

Coordinating Care and Support for Families Affected by Prenatal Substance Use:

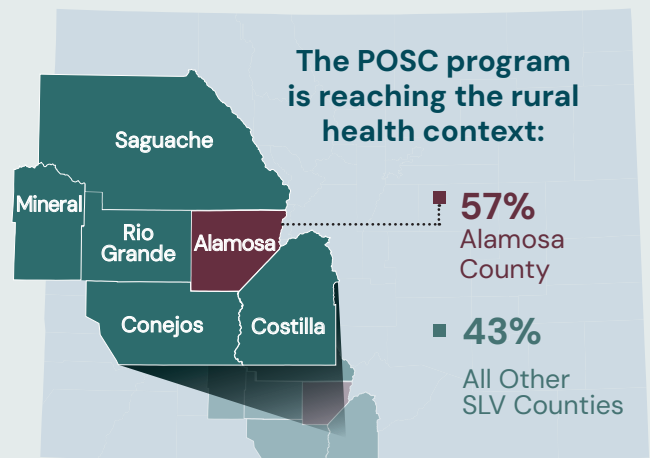
Early Learnings from the Plans of Safe Care Pilot in the San Luis Valley



THE INNOVATION:

Plans of Safe Care (POSC) are a leading strategy to partner with families affected by prenatal substance use and improve care coordination. Partners in the San Luis Valley (SLV) are piloting an exciting new innovation—the **Colorado POSC Framework**. This innovation aims to improve health outcomes for infants and their parents, help prevent child welfare involvement, and match families to the right supports at the right time. The **POSC Framework** focuses on prenatal collaboration for upstream prevention, a community-based approach to reduce stigma, and care coordination across providers to achieve family thriving.

How it works: Anyone in the community can refer a family to the POSC program to learn more. Families can also self-refer! A specialized provider will reach out to the family and connect them with wraparound supports tailored to their needs. Local health care systems, community organizations, and public health partners then collaborate to meet families where they are.



PILOT EARLY EVIDENCE:

The first year of delivery (August 2024 to July 2025) show promising results for wrapping care around families as they navigate pregnancy, early parenting, and substance use recovery:



30 program referrals received for a Plan of Safe Care!

42% received prenatally

Why this matters:

Connecting with a family during the pregnancy puts protective factors in place early.



77% of program referrals resulted in a completed Plan of Safe Care!

That's 23 families served!

Why this matters:

A completed plan is owned by the family and creates a roadmap for care, services, and supports.



78% of referrals to other services resulted in a successful connection!

Top support needs include mental health, transportation, postpartum care, and baby care

Why this matters:

Specialized providers coordinate care to ensure services are matched to family needs.

DRIVERS OF SUCCESS:

Seven key drivers are behind successes seen early on:



Partnering with trusted supports in the community



Creating an attitude of shared responsibility across systems



Building a no-wrong-door approach to engage the POSC program



Co-designing workflows to center families—not systems



Establishing a local intermediary for technical support to providers



Using evidence-based practices and data for learning



Having responsive service providers across the SLV



San Luis Valley Health

"We strive to offer and engage all patients giving birth with the necessary support and resources. By creating a "village" for those delivering babies and their families, we aim to ensure a solid discharge plan to ensure a smooth journey beyond delivery. Incorporating **Plans of Safe Care into the discharge process allows for an opportunity to incorporate additional resources to wrap around a family, providing additional advocacy, and includes handoffs to additional medical and community providers.** This ensures that upon discharge, families know who to reach out to as they face struggles, with ease of mind that there is a safety net and path forward. This may start, but does not end, in Labor and Delivery at San Luis Valley Health."



SLV Area Health Education Center (AHEC)

"POSC is so important in providing a platform for pregnant clients to be empowered to make healthy decisions for themselves and their babies. **It is a positive way to give voice, advance self-advocacy, and support self-determination to navigate one's own life journey without undue external interference.**"



The Plan of Safe Care Program in SLV is actively accepting referrals!

Are you or a family you work with interested in learning more? Scan the code for the referral page.

Do you provide services that could meet the needs of families?

Families affected by prenatal substance use deserve your support!

Contact Kelli Sutton at ksutton@illuminatecolorado.org to share about your organization!

Colorado Plans of Safe Care Collaborative Team

Resourced by



COLORADO
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To learn more, contact Dr. Courtney Everson, Courtney@coloradolab.org