

Are you a CT provider or a CT agency that serves pregnant people and their families?

As a healthcare provider or professional who is assisting pregnant/parenting individuals impacted by substance use, understanding your role in the Family Care Plan (FCP) development is essential. A FCP supports the health and well-being of infants and parents as well as assisting families in accessing needed services, including substance use treatment.



What is a Family Care Plan (FCP)?

A Family Care Plan is a document that provides a roadmap of supports for birthing person, baby and family. This includes strategies and services that support the health and wellbeing of newborns and the substance use treatment and recovery of the birthing person. Per federal legislation, people who use substances during their pregnancy should have an FCP reviewed or developed at the time of birth in the event of a CAPTA notification.

What is a CAPTA Notification?

The Child Abuse Prevention and Treatment Act (CAPTA) was reauthorized in 2010 to include a policy requiring states to implement a notification to DCF when a baby is born prenatally exposed to substances. In CT, birthing hospitals are required to submit a CAPTA Notification when an infant with prenatal substance exposure is born. These notifications contain no identifying information, unless a 136 DCF report (concerns of abuse or neglect) is required. Prenatal exposure to substances alone are not grounds to substantiate abuse or neglect.



How are CAPTA and the FCP related?

When a newborn is identified as prenatally exposed to substances, the hospital should review the patient's completed FCP and submit a CAPTA notification. If the patient does not have a completed FCP, the hospital is required to create one in collaboration with the patient. A CAPTA Notification cannot be submitted without the reporter's acknowledgement that a FCP was either reviewed or created.

Where Can I Find an FCP Template?

A fillable Word template can be downloaded and printed from the SEPI-CT website: <https://www.sepict.org/professionals/about-family-care-plans/>. This template can be edited to best fit your hospital or agency's workflow.

A virtual tool is also available on www.sepict.org that utilizes 211 to link resources based on a birthing persons zip code.



I am a Provider: What is my role in the FCP?



Before Birth Event:

- Talk to your patient about a FCP and stress the importance of having one on file before they give birth
- If they do not have a FCP, develop one together. Keep a copy on file and provide them with a copy of their own.
- If they decline to create one, offer them a paper copy.
- Periodically check in with your patient about their FCP questions and/or progress

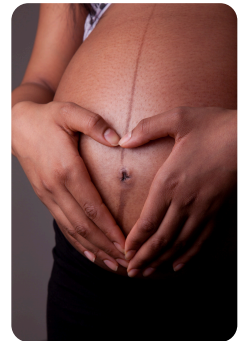
After Birth Event:

- If you are the CAPTA reporter and you are unable to review a completed FCP, create one together before submitting a CAPTA Notification
- Provide the patient their own FCP copy at discharge

I am not a provider, but work with pregnant people. What is my role in the FCP?

There is no wrong door when it comes to creating or discussing an FCP! If you are a behavioral health or social service agency professional and have clients who are using substances while pregnant, you are highly encouraged to provide any FCP guidance and support. Once the plan is completed, it is the client's discretion who they would like to share it with.

Family and friends of a birthing person can also help their loved one complete a FCP online and help keep copies for reference.



I still have questions about CAPTA and/or the FCP. What resources and support are available for professionals?

SEPI-CT can provide an array of support to any professional, practice, or agency that works with this specialty population. Support includes but is not limited to:

- In person/virtual trainings including Family Care Plan and CAPTA, Overview of Women's Services, DCF Mandated Reporter and other various trainings
- Technical Assistance with implementation of new or existing CAPTA/FCP policies and procedures
- Materials such as brochures, pamphlets, and other resources
- One on one in person or virtual assistance with questions/concerns on CAPTA/FCPs

Please Contact:

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Visit www.sepict.org for resources and more information

