



## Child Development Centers

Wyoming's Child Development Centers provide early intervention supports and services at **no cost** to families. Services include developmental screening, diagnostic evaluation, and care coordination.

**To Find a Center Near you, Go to:**

<https://health.wyo.gov/behavioral-health/early-intervention-education-program-eiep/find-a-center/>

## How Can We Help?

- Would you like to meet with a counselor?
- Do you need help finding a doctor for yourself?
- Do you need help finding a pediatrician?
- Do you need medical insurance?
- Do you need help getting into a substance use treatment program?



Addressing Pregnancy  
and Substance Use

## Did you know...

- You are not alone
- Pregnant people may struggle with substance use during pregnancy or after birth
- Help and resources are available and many are low cost or free
- You have the opportunity to advocate for yourself and your child(ren)

## What is a Plan of Safe Care?

*The goal of a plan of safe care is to strengthen the family, help birthing people have a healthy pregnancy, and keep child(ren) safe at home.*

*It is also....*

- A personalized guide to ensure the necessary resources are provided to help families thrive
- A "recovery resume" or diary that helps communicate your strengths, needs and accomplishments to your providers
- A tool to help with care coordination



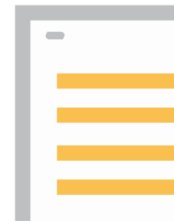
## When do I make a Plan of Safe Care

A plan of safe care can be developed anytime for pregnant people with substance use disorders. Ideally, it should be developed in pregnancy.

If a plan of safe care has not been started during pregnancy, it should be developed after delivery and before leaving the hospital.

The earlier you start the plan of safe care the more time you have to prepare for your baby with support.

**Be sure to work with your providers to update your plan of safe care with new information to highlight your progress.**



## Who can benefit from a Plan of Safe Care

The Plan of Safe Care tool was designed for families with a history of or current substance use and infants who may have been exposed during pregnancy.

## Who should be involved in creating and updating my Plan of Safe Care?

A plan of safe care should include input from **all** service providers involved in your care and the care of your child(ren). This could include:

- Social worker/case manager
- OB/GYN and primary care doctor
- Substance use treatment providers or recovery coach
- Mental health provider
- Pediatrician
- Faith leader or counselor
- Staff from home visiting programs



## Will a report be made to Child Welfare?

Healthcare providers are required to make a report to child welfare if there are concerns for the infants safety.

**However, creating a Plan of Safe Care provides you the ability to advocate and lead your own care while taking the steps to build a safe and healthy environment for your children.**