



What is a Plan of Safe Care Notification?

A notification is simply a referral to ensure baby and family are linked to appropriate services to quickly address health and developmental needs.

The law requires a child welfare notification for infants identified as affected by substance abuse or withdrawal symptoms resulting from prenatal drug exposure or a Fetal Alcohol Spectrum Disorder.

What if My Doctor Prescribed Medication for Me?

Some prescribed medications are not safe during pregnancy. However, some are necessary. You can work with your doctor to establish a Plan of Safe Care to address the impact on your baby.

Do NOT stop taking your medicine until you talk to your provider. Your doctor will work with you to determine what is safe during pregnancy.



Plan of SAFE CARE

- Advancing recovery for your whole family
- Enhancing the health of your baby
- Securing the well-being, love and happiness in your home

The funding provided to print this brochure is from the Maternal and Child Health Block Grant, Healthy Babies.





What Does a Plan of Safe Care Do?

The purpose of a Plan of Safe Care is to:

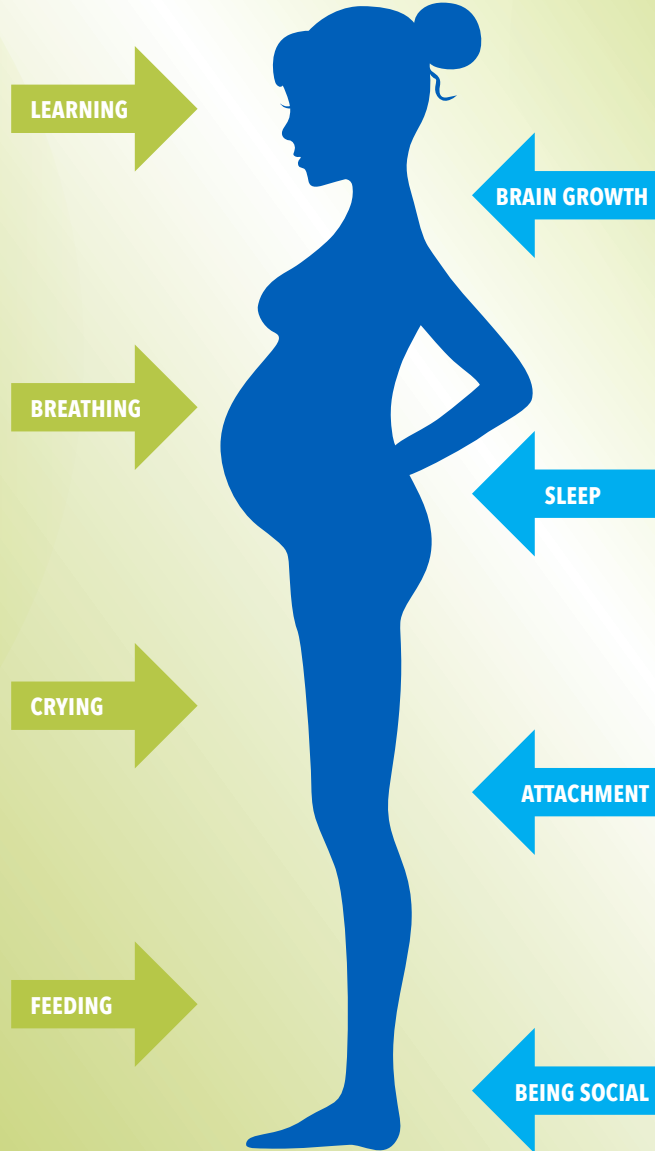
- Ensure you and your baby remain healthy and safe
- Work with you to identify your overall needs
- Assist with referrals and connect you to community services
- Focus on the health of you and your baby!

Substances harmful to you and your baby may include: prescription pain pills, marijuana, alcohol, cocaine, opiates, heroin and other prescribed medications. Though use of tobacco will not trigger the need for a Plan of Safe Care, it contributes to low birthweight, pre-term births and many preventable adverse conditions.

For more information on drug and alcohol use during pregnancy, visit marchofdimes.org/pregnancy/street-drugs-and-pregnancy.aspx



Impacts of Substances on My Developing Baby?



How Can I Get Help?

If you are using alcohol or other substances, talk to your medical provider. Your provider knows you want your baby to be as healthy as possible. There are counseling, peer recovery support and treatment programs to help with your recovery.

Contact the following treatment agencies or help lines:

River Region (904) 899-6300

Gateway (904) 387-4661

LSF Health Services 24/7
Access-to-Care Line 1-877-229-9098

Substance and Mental Health Services
National Health Line 1-800-662-4357

Substance Abuse Treatment/Family Help
Line 1-800-451-2229

myflorida.networkofcare.org

Pregnant women, infants and their families may qualify for free, voluntary home visitation services. Call the Healthy Start Connect Line 904-723-5422.