



ADDITIONAL RESOURCES

Caring For Two at Santa Maria
713.447.5895

The Cradles Project
at The Council on Recovery
cradles@councilonrecovery.org 281.200.9108

Discovering Choices- Outpatient Treatment
Services at The Council on Recovery
713-942-4100, option 3

Substance Use Treatment Services
at Santa Maria
admissions@santamariahostel.org
713.691.0900 or 713.447.5895

Maternal Perinatal Addiction Treatment
713.873.8670
(ask to be scheduled at the MPAT Clinic)

StrongWell
<https://iamstrongwell.com/>
888-339-9404 (call or text)

Outreach, Screening, Assessment, & Referral
Center (OSAR)
713.942.4100 (Harris County) 844.704.1291
(Galveston, Austin, Brazoria, Chambers,
Colorado, Fort Bend, Matagorda, Waller,
Wharton)

SAMHSA's National Helpline
1.800.662.HELP (4357)
<https://findtreatment.samhsa.gov>

For provider training and resources
<https://txsafebabies.org/posc/>

PLAN OF SAFE CARE

HOW CAN WE HELP?

- **Would you like to meet with a counselor?**
- **Do you need help finding a doctor for yourself?**
- **Do you need help finding a pediatrician?**
- **Do you need medical insurance?**
- **Do you need help getting into a substance use disorder treatment facility?**

Did you know...

- **YOU ARE NOT ALONE.**
- Many women struggle during pregnancy and after birth.
- Help and resources are available and many are low cost or free.
- You have an opportunity to advocate for yourself and your child(ren).

What is a Plan of Safe Care ?

The goal of a Plan of Safe Care is to strengthen the family, help mothers have a healthy pregnancy, and keep child(ren) safely at home.

It is also...

- A personalized guide to ensure the necessary resources are provided to help families thrive.
- A “recovery resume” or diary that helps communicate your strengths, needs, and accomplishments to your providers.
- A tool to help with care coordination.
- A tool to keep you organized and store all of your documents in one place.



When do I make a Plan of Safe Care?

A Plan of Safe Care can be developed anytime. Ideally, it should be developed during pregnancy.

If a Plan of Safe Care has not been started during pregnancy, it should be developed after delivery but before leaving the hospital.

The earlier you start a Plan of Safe Care the more time you have to prepare for your baby with support.

Be sure to work with your providers to update your Plan of Safe Care with new information to highlight your progress.

Who can benefit from a Plan of Safe Care?

The Plan of Safe Care tool was designed for women with a history of substance use and infants who may have been exposed during pregnancy. However, we have found that many people can benefit from using this tool, including:

- Families involved with child welfare or the court system.
- Families with social needs.
- Families trying to coordinate care across multiple services and providers.

Who should be involved in creating and updating my Plan of Safe Care?

A Plan of Safe Care should include input from **all** service providers involved in your care and the care of your child(ren). This could include:

- Social worker/case manager
- Ob/Gyn and primary care doctor
- Substance use disorder treatment providers or recovery coach
- Mental health provider
- Pediatrician
- Faith leader or counselor
- Staff from home visiting programs

Will a report be made to Child Welfare?

Healthcare providers are required to make a report to the Child Welfare if you test positive for drugs.

However, creating a Plan of Safe Care provides you the ability to advocate for yourself while taking the steps to build a safe and healthy environment for your child(ren).