



**SEPI-CT**

*Working to Support the  
Best Outcomes for  
Pregnant & Expecting  
Individuals & Families*



## What is a Family Care Plan?

The Family Care Plan (FCP) is a document that provides a roadmap of supports for pregnant individuals. It lists services that support maternal/infant health and wellbeing, and the substance use treatment and recovery needs of the mom/birthing person. A FCP is developed prior to delivery.

---

## Who Needs a FCP?

Any pregnant individual who has used prescribed/non prescribed substances during their pregnancy. This includes methadone, buprenorphine, prescription opioids, cannabis, prescription benzodiazepines, alcohol, other illegal/non-prescribed medication, and/or the misuse of prescription/over the counter medication.

---

## Why?

In CT, a FCP is part of legislation (CAPTA) that aims to support pregnant individuals who use substances by helping them thrive in their recovery and parenting. CT's mission is recovery oriented and intended to empower individuals to lead their own recovery journey.

---

Flip to the back side to see more information on our  
**Virtual Family Care Plan Tool!**

# FCP Virtual Tool

This tool uses your zip code to create a FCP that is tailored with community resources that meet your individual needs. It can be created alone or with a trusted support person, including family, friend, or providers. Development of the FCP is led by YOU.

Your current/desired resources may include:

**WIC & SNAP**



**Housing Assistance**



**Secure Storage of Medications**



**Medical and Behavioral Health Providers**



**Safe Sleep**



**Peer Recovery Support & Parenting Groups**

**& any other resource you need to support your recovery & parenting needs!**

**Create your own FCP here:**

<https://www.sepict.org/family-care-plan/>



Using the tool is 100% Anonymous



You can create a one time FCP or create an anonymous account to refer back to/update it as needed



A FCP can be created on your own or with a trusted provider or a natural support

For more information and resources please visit our website below:

[www.sepict.org](http://www.sepict.org)