



HOW CAN WE HELP?

- **Would you like to meet with a counselor?**
- **Do you need help finding a doctor for care during pregnancy?**
- **Do you need medical insurance?**
- **Do you need help getting into a substance use treatment facility?**
- **Do you need help finding a pediatrician for your baby?**



ADDITIONAL RESOURCES

Caring For Two at Santa Maria
713.447.5895

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

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

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

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

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

Did you know...

- **YOU ARE NOT ALONE.**
- Many women struggle with substance use issues and many of them are in recovery helping women like you.
- Treatment is available and many services are free.
- You have access to free/low cost services and support.
- You have an opportunity to advocate for yourself and your baby.

What is a Plan of Safe Care (POSC)?

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” that helps you communicate all of the work and preparations you have made for yourself and your baby.
- A plan for future life events.
- A guide to promote health and safety for you and your baby.



When do I make a Plan of Safe Care?

Ideally, a Plan of Safe Care should be developed during pregnancy or at the earliest point that it is suspected that the infant has been exposed to a substance in utero.

If a Plan of Safe Care has not been developed during pregnancy, it should be completed 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.

What does a Plan of Safe Care do?

- Works with the mother and family to identify needs.
- Offers referrals and links to needed services.
- Helps keep track of services you have completed and those you still need.

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 baby.

This could include:

- Social worker
- Ob/Gyn
- Substance use treatment providers
- Mental health provider
- Pediatrician
- Faith leader/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 baby.

