

Resources

Healthy Families

Healthy Families is a program of the Onondaga County Health Department that offers free and confidential services right in the home. Home visits are made by public health nurses, community health workers, and social workers for health screenings and education about pregnancy, family planning, nutrition, baby care, baby growth and development, and more!

Healthy Families **315-435-2000**



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Hopeline

Call the Hopeline if you are ready to get help. Caring people will answer your call. They are trained to give you the help and hope you need. It is never too late to call.

Do not quit taking drugs suddenly as it will cause problems for your baby.

For free and confidential support call the Hopeline. You are never alone... call today.

Hopeline **315-218-1965**

211CNY

Call 211 for a broad range of community resources, 24/7, or find us on the web at 211cny.com **211**

This information was provided to me by:

Plan of *Safe Care*

Planning with you to support your health
and your baby's health and development.



What is a Plan of Safe Care?

- It is a written list of helpful resources that can support your needs during your pregnancy and after you give birth.
- You help write it with one or more people involved in your health care.
- It is written during your pregnancy or after your delivery and before you leave the hospital.

What Does a Plan of Safe Care Do?

- It focuses on you and the health and development of your baby.
- It makes sure you and your baby remain healthy and safe.
- It works with you to identify your overall needs.
- It offers referrals and links to services you need.

What Topics are in the Plan of Safe Care?

Basic Needs: safe housing, food, utilities, transportation, medical care and coverage, mental health and substance use treatment, help with your baby

Infant's Needs: identify what is needed and how to obtain items like layout set, diapers, formula, crib, car seat and pediatric care.

Delivery Plan: transportation to hospital, toiletry and clothing for your hospital stay.

Support After Delivery: referral to a home visiting program, education on impact of substance exposure on infant, resources to help.

Who needs a Plan of Safe Care?

The *Child Abuse Prevention and Treatment Act – CAPTA* is a federal law meant to ensure that all infants who show drug exposure and their family members or caregivers are offered services and support.

Hospital staff is required to notify the Office of Children and Family Services and complete a Plan of Safe Care if:

- You are in treatment for a drug use disorder and are being prescribed or administered an addiction medicine by a health care provider
- You are under the care and treatment of a health care provider for chronic pain and are taking opioids as prescribed
- You are taking benzodiazepines as prescribed by a health care provider
- You are taking medical marijuana as directed by a registered practitioner

DO NOT stop taking your medicine until you talk to your provider. Often women need to continue taking medicine while pregnant. It is riskier to suddenly stop taking medicine than to continue to take it while under a doctor's care.

