

Prenatal Plans of Safe Care

A Prenatal Plan of Safe Care is a comprehensive framework designed to ensure the health and safety of pregnant individuals and their unborn child(ren) by identifying risks and coordinating supportive interventions. Its aim is to promote healthy pregnancies and positive outcomes for mothers and infants. Prenatal Plans of Safe Care address the physical health, mental health, substance use disorder treatment, and social needs of families. The State of Nebraska has identified the “Binder Model” as the Prenatal Plan of Safe Care model to assist families with prenatal substance use/misuse. Nebraska is partnering with local community collaboratives to implement the model to improve outcomes for these families and use information gained to inform the statewide expansion of Prenatal Plans of Safe Care. Hastings, through the Community IMPACT Network, led the way by being the first community to implement the Prenatal Plan of Safe Care binders with North Platte (Families 1st Partnership) being the second. Growing Community Connections, who cover Dakota County and all of Siouxland, are in the early planning stages of implementation.

Components of Prenatal Plan of Safe Care Binders

The "Binder Model" is a tool designed to empower and support pregnant women and families impacted by prenatal substance use/misuse. Within the tool are documents and resources intended to be used and completed by a mother with her family and care providers.

- Plan of Safe Care
- Contacts
- Consents & Release of Information
- Community Specific Child and Family Resources
- Medicaid Services Coordination
- Appointments and Visit Summaries
- Certificates and Accomplishments

Goals/Outcomes

- Promote a healthy pregnancy, strengthen the family, and keep children safely at home.
- Increase Empowerment – The binder is OWNED by the pregnant individual and is their tool to navigate their recovery journey.
- Improve Care Coordination – The binder allows for providers across systems to view and coordinate or collaborate with other providers while they're serving the family.
- Prevention Focused – The resources and supports are designed to assist the pregnant individual in engaging in care BEFORE the birth event.
- Facilitates Decision-Making – If child welfare involvement is required, the content in the binder can help the Children and Family Services Specialist work collaboratively with the family and the service providers they have already engaged.

Target Population

Pregnant women and families impacted by substance use/misuse during the prenatal period.