

Are you a CT provider or a CT agency that serves pregnant people and their families?

As a healthcare provider or professional who is assisting pregnant/parenting individuals struggling with their substance use, understanding your role in the Family Care Plan (FCP) development is essential. An FCP supports the health and well-being of infants and parents as well as assisting families in accessing needed services, including substance use treatment.



What is a Family Care Plan (FCP)?

Formerly known as a Plan of Safe Care, a Family Care Plan is a document that provides a roadmap of supports for birthing person, baby and family. This includes strategies and services that support the health and wellbeing of newborns and the substance use treatment and recovery of the birthing person. Per federal legislation, people who use substances during their pregnancy should have an FCP readily verifiable at the time of birth in the event of a CAPTA notification.

What is a CAPTA Notification?

The Child Abuse Prevention and Treatment Act (CAPTA) was reauthorized in 2010 to include a policy requiring states to implement a notification to DCF when a baby is born prenatally exposed to substances. In CT, birthing hospitals are required to submit a CAPTA Notification when an infant with prenatal substance exposure is born. These notifications contain no identifying information, unless a DCF report (concerns of abuse or neglect) is required. Prenatal exposure to substances alone are not grounds to substantiate abuse or neglect.



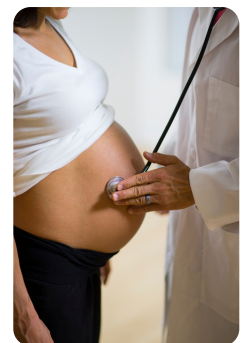
How are CAPTA and the FCP related?

When a newborn is identified as prenatally exposed to substances, the CAPTA reporter must verify that the birthing person has a FCP. If an FCP cannot be identified and the notification is submitted as such - the notification will default to a DCF Report even if there are no concerns of abuse or neglect. To avoid this, the reporter should create an FCP with the individual prior to hospital discharge.

An unnecessary DCF Report perpetuates distrust in the system and creates barriers to care.

Where Can I Find an FCP Template?

- A fillable Word template can be downloaded and printed from the SEPI-CT website: <https://www.sepict.org/>. This template can be edited to best fit your hospital or agency's workflow
- Any individual can use the 211 CT Virtual Screener to create a digital FCP. To make ongoing edits, creating a 211 account is encouraged. Visit <https://cdi.211ct.org/capta/> for more information.



I am a Provider: What is my role in the FCP?

Before Birth Event:



- Talk to your patient about an FCP and stress the importance of having one on file before they give birth
- If they do not have an FCP, develop one together. Keep a copy on file and provide them with a copy of their own.
- If they decline to create one, offer them a paper copy.
- Periodically check in with your patient about their FCP questions and/or progress

After Birth Event:

- If you are the CAPTA reporter and you are unable to verify an FCP, create one together before discharge. Always do your best to avoid an unnecessary DCF Report.
- Send the Family Care Plan along to the birthing person's pediatrician.

I am not a provider, but work with pregnant people. What is my role in the FCP?

There is no wrong door when it comes to creating or discussing a FCP! If you are a behavioral health or social service agency professional and have clients who are using substances while pregnant, you are highly encouraged to provide any FCP guidance and support. Once the plan is completed, ensure that a ROI is signed and that the plan is shared with their medical provider/hospital prior to the time of delivery.



Family and friends of a birthing person can also help their loved one complete a FCP online as well as help keep copies of any completed FCP.

I still have questions about CAPTA and/or the FCP. What resources and support are available for professionals?

SEPI-CT can provide an array of support to any professional, practice, or agency that works with this specialty population. Support includes but is not limited to:

- In person/virtual trainings including Family Care Plan and CAPTA, Overview of Women's Services, DCF Mandated Reporter and other various trainings
- Technical Assistance with implementation of new or existing CAPTA/FCP policies and procedures
- Materials such as brochures, pamphlets, and other resources
- One on one in person or virtual assistance with questions/concerns on CAPTA/FCPs

Please Contact:

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Visit www.sepict.org for resources and more information

