

FAQ's About the Family Wellness Plan for Staff



What is the Family Wellness Plan?

A Family Wellness Plan is a document created jointly by a pregnant or parenting person, their family, and a Navigator. The document includes information about the parent, the infant, and their family/support systems to assist with care coordination. The goal of the plan is to work with the family unit to plan how best to support them and baby's health and development.

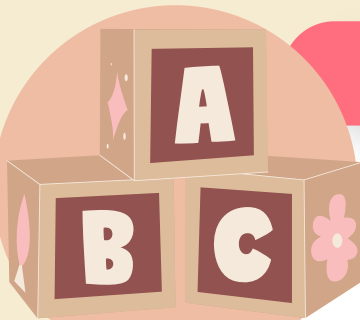
What does being "affected by" mean?

Federal and State law require that infants affected by substance misuse, withdrawal, or fetal alcohol spectrum disorder are to 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 process for substance-affected infants.

A baby born affected by substances will need to be assessed for safety prior to leaving the hospital, but the Family Wellness Plan is separate from that assessment and, very importantly, substance use alone does not mean the hospital must call Child Protective Services. If, following the assessment, there are other factors present indicating risk to the child, a report should be made to Child Protective Services.

What does "notifying child welfare" mean?

The notification to the Department of Children and Family Services (DCFS) is required by federal law to track de-identified information on the number of Family Wellness Plans created. Notification to DCFS does not necessarily mean that the health care providers believe that any child harm has occurred.



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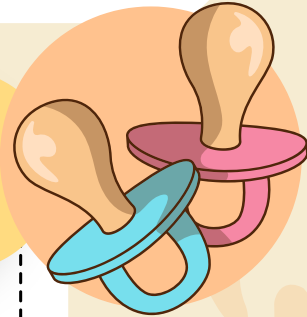
What is included in the Family Wellness Plan?

The purpose of the Family Wellness Plan is to support the family by:

- Starting with the goals of the family
- Supporting the family with identifying strengths and needs
- Making referrals and connecting the family to services and supports to ensure the family and baby have what they need to be successful
- Connecting the family to a Navigator who will guide and support them

What if a family / parent / pregnant person does not wish to participate in services identified in the Family Wellness Plan?

The family is NOT required to engage in services identified through the Family Wellness Plan, it is completely voluntary. Although the services are optional, the referrals and supports are chosen with and for the family by an expert Navigator to help care for themselves and baby. Also, if a particular service does not meet the family's needs, they can discuss this with the Navigator and they can help the family identify an alternative.



How / where can I access the Family Wellness Plan?

The Family Wellness Plan is owned by and developed by the family. The plan can be developed anytime. Ideally, it should be developed during pregnancy. If a plan has not been started during pregnancy, it should be developed after delivery but before leaving the hospital. The Navigator can work with pregnant people & new parents to develop and share the plan.