What is a Plan of Safe Care?

When an infant has been exposed to substances during pregnancy a POSC is developed. The plan is written with the pregnant/parenting mother and her personal and professional support team.

The POSC is a written plan that can be updated and stays with the woman. She is encouraged to share the plan with her support team, throughout her pregnancy. The team helps to ensure resources are available to assist the woman, infant, and family.

The Plan of Safe Care provides an opportunity to refer mothers to important services, educate them about the health and safety of their infants, and prepare them for the challenges of caring for a substance exposed infant.

Key Topics in a POSC

Basic Needs:
- Food
- Safe housing
- Medical care
- Clothing
- Transportation
- Mental health
- Substance use treatment

Delivery and Discharge Plan:
- Prenatal care
- Birthing location
- Safe sleep environment
- Family planning
- Sharing plan with other service providers

Infant Needs:
- Diapers
- Breast/formula feeding
- Pediatric care
- Car seat
- Parenting skills

Support After Delivery:
- Substance use treatment
- Home visiting nurse
- WIC
- Transportation
- Medical follow-up for Mom & Baby

Developing a Plan of Safe Care

Ideally a POSC should be developed during pregnancy or at the earliest point it is suspected that the infant has been exposed to a substance.

All service providers involved in the mother’s care should have input to promote the best health outcomes.

The purpose of the POSC is to share information, reduce harm, and ensure well being during and after pregnancy.

Each plan is designed to meet the unique needs of the woman and her family.
A plan to support the mother to ensure well being during and after pregnancy.

**Resources: Maternal Child Nurses**

**Washington County:** 518-746-2400  
www.washingtoncountyny.gov  

**Warren County:** 518-761-6580  
www.warrencountyny.gov  

**Saratoga County:** 518-584-7460  
www.saratogacountyny.gov  

**Essex County:** 518-873-3500  
www.co.essex.ny.us/health  

**Plan of Safe Care (POSC)**

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**NYS Office of Alcoholism and Substance Abuse Services - OASAS**  
1-877-846-7369  
www.oasas.ny.gov  

**Council for Prevention**  
518-746-1527  
www.councilforprevention.org  

**The Baywood Center**  
518-798-4221  

**Center for Recovery**  
518-926-7200 (Glens Falls)  
518-747-8001 (Hudson Falls)  
www.glensfallshospital.org/services/Behavioral-Health/center-for-recovery.cfm  

**St. Peter’s Addiction Recovery Center (SPARC)**  
518-885-6884  
www.sphcs.org/addictionrecoverySPARC  

**Conifer Park**  
518-793-7273 (Glens Falls)  
www.coniferpark.com  

**Saratoga Community Health Center Addiction Medicine Program**  
518-886-5600  

**Saratoga County Alcohol & Substance Abuse Services**  
518-587-8800  

**New Choices Recovery Center**  
COTI Project  
518-579-9233  

**POSCh Team Members may include:**

- Family/Social Supports
- OB/GYN, Midwives, Nurse Practitioners
- Treatment Programs
- Behavioral Health
- Infant’s Provider
- Maternal Child Nurses
- Community Services: WIC, Head Start, EOC
- Early Intervention
- Social Services

**Resources Continued:**

**Updated 9/18/2018**