



# FAMILY WELLNESS PLAN

INFORMATION FOR PARENTS, CAREGIVERS, AND FAMILIES



## WHAT IS A FAMILY WELLNESS PLAN?

A Family Wellness Plan is a document created jointly by you, your family, and a Navigator. The purpose of the Plan is to support your family by:

- Starting with the goals you have for your family
- Supporting you to identify your strengths and needs
- Making referrals and connecting you to services and supports to ensure that you and your baby have what you need to be successful
- Connecting you to a Navigator who will guide you and support you

The goal is to work with you to plan how best to support your and your baby's health and development.



## WHO CAN HELP ME CREATE A FAMILY WELLNESS PLAN?



The Family Wellness Plan is owned by and developed by you with the support of the Navigator. The Navigator may make suggestions, but YOU decide what's in your plan.

## WHAT ARE THE BENEFITS OF A FAMILY WELLNESS PLAN?

This Plan is meant to uplift your strengths and address the needs of you and your baby. Additionally, it organizes everything into one place and can help you and your providers work together to connect with needed services and avoid having to tell your story multiple times.

## HOW CAN I ACCESS MY FAMILY WELLNESS PLAN?

After the Navigator helps you to develop your Plan, a copy will be provided to you. This will enable you to update your progress and help facilitate your conversations with providers.

## WHAT IF I DO NOT WISH TO PARTICIPATE IN SERVICES IDENTIFIED IN THE FAMILY WELLNESS PLAN?



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



## DO I HAVE TO CREATE A FAMILY WELLNESS PLAN?

The hospital must complete a Family Wellness Plan and assist you with the creation of it. Your participation in this plan is voluntary, but vital to the creation of a plan that makes sense for you and your family. It is important to note that a baby born who is affected by substances will need to be assessed for safety prior to leaving the hospital, but this Wellness Plan is separate from that assessment and, very importantly, substance use alone does not mean the hospital must call Child Protective Services. Your participation in the assessment will help you identify your strengths and create a plan. The purpose of this plan is to support you and get you what you and your baby need.