

COORDINATED APPROACHES FOR THE PLAN OF CARE

- For Substance-Exposed Newborns and their Families

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FEDERAL LAW

The 2016 Comprehensive Addiction and Recovery Act (CARA) amended the Child Abuse Prevention and Treatment Act (CAPTA) to require that states identify and report annually on the following:

- Number of substance-exposed infants born;
- Number of substance-exposed infants for whom a **Plan of Care** has been created; and
- Number of infants with a **Plan of Care** for whom referrals were made to appropriate services, including services for affected family members or caregivers.

Note: the federal act did not address the service needs of pregnant women or new mothers.

STATE LAW

New Mexico has passed a law supporting CARA amendments to CAPTA. The new law...

- Gives CYFD until January 1, 2020 to develop rules that guide stakeholders in the care of newborns who exhibit physical, neurological, or behavioral symptoms consistent with prenatal drug exposure or fetal alcohol spectrum disorder.
- Specifies that the rules are to include guidance on the creation of a **Plan of Care** for any substance-exposed newborn.
- Pregnant women who communicate use of drugs or alcohol will be offered supports through a Plan of Care at time of delivery.
- Women whose substance use during pregnancy was not identified will be offered supports through a Plan of Care at time of delivery.

WHAT IS A PLAN OF CARE?

A Plan of Care is a document created by a healthcare professional and involved family members or caretakers to ensure the safety and well-being of an infant born (or likely to be born) substance exposed.

The Plan of Care:

- Identifies the newborn and his/her primary caretakers
- Details prenatal substance exposures
- Indicates the post-discharge housing plan
- Details support services engaged prenatally or referred to since delivery for infant and affected family/caregivers
- Notes referral to CYFD, if applicable

KEY ELEMENTS OF IMPLEMENTATION

NOTIFICATION AND COPY OF PLAN TO CYFD

- Lets CYFD know that an infant with substance exposure has been born
- Includes providing a copy of the Plan of Care to CYFD

Copy of Plan to NM DOH

- ▶ Allows integration of substance-exposure and Plan of Care with broader epidemiological data.
- ▶ Sets stage for insurance and care coordination for families lacking these supports

BENEFITS OF THIS APPROACH

- Encourages screening for Substance Use Disorder early in pregnancy
- Non-punitive, supportive approach; non-judgmental
- Dyadic care coordination connects prenatal care with infant's plan of care
- Adds an extra layer of support since every baby with exposure gets a plan of care and supportive services and every plan of care gets screened by CYFD
- Health care professionals can still report if they feel it's indicated, or if family does not follow up

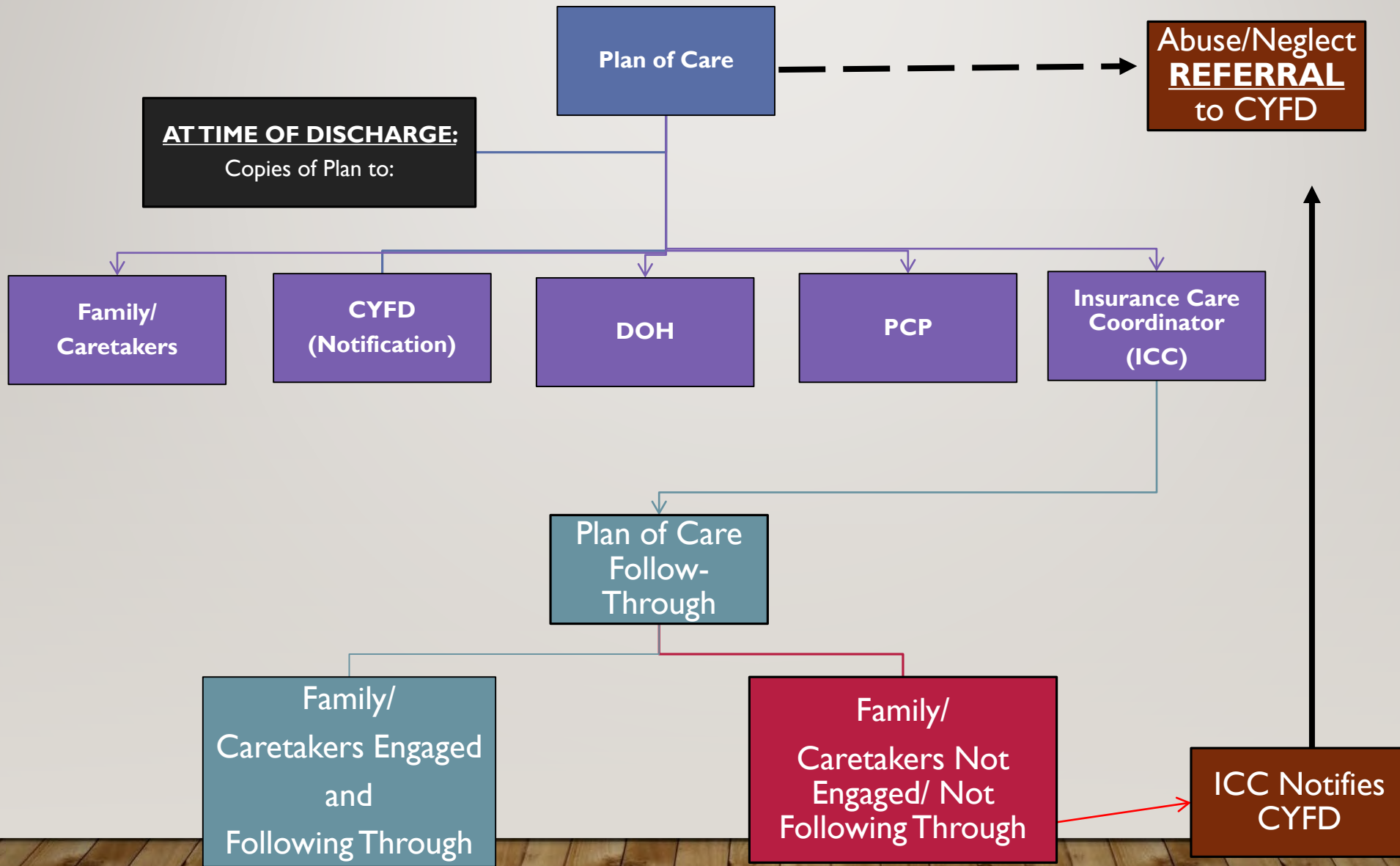
SAFETY PLAN/PLAN OF CARE DOVETAIL



A well-developed and effectively implemented Plan of Care may prevent removal of an infant from his/her family or provide an opportunity for quick reunification if initial placement is away from the birth mother or father.

A strong Plan of Care benefits an infant and his/her caregivers by addressing their treatment needs, regardless of immediate child placement decisions.*

*National Center on Substance Abuse and Child Welfare (2018). *A planning guide: Steps to support a comprehensive approach to Plans of Safe Care*; March 2018 Draft.



WHO GETS COPIES OF THE PLAN OF CARE, AND WHY

Infant's Family or Caregivers	Infant's Primary Care Provider (PCP)	Insurance Care Coordinator (ICC)	NM DOH	NM CYFD
<p>Parents/Caregivers are expected to participate in Plan of Care development and implementation.</p>	<p>PCP must be aware of contents of Plan of Care to support implementation</p>	<p>ICC assists family/ caregivers in accessing support services identified in the Plan of Care and other supports the family may need.</p>	<p>NM DOH matches Plan copies to newborn data supplied by hospitals and other birthing facilities.</p>	<p>Plan copies go to NM CYFD per state law. NM CYFD reports de-identified data to the federal government.</p>
			<p>NM DOH assists families/caregivers in accessing services if infant is uninsured or insured without care coordination.</p>	<p>If there is a report to NM CYFD Protective Services, the caseworker will need a copy of the Plan of Care to monitor implementation.</p>

If substance use disorder or other factors are interfering with the parents' ability to care for the infant, or if there are concerns that the family does not have adequate supports, a referral shall be made to CYFD Child Protective Services for potential child abuse/neglect. Creating a Plan of Care does not exempt the family from potential investigation by CYFD. Dial #SAFE.

Plan of Care

This 3-page document must be completed before discharge.

Infant Name:	Admission Date:
D.O.B.:	Discharge Date:
Discharge Address (Street, City, Zip Code):	Discharge Phone:

Infant's Discharge Housing Status (Circle one):

Parental Home Designated Caregiver Home Facility/Shelter Precariously Housed

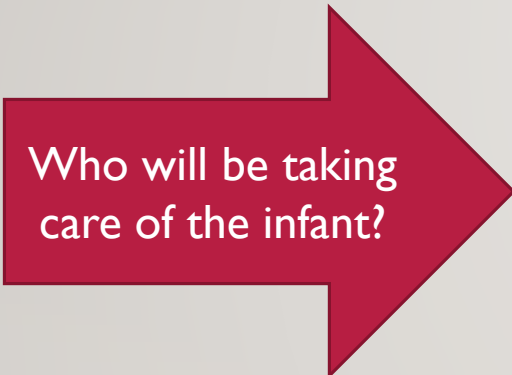


Where will the infant go after discharge?

Infant's Insurance Care Coordinator (ICC):	Infant's Primary Care Provider (PCP):
ICC Phone:	PCP Phone:
ICC Fax:	PCP Fax:
Health Insurance Company: _____	First Appointment Following Discharge: ____/____/____ :____ AM/PM
Health Insurance Plan: _____	

Key Household Members: Birth parent(s), adoptive or foster parent(s), or designated caregiver(s).

Name	Age	Relationship to Infant	Contact Information
1.			
2.			
3.			



Who will be taking care of the infant?

Key Household Members: Birth parent(s), adoptive or foster parent(s), or designated caregiver(s).

Name	Age	Relationship to Infant	Contact Information
1.			
2.			
3.			

Applicable Criteria for Plan of Care: Check all substances to which infant was exposed in utero.

Substance	✓	Substance	✓
Alcohol		Methamphetamine	
Benzodiazepines		Nicotine	
Buprenorphine (Subutex, Suboxone)		Opioids	
Marijuana		Other (Specify):	
Methadone		Other (Specify):	

If family declines services, be sure to ask why. It's important to differentiate between "Declined" and "Unavailable."

Support Services (continues on page 3):

Service	Name of Organization / Contact	Current ✓	Referred ✓	Declined ✓	<u>Unavail-able</u> ✓
12-Step Program					
Childcare					
Children's Medical Services					
Domestic Violence Services					
Early Intervention					
Family Wrap-Around Services to 3 years					
Family Wrap-Around Services to 1 year					
Financial Assistance					
Home Visiting					
Housing Assistance					
Medication-Assisted Treatment					

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