



WithinReach™  
2024 LEARNING SERIES

PREGNANCY AND  
POSTPARTUM SUPPORT

Wednesdays in May



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**Thank you to our premier sponsor**



We want to acknowledge that we occupy the ancestral lands of the Coast Salish Peoples, in particular the Tulalip, Snohomish, Stillaguamish, Suquamish, Muckleshoot, Nisqually, Puyallup, and the first people of Seattle, the Duwamish People, past, present and future. We honor with gratitude the land itself.

We also want to recognize that the United States as we know it was built at the often-fatal expense of forcefully enslaved Black and Indigenous people. We must acknowledge that much of what we know of this country today, including its culture, economic growth, and development has been made possible by the labor of enslaved Africans, their descendants, and Indigenous peoples past and present. Today, we are indebted to their labor and the labor of many Black and brown bodies that continue to work in the shadows for our collective benefit.

## Land and Labor Acknowledgement

2024 Learning Series: Pregnancy and Postpartum Support



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Camille Schultz



Kate Agyei  
Yeboah



Karla Garcia  
Ramirez

**Live Webinar**  
Wednesday, May 8  
noon - 1 p.m.

**Family Care Plans:  
Aligning Child Welfare and Community  
Pathways to Support Families  
Experiencing Substance Use Disorder**

#WithinReachWA



# Plan of Safe Care's Community-Based Pathway

Offering voluntary supports to infants with prenatal substance exposure and their families

Our Priorities -  
Specialized referral  
pathways





## The Community Pathway

- **Federal legislation changes starting in 2016**
  - Updated laws regarding infants who were exposed to substances in utero
- **WA two-pathway approach**
  - WA identified two pathways for offering services through POSC
    - Child welfare (DCYF)
    - Community pathway
- **Help Me Grow WA identified as the community pathway in 2021**
  - Expertise in statewide resource navigation and specialized supports
- **Partnership with Birthing Hospitals**
  - Collaboration
  - Learnings and listening sessions
  - Progress and goals

# Two Pathways



The Birthing Hospital identifies an infant as substance exposed. Via the online referral portal, the provider provides de-identified data related to every instance of prenatal substance exposure.



If a **report to DCYF** is needed, the online referral portal's algorithm will then direct the provider to call DCYF Intake. If the family screens in for CPS intervention, DCYF will complete the POSC as a component of the case..



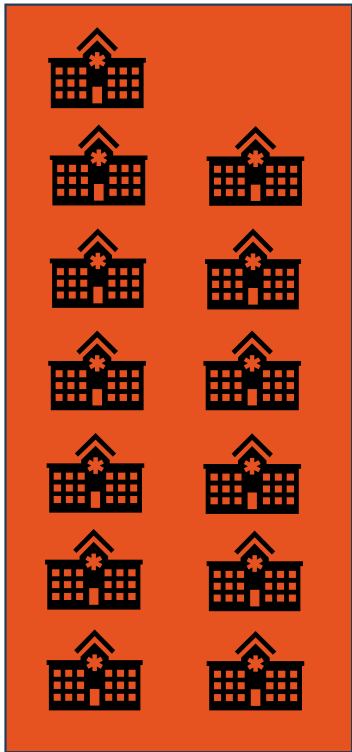
If the **community-based pathway** is appropriate, the online portal's algorithm will then direct the provider to complete a referral to Help Me Grow to complete the POSC.



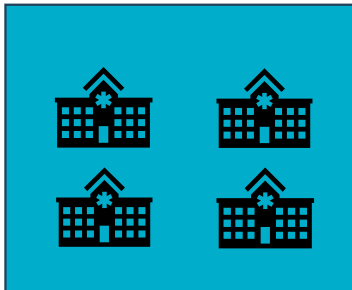
Help Me Grow will reach out to the family and refer them to services and other wrap-around supports.

# Birthing Hospitals in WA

King County



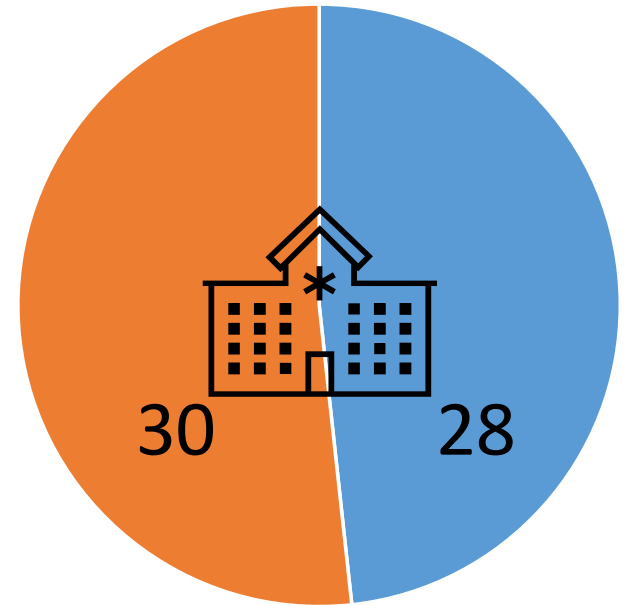
Pierce, Spokane,  
Snohomish  
Counties



Skagit, Chelan,  
Thurston,  
Whitman, Yakima,  
Grant, Clark,  
Clallam Counties



Adams, Cowlitz,  
Gray's Harbor, Island,  
Jefferson, Kitsap,  
Kittitas, Lewis,  
Mason, Okanogan,  
Pend Orielle,  
Stevens, Walla Walla,  
Whatcom Counties





# Who is the Community-Based Pathway for?



Prenatal exposure to:

- **Methadone or buprenorphine as prescribed** + no safety concerns
- **Opioids as prescribed** + no safety concerns
- **Medication or combination of medication with abuse potential as prescribed** + no safety concerns
- **Cannabis** + no safety concerns

# Community-Based Pathway in Action

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- Consent-based
- Specialized team serving statewide
  - Two local sites
- Virtual services
- Flexible and robust outreach and follow-up
- Wraparound resource navigation
- Warm handoffs

# Essential Services

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- Application Assistance for Benefits
- Housing Resources
- Home Visiting
- Early Intervention Resources
- Parenting Supports
- Childcare Resources
- Infant Supplies
- SUD Treatment or Assessment
- Recovery Coaching or Peer Mentor
- Mental Health Resources
- Postpartum Depression Support
- Safe Sleep/PURPLE Crying Info
- Intimate Partner Violence Support
- Lifeline Phone Services



# Plan of Safe Care's Community-Based Pathway

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Our Priorities -  
Specialized referral  
pathways



Thank you for attending today's session

We want to hear from you. Please fill out the survey.

Learning Series 2024: May 8-  
Family Care Plans

A photograph of a pregnant woman and her partner smiling at each other. The woman is wearing a grey long-sleeved shirt and has her hands on her belly. The man is wearing a green shirt and glasses. The right side of the image is overlaid with a purple graphic containing text.

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May 1, 8, 15, 22 & 29

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