# Supporting Families Affected by Substance Use Disorders and Their Infants: An Overview of CAPTA/CARA and Plans of Safe Care

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# National Quality Improvement Center for Collaborative Community Court Teams



Administration on Children, Youth and Families Children's Bureau

#### Today's Presentation

An Overview of the CARA Amendments to CAPTA

Plans of Safe Care (POSC) – what can they include?

Examples of current work

#### Discussion

- Who is working with their state/locally on Plans of Safe Care?
- What would your Plan of Safe Care include?
- Role of the Healing to Wellness Courts in Plans of Safe Care





# Why is this Important?

- Good idea to target this population
  - Number of children aged one and under who are being removed because of substance use has gone up
  - When women who use become pregnant
     window of opportunity
  - Women who get treatment while pregnant have healthier babies
  - Young mothers in 4<sup>th</sup> trimester are at risk
- Good to know what states are required to do
  - Implication for active efforts?

# AN OVERVIEW OF THE CARA AMENDMENTS TO CAPTA

1974

Child Abuse Prevention and Treatment Act (CAPTA)

2003

The Keeping Children and Families Safe Act

2010

The CAPTA Reauthorization Act

2016

Comprehensive Addiction and Recovery Act (CARA)

2018

Substance Use Disorder Prevention that Promotes Opioid Recovery and Treatment for Patients and Communities Act (SUPPORT Act)

# Primary Changes in **CAPTA** Related to Infants with Prenatal Substance **Exposure**

## CARA's Primary Changes to CAPTA

- 1. Further clarified population to infants "born with and affected by substance abuse or withdrawal symptoms resulting from prenatal drug exposure, or a Fetal Alcohol Spectrum Disorder," specifically removing "illegal"
- 2. Specified data to be reported by States
- 3. Required Plan of Safe Care to include needs of both infant and family/caregiver
- 4. Specified increased monitoring and oversight by States to ensure that Plans of Safe Care are implemented and that families have access to appropriate services

### CARA: CAPTA State Plan Requirements

- Modifies the requirement for plans of safe care
- Requires that plans of safe care address both infants and their families or caretakers
- Requires states to monitor implementation including delivery of services to infants and family/caregivers



#### CARA: CAPTA Data Collection Requirements



Requires states, to the maximum extent practicable, to report to National Child Abuse and Neglect Data System (NCANDS):

- Number of infants identified as being affected by substance abuse or withdrawal symptoms resulting from prenatal drug exposure, or a Fetal Alcohol Spectrum Disorder
- Number of infants with safe care plans
- Number of infants for whom service referrals were made, including services for the affected parent or caregiver

# PLANS OF SAFE CARE: WHAT CAN THEY INCLUDE?

# Domains in a Plan of Safe Care Can Include

Primary, Obstetric and Gynecological Care

Prevention and
Treatment of Mental
Health and
Substance Use
Conditions

Parenting and Family
Support

Infant Health and Safety

Infant and Child Development

Spiritual and Cultural Services

Family and Community
Supports



Women with substance use disorders are identified during pregnancy...

engaged into prenatal care, medical care, substance use treatment, and other needed services...

A Plan of Safe Care for an infant and their parents/caregivers is developed reducing the number of crises at birth for women, babies, and systems!

# Collaborative Plans of Safe Care are...

Ideally, developed prior to birth of infant

Comprehensive multi-disciplinary assessment

Multiple intervention points: pregnancy, birth and beyond

Addresses needs of infant and family/caregiver

Structure in place to ensure coordination of, access to, and engagement in services

# Plans of Safe Care benefit from being...

Interdisciplinary across health and social service agencies

Based on the results of a comprehensive, multidisciplinary assessment

Family focused to meet the needs of each family member as well as overall family functioning and well-being

Completed, when possible, in the prenatal period to facilitate *early engagement* of parent(s) and communication among providers

Easily accessible to relevant agencies

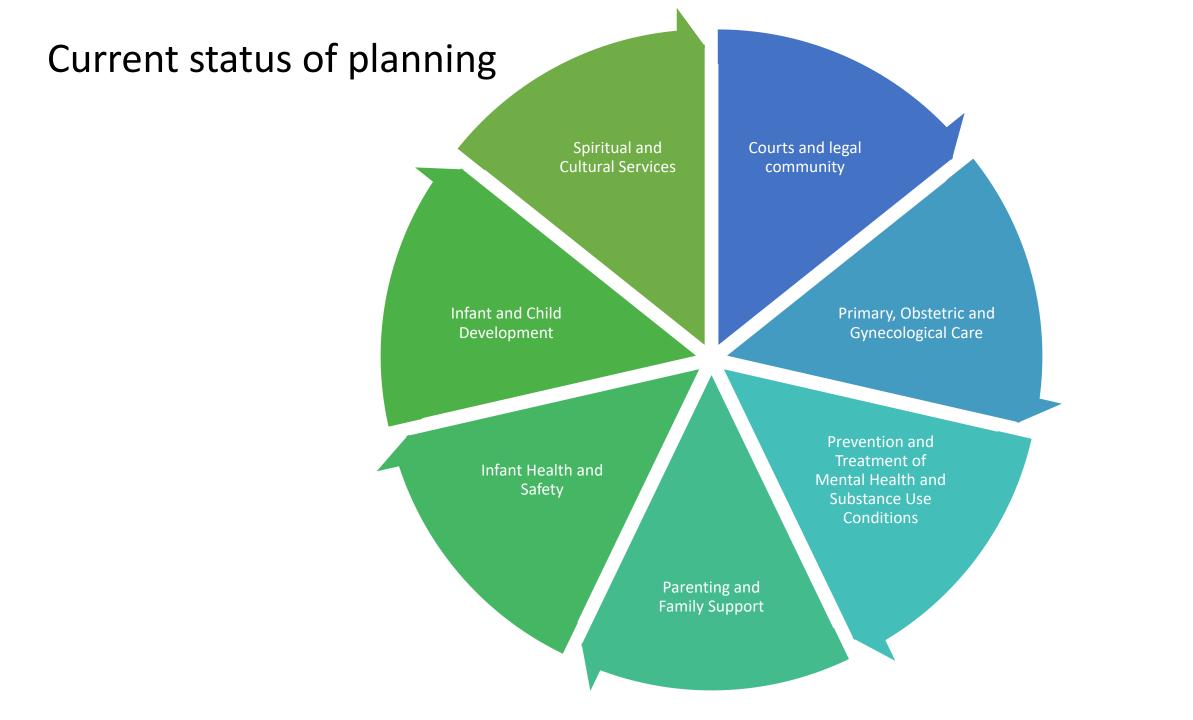
Grounded in *evidence-informed practices* 



## Examples

#### Northern California Tribal Court Coalition

- National Quality Improvement Center for Collaborative Community Court Teams (QIC-CCCT) Joint jurisdiction courts
  - Yurok/Humboldt
  - Hoopa/Humboldt
  - Yurok/Del Norte
  - Tribe-led development of Plans of Safe Care
    - In planning phase



#### Discussion

- Who is working with their state/locally on Plans of Safe Care?
  - What would you want a state to do to begin the process of designing POSC?
- Can you see a role for POSC in your Healing to Wellness Courts?
  - Who would you include in their creation?
  - What would you include in the plan?
- What kinds of things should be included in a POSC?
- Role of the judiciary in their use?



## No Single Agency Can Do This Alone



- Diverse partnerships to meet multiple and complex needs
- Partnerships should include diverse providers supporting the whole families needs including parents and infants
- Well-trained teams built on trust and accountability
- Strong, supportive hand-offs for families
- Information sharing and communication



#### **Contact Information**

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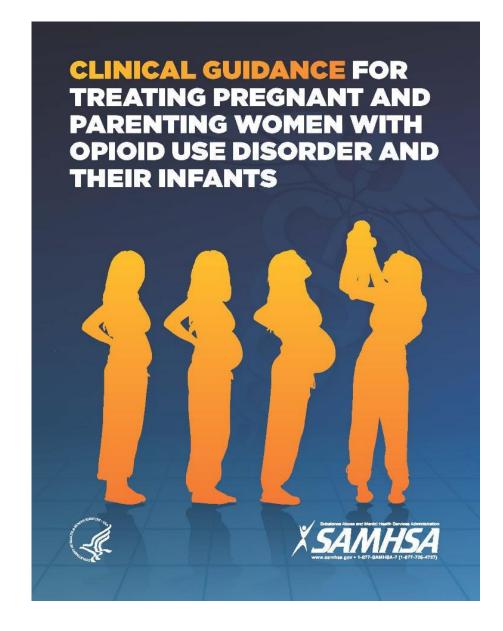
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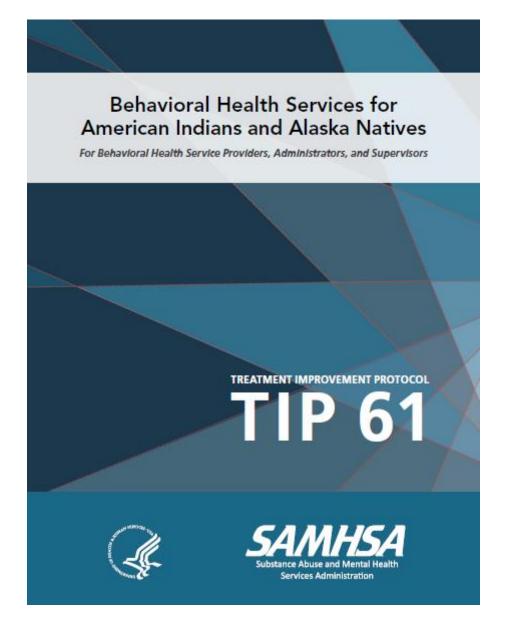
#### RESOURCES



Comprehensive, national guidance for optimal management of pregnant and parenting women with opioid use disorders and their infants.

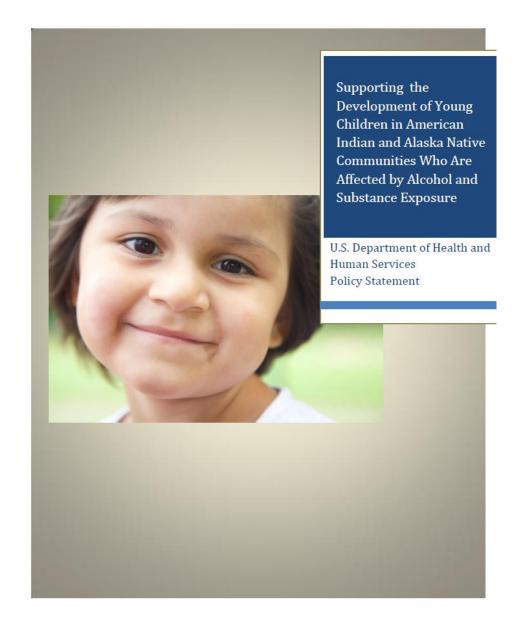
The Clinical Guide helps healthcare professionals and patients determine the most clinically appropriate action for a particular situation and informs individualized treatment decisions.

Available for download here: https://store.samhsa.gov/shin/content//SMA18-5054/SMA18-5054.pdf



This Treatment Improvement Protocol (TIP) serves as a primer for working with individuals who identify with American Indian and Alaska Native cultures. It aims to help behavioral health service providers improve their cultural competence and provide culturally responsive, engaging, holistic, trauma-informed services to American Indian and Alaska Native clients. The TIP presents culturally adapted approaches for the prevention and treatment of addiction and mental illness, as well as counselor competencies for providing behavioral health services to American Indians and Alaska Natives.

Available for download here: https://store.samhsa.gov/shin/content//SMA18-5054/SMA18-5054.pdf



The purpose of this U.S. Department of Health and Human Services (HHS) policy statement is to support early childhood programs and tribal communities by providing recommendations that promote the early development of American Indian and Alaska Native (AI/AN) children, prenatal to age eight, who have been exposed to alcohol or substances during pregnancy, or who are affected by parent or caregiver substance misuse during early childhood.

Available for download here: <a href="https://www.acf.hhs.gov/sites/default/files/ecd/tribal\_statement\_a\_s\_exposure\_0.pdf">https://www.acf.hhs.gov/sites/default/files/ecd/tribal\_statement\_a\_s\_exposure\_0.pdf</a>



A COLLABORATIVE APPROACH TO THE TREATMENT OF PREGNANT WOMEN WITH OPIOID USE DISORDERS







Practice and Policy Considerations for Child Welfare, Collaborating Medical, & Service Providers







**Purpose**: Support the efforts of States, Tribes and local communities in addressing the needs of pregnant women with opioid use disorders and their infants and families

#### **Audience**

- Child Welfare
- Substance Use Treatment
- Medication Assisted Treatment Providers
- OB/GYN
- Pediatricians
- Neonatologists

#### **National Workgroup**

- 40 professionals across disciplines
- Provided promising and best practices;
   input and feedback over 24 months



A Planning Guide: Steps to Support a Comprehensive Approach to Plans of Safe Care

February 2018



Designed as a planning guide that NCSACW can use with you to further your communities' efforts in developing a comprehensive approach to implementing Plans of Safe Care

# TAPPING TRIBAL WISDOM: Providing Collaborative Care for Native Pregnant Women with Substance Use Disorders and Their Infants



Lessons Learned from Listening Sessions with Five Tribes in Minnesota Fall 2018

> National Center on Substance Abuse and Child Welfare

This report highlights work between the Minnesota Department of Health Services and Tribal partners to improve coordination with Minnesota's substance use treatment, child welfare and maternal and child health agencies as a part of a three and a halfyear engagement in the Substance Exposed Infants (SEI) In-Depth Technical Assistance (IDTA) program aimed at advancing the capacity of states, tribes, and their community partner agencies to improve the safety, health, permanency, and well-being of infants with prenatal substance exposure and the recovery of pregnant and parenting women and their families.

The insights provided in this report are the result of a listening tour conducted in 2018 with program staff from five Tribal partners sites who implemented different collaborative care models for working with pregnant Native American women and their families.

#### **Adverse Childhood Experiences**

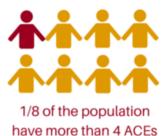
Traumatic events that can have negative, lasting effects on health and wellbeing



People with 6+ ACEs can die

20 yrs

earlier than those who have none



#### 4 or more ACEs

the levels of lung disease and adult smoking



the level of intravenous drug abuse



**14**x

the number of suicide attempts



**11**x

as likely to have begun intercourse by age 15

4.5x

more likely to develop depression



the level of liver disease

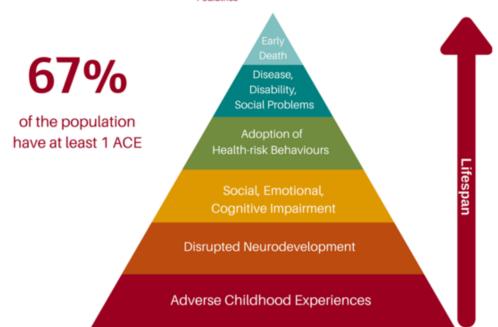


Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today



Dr. Robert Block, the former President of the American Academy of Pediatrics





#### REFERENCES

#### References

- Child Abuse Prevention and Treatment Act of 1974 s. 1191 (USA)
- Comprehensive Addiction and Recovery Act of 2016 s. 524 (USA)
- Consolidated Appropriations Act 2018 H.R. 1625 (USA)
- Families First Prevention Services Act of 2018 H.R. 253 (USA)
- The Keeping Children and Families Safe Act of 2003 s. 342 (USA)
- The CAPTA Reauthorization Act of 2010 s. 3817 (USA)