

S.A.F.E.R Project

Safely Advocating for
Families Engaged in Recovery
Utilizing
Plans of Safe Care



Policies and Procedures

THE CENTER FOR THERAPEUTIC INTERVENTIONS

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S.A.F.E.R. Project:

The S.A.F.E.R. project was developed to address the needs of pregnant and postpartum women who were engaged in outpatient medication assisted treatment at CTI, who would most likely receive a child welfare referral at the birth of their child. In 2016, the Child Abuse Prevention & Treatment ACT (CAPTA) & Comprehensive Addiction and Recovery ACT (CARA) which are federal laws along with Oklahoma legislation that changed some minor language but had a huge impact on child abuse reporting requirements. At the time of birth, hospital personnel are required to report to DHS any babies experiencing prenatal substance exposure or those who experience withdrawal symptoms from the use of substances or the mother's medications.

The SAFER project preemptively works to engage families in recovery, explain how the DHS notification process works, educate the family in being prepared with necessary supports, resources & information by establishing a comprehensive Plan of Safe Care will address the effects of the prenatal exposure

The Center for Therapeutic Interventions, (CTI) in collaboration with the Oklahoma Department of Mental Health and Substance Abuse Services, The Department of Human Services, Tulsa County Family Treatment Court and local social services are combining efforts to meet the needs of families with substance exposed children from conception to 12 months of age allowing families to prevent child welfare involvement when abuse and neglect are not an issue.

The S.A.F.E.R. Project is a program for families from conception through the first year focusing on continued addiction treatment & recovery, increasing parental education & planning, enhancing family wellbeing, advocating & empowering of healthy & safe families in the prevention of maltreatment of children and avoiding unnecessary child welfare involvement.

S.A.F.E.R. Project Mission:

S.A.F.E.R. Project mission is to educate and empower the pregnant women, medical/clinical providers and the greater community about the positive effects of medication assisted treatment and recovery during and after pregnancy and the impact of decreasing substance use disorders in pregnant women thereby minimizing prenatal exposure to babies and improving the health outcomes of those children.

Program Targets

1. Recovery & Treatment Objectives
 - a. Participants will engage in behavioral health services including addiction medicine treatment when appropriate, follow all treatment recommendations according to assessment results, enable all treatment providers to collaborate and consult in the overall care of the expectant mother thereby reducing substance exposure and improving child health outcomes and family safety & stability.
2. Relational Attachment Objectives
 - a. Participants who are pregnant or have children ages zero to 12 months of age will engage in recovery, create a comprehensive plan of safe care,

retain custody of the child and will not become involved with the Department of Human Services (DHS) or will not have their child(ren) removed from the home upon involvement with DHS.

- b. Upon the delivery of the child, the participant having received education, resources treatment and preparedness will have a comprehensive Plan of Safe Care, with a delivery plan, a newborn care plan and all necessary information regarding prenatal and coordinated care to empower the participant to advocate for herself and her baby while in the hospital and after discharging from the hospital.
3. Family Health & Safety Objectives
 - a. Participants will gain a better understanding of child development, enhance their parenting skills and their ability to meet the needs of their children.
 - b. Participants will strengthen their family bond and increase their community support system.
 - c. Participants will increase their ability to meet their family's needs and have fewer crisis situations upon graduation from the program.

Admission Criteria:

Participation in **S.A.F.E.R. Project** is voluntary, and participants have the right to withdraw from the program at any point. The following criteria will be used to determine the eligibility of participants. The **S.A.F.E.R. Project** team will have the final authority of acceptance or denial of any individual applicant.

1. Individuals must be pregnant or have at least one child between the ages of zero and 12 months of age who has been exposed to substances and currently resides in the home or is eligible to be placed in the home.
2. Individuals must agree to receive substance use disorder treatment according to the service plan developed from a comprehensive behavioral health assessment by the program team.
3. Individuals must be willing to engage in recovery efforts and follow treatment recommendations.
4. Individuals must be willing to abide by the agency & program rules and regulations.

Expectations for the Program

S.A.F.E.R. Project is a voluntary program in which participants may opt out of at any point. The program requirements include the following:

- Attendance and Participation in Treatment
- Achieving and Maintaining Sobriety
- Active participation and engagement in health, wellness and recovery efforts
- Open and Honest Communication
- Cooperation with necessary data collection and predetermined intervals

Incentives for compliance with the program guidelines may include:

- Certificates of Achievement

- Gas Cards
- Gift Cards & Certificates
- Tokens or Small Gifts
- Graduation Ceremony

Termination the Program

CTI recognizes that relapses and restarts in the program are a part of the recovery process. Individual’s accountability and monitoring is accomplished by increasing consequences or incentives prior to removal from the program.

Individuals currently involved in the Tulsa Co. Family Treatment court are not eligible for this program. Those **S.A.F.E.R. Project** individuals wishing to participant in the Tulsa Co Family Treatment Court program would not be able to remain in the **S.A.F.E.R. Project** and would have to select participation in only one of the programs.

Graduation Criteria:

Participants are eligible to graduate from the **S.A.F.E.R. Project** when their child turns 12 months of age, the individualized treatment and recovery goals have been met, services are no longer needed and/or with the recommendations of program team. A graduation ceremony will be held at the program site and the participant will have the option to remain at CTI for continued aftercare services.

Program Team:

The S.A.F.E.R. Project is a specialized program with the CTI agency and is designed to provide comprehensive behavioral health & addiction medicine services to meet the needs of the individual and their family. CTI employs a multi-disciplinary team of medical, clinical, administrative and peer recovery support providers and all play a vital role in the treatment and recovery process of the participant.

Team members may include, but not be limited to:

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| • Project Coordinator | • Clinical Therapist |
| • Care Coordinator/Case Manager | • Physician/Physician Assistant |
| • Recovery Support Specialist | • Nurse |

Program Description:

The S.A.F.E.R. Project is a comprehensive treatment & recovery-based program for parents with substance exposed children from conception to the age of one year. The voluntary program may include the following services:

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| • Substance Abuse Treatment | • Resources and Community Referrals |
| • Mental Health Treatment | • Family Services |
| • Addiction Medicine | • Participant Advocacy |
| • Wraparound Services | • Collaboration with other providers |
| • Care Coordination | |
| • Family Support Services | |
| • Case Management | |

Program Initiation

Referral Process:

Anyone may refer a participant to the **S.A.F.E.R. Project** by completing a referral form and/or contacting CTI's **S.A.F.E.R. Project** Program Coordinator. Upon receiving the referral, the participant will be contacted within three business days for an initial interview. The program team will then meet and decide if the participant meets the criteria for the program.

Program Criteria:

Participants must currently be pregnant, have children currently placed in their home or be eligible for placement of children in their home between the ages of zero to 12 months old. Participants' children must be substance exposed and/or be suspected at the time of birth will show NAS or NOWS due to mother's participation in CTI's medication assisted treatment program services. Participants must agree to comply with the program guidelines

Informed Consent:

S.A.F.E.R. Project aims to keep families together during the treatment process if the safety of the child(ren) is not compromised. CTI staff cannot guarantee the child(ren) will remain in the home or the Department of Human Services and family court system will not become involved with the family. The program team will work with the participant, the Department of Human Services and the family court system to minimize the risk of removal and the impact of involvement on the child(ren) and family.

CTI employees are mandatory reporters and must report any suspicion of abuse or neglect to the Department of Human Services. The team will work with the participant to minimize the risk of such reports and to reduce the impact any reports will have on the child(ren) and the participants.

CTI staff must have written consent to discuss the participants' involvement in the program with any family member or community organization except for abuse or neglect reports.

Confidentiality:

S.A.F.E.R. Project as with all services and programs at CTI protect the identity and privacy consistent with HIPAA and Oklahoma law. CTI is a Mental Health and Addiction treatment provider and adheres to the laws and ethics of confidentiality. Individuals in the **S.A.F.E.R. Project** are required to sign a release of information authorizing the disclosure of any information to any party outside of CTI.

Multi-Disciplinary Team Approach:

CTI and the **S.A.F.E.R. Project** program aim to assist in the recovery and healing of the participants and their families through an individualized recovery treatment approach which may include:

- Addiction Medicine & MH Medication Management
- Substance Use Disorder and/or Mental Health Treatment
- Coordinating with Inpatient Substance Abuse Treatment Facilities

- Wraparound Services: Case Management, Care Coordination
Health and Wellness Services
- Family Services: Parenting Skills & Education & Family Supports

The Use of Drug Screening & Testing

The use of urine and/or saliva screening and testing is an important part of any substance use disorder program. These screenings are utilized to help maintain accountability and can be used to show the absence of substance use if the Department of Human Services or the family court system becomes involved with the participant.

Prescription Medication Policy:

Participants receiving non-CTI medical treatment that requires prescription medication should:

- Notify the medical professional that the participant is in recovery and request a non-addictive medication when possible.
- Notify the treatment team of any medications that are prescribed, or over-the-counter medications or supplements used.
- Inform the treatment team of any medical providers, agree to collaboration between CTI and the other providers and sign Consent for ROI to facilitate care coordination.

Program Fees

S.A.F.E.R. Project 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 behavioral health and/or medical services based on the most current rates provided by the Department of Mental Health and Substance Abused Services and CTI private pay rates and/or sliding fee schedule.

Aftercare Services:

CTI provides aftercare services for all participants who have graduated from the **S.A.F.E.R. Project**. These services are designed to assist the participant in maintaining recovery and a safe and stable environment for their child(ren). Aftercare services may include group treatment, individual therapy, wraparound services, case management, recovery support services, medication management or any other treatment service the participant and program team feel is necessary.