

# A Collaborative Approach to Supporting Women & Families

**Alcohol Drug Policy Council**  
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**Shelly Nolan, MS, LPC**  
Director of Women's Services  
CT Department of Mental Health and Addiction Services

**Kris Robles, LCSW**  
Clinical Behavioral Health Manager for Substance use & Intimate Partner Violence  
CT Department of Children & Families

# Objectives

- Provide an overview on Child Abuse Prevention and Treatment Act (CAPTA) & Plans of Safe Care
- Explore the role of the Substance Exposed Infants / Fetal Alcohol Spectrum Disorder (SEI/FASD) strategic plan
- Explore the benefit of family focused and recovery oriented services
- Explore existing collaborative efforts between DCF & DMHAS

# CAPTA / CARA

- The Child Abuse Prevention and Treatment Act
  - Federal legislation addressing child abuse neglect across the United States
  - Originally enacted in 1974 and reauthorized in 2010
- The Comprehensive Addiction and Recovery Act (CARA)
  - Increase the states' compliance with CAPTA and amending legislation to include the needs of infants born with and identified as being affected by substance misuse
- Specifically included in the CAPTA/CARA requirements are:
  - States are to develop policies and procedures for the notification to child protective services of the birth of an infant affected by prenatal drug or alcohol exposure
  - Develop a process for referrals to screening and early intervention services
  - Healthcare providers involved in the delivery of care of an infant born substance exposed must notify child protective services
  - A plan of safe care is to be developed for these infants and their families

The screenshot shows the 'NEWBORN NOTIFICATION PORTAL' on the Connecticut Department of Children and Families website. The page includes a search bar at the top, a navigation menu, and a main content area with the following sections:

- Resources-**
  - CAPTA/CARA LEGISLATION
  - Plan of Safe Care Template
  - Role specific resources to help develop a Plan of Safe Care
  - CAPTA/CARA Webinar
  - Links to community based resources
  - Safe Haven information
- Frequently Asked Questions-**
  - Do I file a CAPTA Notification or DCF Referral?
  - What is the definition of an "infant born substance exposed"?
  - What are the components to a Plan of Safe Care?
  - What are my responsibilities as a Mandated Reporter?

A photo of a baby's hand being held is visible on the right side of the page. At the bottom, there is a green arrow button that says "Select here to begin the online submission process." and a note: "If you require immediate assistance or have a 'Safe Haven' child, please contact the DCF CARELINE."

# NOTICES

4813 TOTAL  
189 July 2021

# PLANS of SAFE CARE

3223 TOTAL  
67% of Submissions

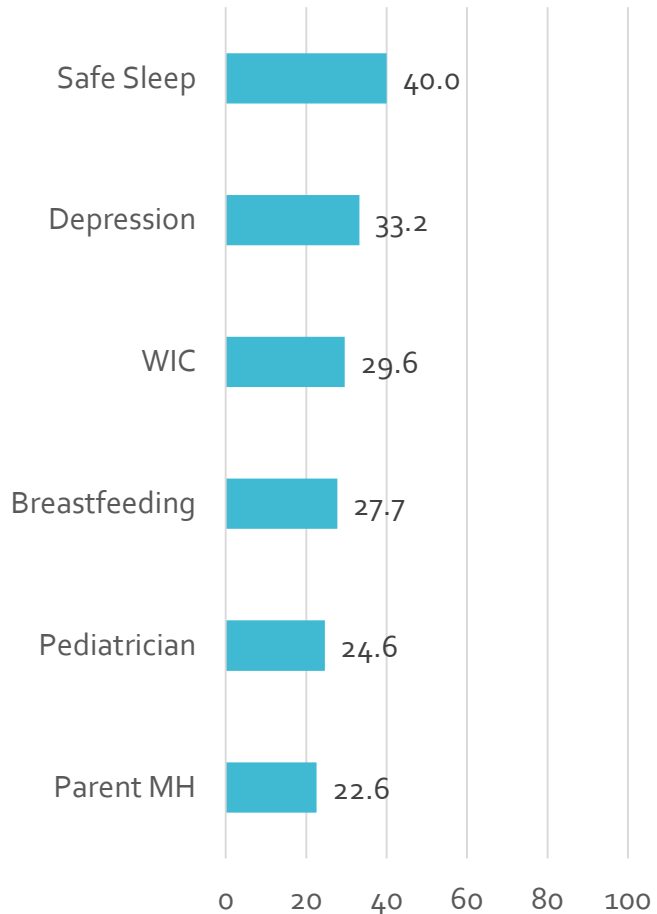
# CARELINE

2329 TOTAL  
48% of Submissions

# CAPTA

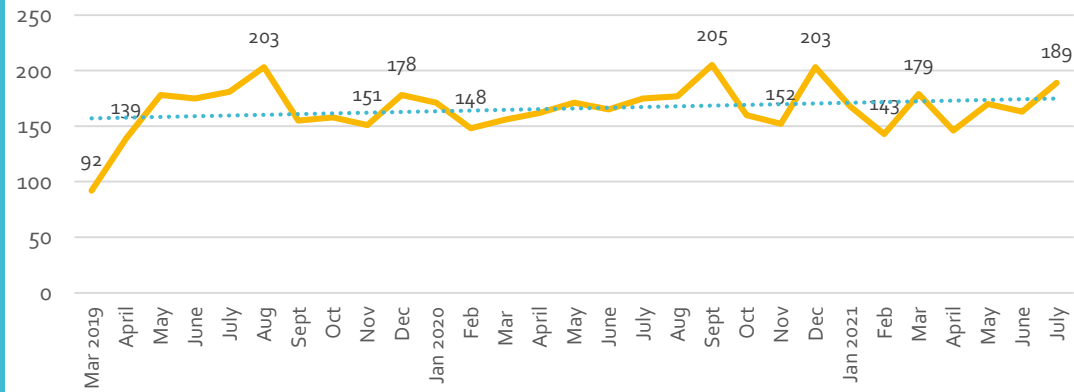
## JULY 2021

### MOST COMMON NEEDS (%)

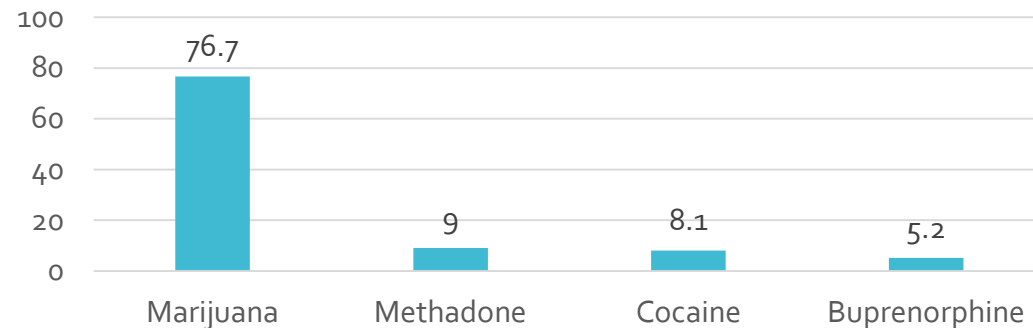


### SUBMISSIONS TO THE PORTAL OVER TIME

AVERAGE OF 166 SUBMISSIONS MONTHLY

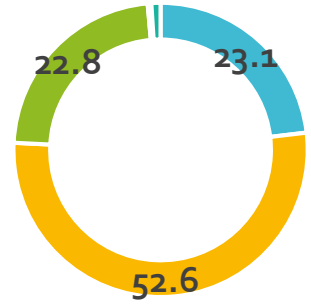


### MOST COMMONLY DETECTED DRUGS (%)



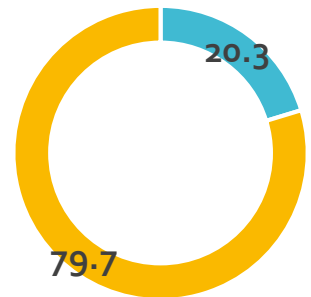
### Mother's Race (%)

- Black
- White
- Unknown
- Multi-race
- Other



### Mother's Ethnicity (%)

- Hispanic
- Non-Hispanic



# SUBSTANCE USE DATA FROM A DIFFERENT LENS



**AS OF JULY 2, 2021**

## 40 REPORTS

- 11 reports of ingestions
- 4 reports of child use – no parental knowledge
- 4 reports of child use – parental knowledge
- 10 reports of mother being positive at birth (cannabis)
- 6 reports of mother testing positive during pregnancy
- 5 reports of other – parent smoking in a car with child present, parent selling

**SAFE STORAGE PSA**

[https://youtu.be/sa3ifqpt2\\_c](https://youtu.be/sa3ifqpt2_c)

# Plans of Safe Care & 211 United Way Collaboration

- Alongside CAPTA, the plan of safe care (POSC) provides the needed services and supports for infants with prenatal exposure, their mothers with substance use disorders and their families to ensure a comprehensive response to the effects of prenatal exposure
- The Plan of Safe Care is a document that provides a roadmap of what supports a woman, and her family, may need as she transitions into motherhood
- Mom is empowered to share her resources, strengths and needs and she chooses who to collaborate with and when to share her plan
- Ideally, POSC can be shared with the medical team in advance of her delivery to coordinate services and minimize surprises at the time of delivery
- 211 and United Way
  - Multimedia campaign
  - Online POSC resource screening tool

211  
2-1-1  
Connecticut  
United Way

About Programs By Age For Providers Get Help Ho

CAPTA Plan of Safe Care

Giving babies a safe and healthy start is important to their health and development. Connecticut takes a family-focused approach to supporting parent(s), guardian(s) and their children as they welcome a new family member and take positive steps toward their recovery from a substance use disorder.

Two federal laws help Connecticut to achieve this goal – the Child Abuse Prevention and Treatment Act (CAPTA) and the Comprehensive Addiction and Recovery Act (CARA). These laws require Plans of Safe Care whenever a baby is born exposed to substances before birth. Expectant and new mothers and their families work with their support team (doctors, community providers, other family members) to identify actions they can take to support the mother's and baby's safety and health. Plans of Safe Care include strategies and services that support the health and safety of newborns as well as the ongoing treatment of caregivers with substance use disorders. These Plans are customized for the needs of each baby and family and can include a wide range of information and strategies from infant learning and positive development to parenting and caregiver support groups for ongoing recovery.

How does it work?

- Hospitals are required by law to notify the Department of Children and Families (DCF) when a child is born exposed to substances. This is called a CAPTA Notification. In Connecticut, CAPTA Notifications are blind, meaning they do not name the parent or child specifically.
- If the hospital has concerns about the safety of the child, they are required by law also to file a report with the DCF Careline. Unlike CAPTA Notifications, DCF Careline reports do identify the parent and child. DCF reviews Careline reports to determine whether or not child abuse or neglect has occurred.

Plan of Safe Care

A Plan of Safe Care (POSC) provides action steps for the infant's caregivers to ensure the child's safety, well-

# FASD/SEI Initiative

- **5 Year Strategic Plan**
  - Initially completed in 2017
  - Currently updating plan to revamp areas of priority to include
    - CAPTA & POSC
    - Screening and Referral
    - Marketing and Training
    - Treatment, Recovery, and Wellness Support
- **Work is advanced through**
  - Core Team
  - Executive Implementation team
  - Workgroups



# Family Focused / Two Gen Work

- DMHAS awarded a SAMHSA grant for PROUD (Parents Recovering from Opioid Use Disorder) in September 2020. Services to be delivered via integrated care model for women & families in greater Hartford & New Britain communities.
- DCF
  - Multidimensional Family Recovery
  - Recovery Management Check up and Support
  - Family Navigation





# Integration of the Recovery Perspective

- We operate from the perspective that women are the experts in their own lives and that their voice is crucial to the work that we do. Women in recovery act as consultants to review materials and documentation.
- Women's REACH (Recovery, Engagement, Access, Coaching & Healing) is a statewide program that provides recovery coaching and case management services. All services delivered are provided by Women's Recovery Navigators who are persons with lived experience and use their story to inspire others.
- CCAR Recovery Coaches stationed in 22 Emergency Department
- DCF
  - CROSS
  - Youth Advisory Board
  - Parents with Cognitive Limitations
  - FAVOR
  - Parents on Behavioral Health Oversight Committee



# Availability of treatment services

- DMHAS & DCF offers a full continuum of services ranging from intensive residential to community based
  - DMHAS -8 pregnant & parenting programs statewide, gender responsive treatment including withdrawal management, residential, outpatient (including integration of MAT)
  - DCF – 3 youth residential treatment facilities in 2 psychiatric residential treatment facilities , 7 adolescent community base services, 5 adult caregiver services
- The level of service is matched to the individual based on their identified needs and where they are in their recovery journey
- Services are available to DCF involved families, and when appropriate, the agencies work together to support clinical needs and a safe transition into the community

# How can we support each other?



- Stigma/ Discrimination continues to exist which directly impacts care
- Collaboration & Ongoing training
  - Addressing Stigma
  - Harm Reduction
  - Reproductive Health
  - Screening and connection to services
- This group is available to you for
  - Subject matter expertise
  - Support with locating and interpreting data
  - Bringing voices with lived experience to the table

# Areas of Further Development

- Women's access to care
  - Increased risk of death for women of color
  - Eliminate health disparities
  - Reproductive justice
- Coverage for access to care
  - Expanding definition of postpartum from 6 weeks to 1 year
  - Ensure safety nets for most vulnerable populations
- Continue to expand on collaborative efforts between state and community partners
  - FASD-SEI Initiative
- Data informed Service development and implementation
  - Explore opportunities for cross system data infrastructure



# Resources

- DMHAS Women's Services: <https://portal.ct.gov/DMHAS/Programs-and-Services/Women/Womens-and-Childrens-Programs>
- DCF CAPTA Homepage: <https://portal.ct.gov/DCF/CAPTA/HOME>
- DCF Substance Use Services: <https://portal.ct.gov/DCF/Substance-Use/Home>
- CAPTA Plan of Safe Care 211 website: <https://cdi.211ct.org/capta/>
- Connecticut Clearinghouse: <https://www.ctclearinghouse.org/>
- Live LOUD Campaign: <https://liveloud.org>
- CCADV Safe Connect: <https://ctsafecconnect.com/>
- Substance Use Bed Availability (real time): <https://www.ctaddictionservices.com/>
- Mental Health Bed Availability (real time): <https://www.ctmentalhealthservices.com/>

# Questions & Discussion



# Contact Information

- DCF
  - **Kris Robles, LCSW**
    - Clinical Behavioral Health Manager, Substance Use Treatment, Recovery and IPV services
    - [Kris.Robles@ct.gov](mailto:Kris.Robles@ct.gov)
- DMHAS
  - **Shelly Nolan, MS, LPC**
    - Director of Women's Services
    - [Shelly.Nolan@ct.gov](mailto:Shelly.Nolan@ct.gov)

