



# FAMILY WELLNESS PLAN

INFORMATION FOR STAFF



## WHAT IS A FAMILY WELLNESS PLAN?

A Family Wellness Plan is a document created jointly by the pregnant or parenting person, family, and a Navigator. The purpose of the Plan is to support the family by:

- Starting with their goals
- Supporting them to identify their strengths and needs
- Making referrals and connecting them to services and supports to ensure that they have what they need to be successful
- Connecting them to a Navigator who will guide and support them

The goal is to work with the family to plan how best to support them and baby's health and development.



## IS A FAMILY WELLNESS PLAN REQUIRED?

Federal and State laws require that infants affected by substance misuse, withdrawal, or fetal alcohol spectrum disorder must have a plan of safe care (i.e., Family Wellness Plan) in place. Each county is required to establish protocols regarding the assessment and referral for substance-affected infants to Child Protective Services (CPS). Prenatal substance use does not automatically require a call to CPS.

Prior to the infant's release from the hospital, an assessment must be performed. The purpose of the assessment is to identify needed services for the parent, child, or family and the level of risk posed to the newborn. If, following the assessment, there are other factors present indicating risk to the child, a report should be made to CPS.

## WHO SHOULD BE INVOLVED IN DEVELOPING THE FAMILY WELLNESS PLAN?

The Family Wellness Plan is owned and developed by the family with the support of Navigator. These providers could also support the family attaining their goals outlined in the plan:

- Hospital Social Workers/Case Managers
- OB/GYNs
- Primary Care Doctors
- Pediatricians
- Substance Use Disorder Treatment Providers
- Recovery Coaches
- Mental Health Providers
- Staff from Home Visiting Programs
- Faith Leaders
- Parent Coaches and Peer Support



## WHO CAN BENEFIT FROM A FAMILY WELLNESS PLAN?



The plan was designed for pregnant and postpartum persons with infants who are at risk for or experienced prenatal substance exposure. The following populations should have a Family Wellness Plan developed:

- A pregnant person with an active substance use disorder
- Any family with infants born exposed to substances, even if they do not require a report to Child Protective Services
- Any family with infants who experience withdrawal, even to prescribed medications (e.g., methadone, benzodiazepines)

## WHAT IF A PREGNANT PARENT/FAMILY DOES NOT WISH TO PARTICIPATE IN SERVICES IDENTIFIED THROUGH THE PROCESS?

Services identified through the Family Wellness Plan process is completely voluntary, and a pregnant or parenting person/family is not required to participate. Although it is completely optional, explain why you think they would benefit from it. Reassure the pregnant or parenting person that the plan is solely a tool to provide help and support.

## WHEN SHOULD A FAMILY WELLNESS PLAN BE INITIATED?

Ideally, a Family Wellness Plan should be developed during pregnancy. This will allow the family and unborn child to get the most benefit from supportive services and reduce potential CPS involvement. However, if a plan is not developed during pregnancy, it should be developed after delivery but before leaving the hospital. Best practices, however, support developing the Family Wellness Plan prenatally to serve as a living document throughout the pregnancy and after birth.