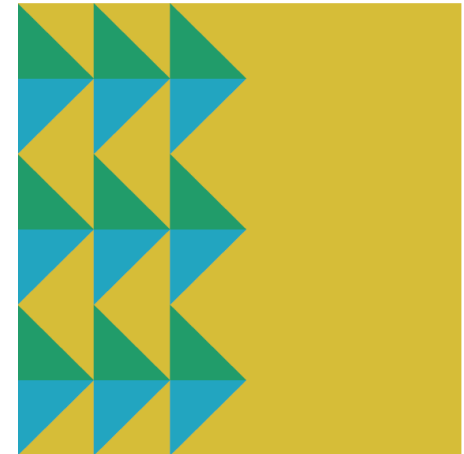
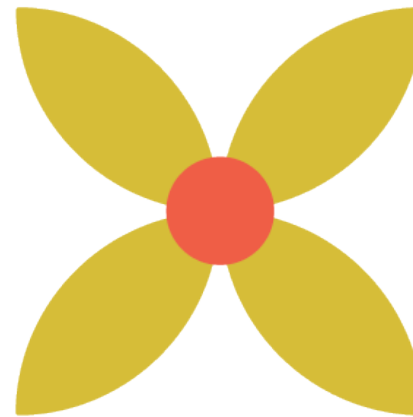


nebraska  
children  
AND FAMILIES FOUNDATION



# Comprehensive Addiction and Recovery Act (CARA)



nebraska  
children  
AND FAMILIES FOUNDATION



**Mikayla Wicks**

Assistant Vice President of Medical Pathways

# Today's Objectives

- Overview of the Comprehensive Addiction and Recovery Act (CARA) Legislation
- Overview of the Notification Process
- Overview of the Plan of Safe Care
- Overview of the Prenatal Plan of Safe Care



# Overview of Legislation

- Passed July 22, 2016
- Federal response to the national opioid epidemic.
- Requires
  - Policies and procedures to address the needs of infants born and identified as being:
    - Affected by ~~illegal~~ substance abuse; or
    - Withdrawal symptoms resulting from prenatal drug exposure; or
    - A Fetal Alcohol Spectrum Disorder
  - Healthcare providers involved in the delivery or care of infants notify the child protective services system of the occurrence of the condition of such infants.
  - The development of a Plan of Safe Care for the infant born and identified as being affected by ~~illegal~~ substance abuse or withdrawal symptoms or Alcohol Spectrum Disorder



# Overview of Legislation

- Data Requirements:
  - The number of infants identified as being affected by substance abuse, withdrawal symptoms resulting from prenatal drug exposure or Fetal Alcohol Spectrum Disorder
  - The number of infants for whom a Plan of Safe Care was developed
  - The number of infants for whom referrals were made for appropriate services- including services for the affected family or caregiver



# Report to the Child Abuse Neglect Hotline

- **Report:** if child abuse and/or neglect is suspected, always notify the Nebraska Child Abuse and Neglect Hotline (1-800-652-1999).
- The DHHS Children and Family Services Specialist will request a copy of the Plan of Safe Care in order to support the health and treatment needs of the infant and family

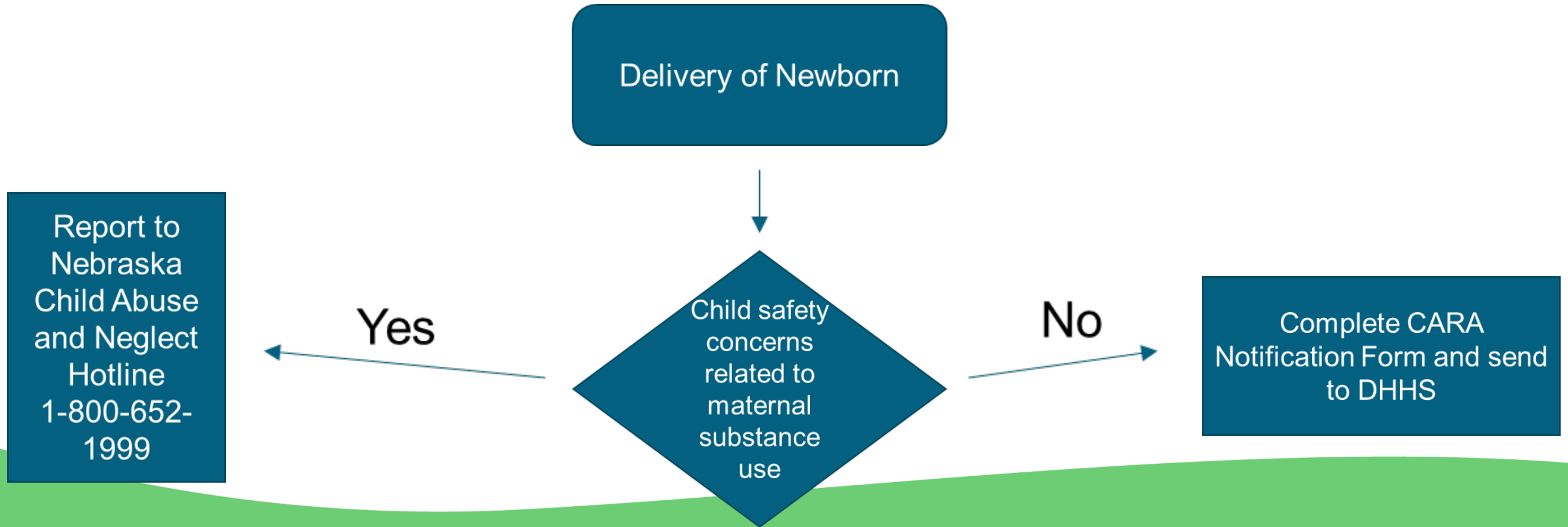


# Notification Process

- **Notify:** Complete the Comprehensive Addition and Recovery Act (CARA) Notification Form or Spreadsheet and submit according to directions. This notification does not contain identifying information. The following criteria require a notification to DHHS:
  - Mother is stable and engaged in opioid medication assisted treatment with a licensed physician;
  - Mother is being treated with opioids for chronic pain by a licensed physician;
  - Mother is stable and engaged in treatment for other non-opioid substance use, including alcohol, with a licensed provider, physician and/or stable recovery program;
  - Infant is at risk of Fetal Alcohol Spectrum Disorder; Or
  - Mother is engaged in substance use or misuse, (including Marijuana) that does not rise to the level of abuse/neglect requiring a report. This is up to the physician's judgement.



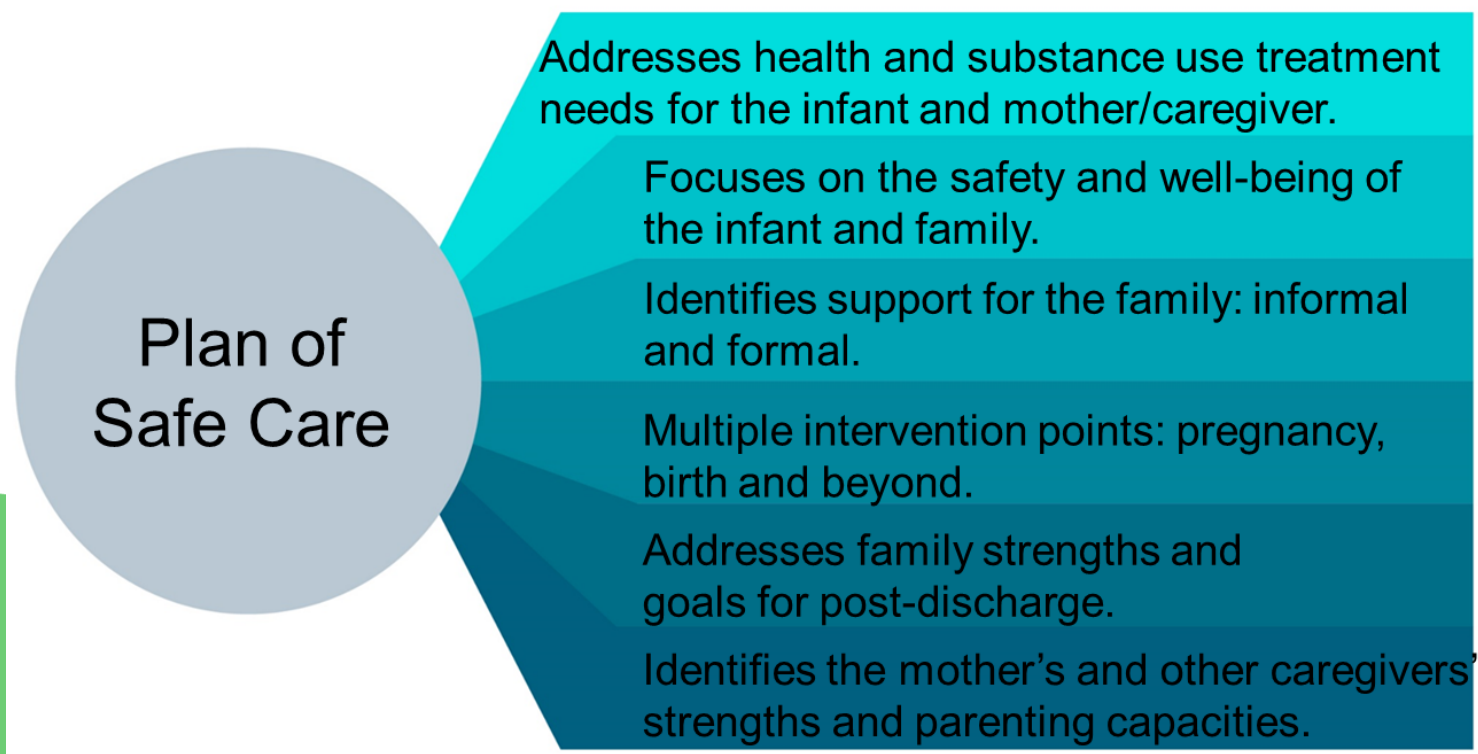
# Notification Process



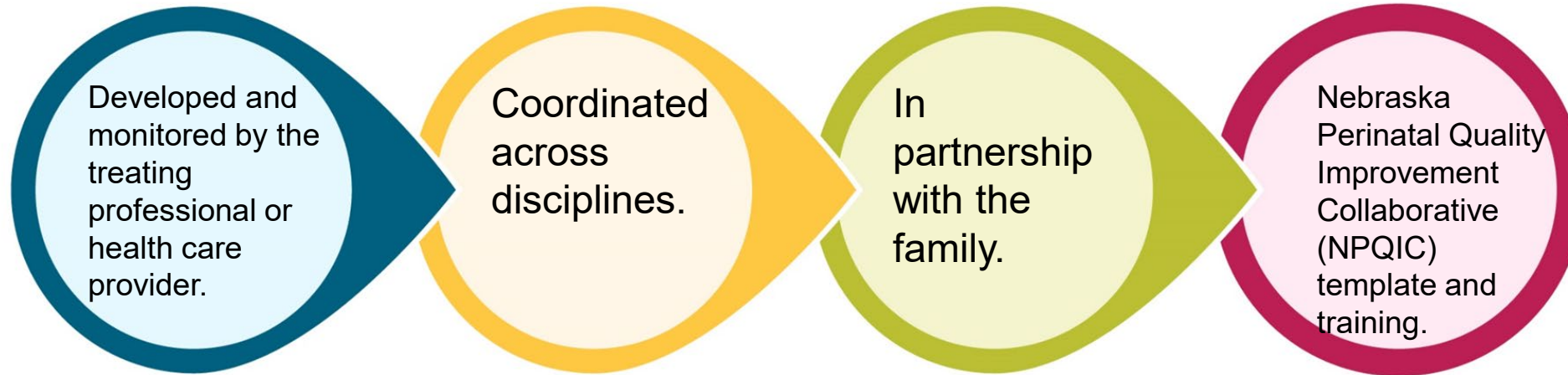


# Plan of Safe Care

- A Plan of Safe Care should be developed for any and all infants born and identified as being affected by substance abuse or withdrawal symptoms or Fetal Alcohol Spectrum Disorder.



# Plan of Safe Care Development and Support



# Prenatal Plans of Safe Care

- Hastings
  - Launch September 2022
  - Relaunch April 2023
- North Platte
  - Launch June 2023



# Binder Model

- Houston, Texas
- Binder contents:
  - 1. Plan of Safe Care
    - Demographics
    - Medical History
    - Medication List
    - Psychiatric History
    - Substance Use History
    - Medical Services for Substance Use
    - Prenatal Drug Testing Results
    - Family & Supports
    - Current Support System
    - Your Strengths
    - Your Goals (Parenting, Breastfeeding, Recovery, Etc.)
    - Where do you see yourself in 3-5 years?
  - Infant Information
  - Infant Care Needs
  - Infant's Medications
  - Referrals and Services
  - Relapse Prevention Plan
  - Additional Children
  - Demographics
  - Medical History
  - Existing Medical Conditions and Medications
  - Education History and Community Linkage
  - Introducing Your POSC to a Provider
  - Communications Log



# Binder Model continued

- Binder Contents Continued:
  - 2. Contacts
  - 3. Consents & Release of Information
  - 4. Child Resources
    - Choosing a Pediatrician
  - 5. Appointment and Visit Summaries
  - 6. Certificates and Accomplishments
  - Notes/Update Log

\*\* Updated at birth even tot include plan for infant(s)



# *Thank you!*



nebraskachildren  
AND FAMILIES FOUNDATION

[Mwicks@nebraskachildren.org](mailto:Mwicks@nebraskachildren.org)

[www.NebraskaChildren.org](http://www.NebraskaChildren.org)