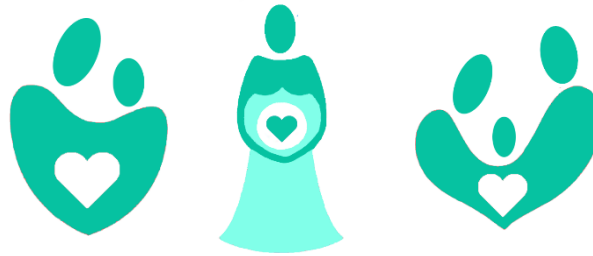


S.A.F.E.R. Program

Safely Advocating for
Families Engaged in Recovery

Utilizing
Plans of Safe Care



Participant Handbook

THE CENTER FOR THERAPEUTIC INTERVENTIONS

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What is S.A.F.E.R.?

S.A.F.E.R. Program is a specialized group of services for pregnant & postpartum women, their child(ren) and any significant other for the sole purpose of planning and preparing for the safe birth and after care of the family of a substance exposed or substance impacted family.

S.A.F.E.R. is open to any gestating woman through the fourth trimester until the infant is 12 months of age. The program is family focused and includes such services as medication assisted treatments, support and wrap around services, substance use disorder counseling for individuals and families, educational and parenting classes, case management services, access and linkage to community resources and the development, evaluation and on-going monitoring of a **Plan of Safe Care**.

All services are provided to ensure all individuals in the family are prepared and have all opportunities for safety and a healthy well-being with access to health care and needed services to address prenatal exposure to substances and any ongoing services to address potential on-going issues and concerns and to prevent the need for DHS child welfare involvement whenever possible.

Why is S.A.F.E.R. Needed?

In 1974 CAPTA- (The Child Abuse Prevention & Treatment Act) was enacted and was reauthorized in 2010. This was the first key federal legislation addressing child abuse and neglect. CAPTA provides federal funding to each state in support of prevention, assessment, investigation, prosecution, and treatment activities. Out of this legislation set a minimum standard definition of child abuse and neglect.

CAPTA was most recently amended in 2016 by the enactment of CARA (Comprehensive Addiction & Recovery Act) which was to address the opioid health crisis in the US. It requires state child welfare systems to develop a **Plan of Safe Care** for infants born and identified as being affected by substance use or withdrawal symptoms or Fetal Alcohol Spectrum Disorder. The intent of this legislation is to deliver appropriate services to the entire family to ensure the safety and well-being of infants following the release from the health care provider. DHS-Child Welfare is charged with developing policies and procedures for a Plan of Safe Care. While these procedures will include a requirement that health care providers involved in the delivery or care of such infants notify CW, the legislation specifies that this notification shall not be considered a report of child abuse or neglect.

In response to the above Federal legislation and policies, CTI has developed **The S.A.F.E.R. (Safely Advocating for Families Engage in Recovery) Program** to assist pregnant or women, 12 months or less postpartum, an opportunity to plan and prepare for the actions that will take place at the birth of their child and/or prevent the long term involvement of DHS in the families lives. Many pregnant women actively involved in Medication Assisted Treatment services will likely deliver babies showing signs of Neonatal Abstinence Syndrome (NAS) or Neonatal Opioid Withdraw Syndrome (NOW), which may mean a CW notification. **The S.A.F.E.R. Program** preemptively develops a plan of safe care for the gestating woman to take with her to the hospital for the birth of her child to ensure that all her medical providers are involved with her care and the family is engaged in recovery services and not in active addiction.

How can S.A.F.E.R. Program help?

The **S.A.F.E.R. (Safely Advocating for Families Engage in Recovery) Program**, assists families by preparing families for the process and potential DHS-CW involvement, providing all necessary behavioral health care services to address substance use disorders and assisting with recovery lifestyle, planning and coordinating for the possible long term care for infants with prenatal exposure to substances, coordinating and ensuring access to any needed specialists referrals and community resources for the care of all family members and delivering treatments that resolve past trauma, educate on health coping strategies and manage mental health and addiction issues.

What is the Mission of S.A.F.E.R. Program?

The mission of the **S.A.F.E.R. program** is keeping families together by developing skills, strengthening bonds, building supports and coordinating the wellbeing of families and children from conception to 12 months of age. The aim of the program is for participants to safely maintain placement of their children while completing intensive behavioral health care, medication management and coordination with other providers such as OBGYNs, pediatricians and any other health care specialists.

S.A.F.E.R. Program Admission Criteria

The S.A.F.E.R. (Safely Advocating for Families Engage in Recovery) Program is voluntary and participants have the right to withdraw from the program at any point. Once you are in the program you are expected to abide by guidelines and rules, failure to do so can be termination of the program. The following criteria will be used to determine the eligibility of participants. The S.A.F.E.R. Program team will have the final authority of acceptance or denial of any individual applicant.

1. Participants must be pregnant or have at least one child between the ages of zero and 12 months old, whom has been exposed to substances and currently resides in the home or is eligible to be placed in the home
2. Participants must agree to receive substance abuse treatment and to the plan of treatment developed by the program team
3. Participants must be willing to abstain from drugs and alcohol and follow recommendations for treatment & medications.
4. Substance exposure can be any substance.
5. Participants must be willing to abide by the program rules and regulations
6. Participants must be willing to develop, review monthly and update as needed a Plan of Safe Care

S.A.F.E.R. Program Description

The S.A.F.E.R. Program is a program that consists of behavioral health care services typically offered at CTI for outpatient substance use disorders, mental health disorders, medication management services, medication assisted recovery services including the full array of individual, group, family and educational services. The uniqueness of S.A.F.E.R. is the focus on the coordination and needs of the prenatal or recent postpartum care of the family that is high risk of child welfare involvement. Assisting the family to develop and have a prepared and consistently updated and reviewed plan of safe care to ensure the family is addressing the needs of the exposed/impacted child and the family is caring for the needs of all family members.

Family Involvement is necessary and expected in the S.A.F.E.R. Program and many of the screening and assessment services will focus on the needs of the pregnant female and following the birth, the needs and any issues identified with the infant. Infant mental health is a primary focus of the S.A.F.E.R. program and therefore understanding the connection, bonding and attachment of the infant and the primary caregiver is necessary a focus on strengthening relationships between parents and children in vulnerable families. Holding the child, both physically and within the mind is an essential component of maternal care that serves to facilitate the development of early emotional capacities encouraging the use of positive caregiving experiences to help parents overcome past traumas and ensure that these families, who are at risk, can have the advocacy necessary to make informed, educated and planned decisions for their care and the care for their newborns and infants.

S.A.F.E.R. Program Team

The CTI S.A.F.E.R. PROGRAM team consists of licensed clinicians, infant mental health specialists, rehabilitation counselors, case managers, peer recovery support specialists, nurses, community medical providers, psychiatric and addiction medicine providers.

A key team member is the S.A.F.E.R. Program coordinator who will ensure the care of the individual participant & the infant and be the lead at CTI to review and monitor the plan of safe care by ensuring and documenting all services at CTI and also those being received, but coordinated outside of CTI.

S.A.F.E.R. Program Participant Expectations

The **S.A.F.E.R. (Safely Advocating for Families Engage in Recovery) Program** is a voluntary program consisting of treatment services and the development, reviewing, and updating of a Plan of Safe Care.

The program requirements include the following:

- Completing a formal screening, on-going assessments, treatment plan and medication evaluation
- Agree and sign consent for ROI for coordination of care to all other providers
- Attendance and Participation in Treatment & Medical Services
- Achieving and Maintaining Recovery
- Participation in a **Plan of Safe Care (POSC)** development, monthly reviews and updates as needed
- Participate openly & honestly with treatment team to ensure all needs can be addressed
- Respectful behaviors are expected while participating in S.A.F.E.R. including refraining from physically or verbally violent behaviors.
- Consent to agree to the CFF data collections (no identifying information is collected)

S.A.F.E.R. Program Fees

S.A.F.E.R. Program does not have an additional fee requirement. Participants receiving Medicaid or eligible for assistance through the Department of Mental Health and Substance Abuse Services may receive program services at no cost. Participants not eligible for Medicaid or mental health assistance may be required to provide payment for their mental health services based on the most current rates provided by the Department of Mental Health and Substance Abused Services or apply for sliding scale rates based on income.

S.A.F.E.R. Program Aftercare Services

CTI provides aftercare services for all participants who have graduated from S.A.F.E.R. Program. These services are designed to assist the participant in maintaining recovery and maintaining a safe and stable home and appropriate healthcare services. Aftercare services may include group treatment, individual therapy, wraparound services, case management or any other services necessary to maintain recovery.