should be made.

*A report is **not** needed if a mother is taking medication (as prescribed) for the treatment of a substance use disorder. If a report is made, the *Plan of Supportive Care* will be shared with DCYF.