

Understanding Your Role in Plans of Safe Care

Your Plan for You and Your Baby



Sometimes, it can feel scary to ask for help, especially when you're expecting a baby and facing challenges like addiction. You might worry about judgment or being separated from your child by child protective services. But there are people and organizations ready to support you and your family through this journey.

Why It's Important for You

You deserve all the support and care you need. Plans of Safe Care (POSC) are here to make sure you and your baby get exactly that. By reaching out to trusted organizations and providers, you can start getting the support you need.

POSC is a **family-led and voluntary process** designed to support families like yours who may be impacted by prenatal substance exposure. Understanding your role in POSC is essential for accessing the support and resources you need for yourself and to provide the best possible care for your infant.

Your Role in POSC



Be Brave: It takes courage to ask for support. But remember, you're not alone in this. Reach out to organizations and providers you trust, and they'll be there to guide you every step of the way.



Advocate for Yourself: Your voice matters. Don't be afraid to speak up about what you need for yourself and your baby. Whether it's counseling, treatment, peer coaching, or support groups, your input helps shape the support you receive.



Stay Informed: Learn about the resources available to you and your family. Knowledge is power, and understanding your options empowers you to make the best decisions for your baby's health and your family's well-being.



You and your baby deserve all the love and support in the world. By actively participating in Plans of Safe Care, you empower yourself to provide the best possible care for your infant and family, setting the stage for a brighter and healthier future together.

Scan for more information and resources.



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