

Plan of Safe Care Team

Lehigh County Drug and Alcohol
610-782-3200

Lehigh County Early Intervention
610-782-3125

Lehigh County Children & Youth Services
610-782-3064

Lehigh County Integrated Services
610-782-3376

Lehigh Valley Health Network
610-402-CARE

St. Luke's Health Network
1-866-STLUKES

Star Wellness
610-776-4888

Nurse/Family Partnership
484-526-2786

Community Services for Children
610-437-6000

JusticeWorks YouthCare
610-841-3004

Lehigh Valley Drug & Alcohol Intake Unit
484-350-3916



Lehigh County, PA

Plan of Safe Care



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

What Is A Plan of Safe Care (POSC) Notification?

PA state law, Act 54 of 2018, requires health care providers to inform Childline when an infant (up to 1 year old) shows:

- Withdrawal signs and symptoms
- Signs of being affected by a Fetal Alcohol Spectrum Disorder

This is NOT a report of suspected child abuse or neglect. The notification starts the POSC process.

What Does a Plan of Safe Care Do?

POSC is a free, voluntary program available to all infants affected by prenatal substance exposure and their families.

The purpose of a POSC is to:

- Listen to your overall needs
- Make referrals and link you to services
- Focus on your health and the health and development of your baby

What If I am Taking Medication Prescribed by my Doctor?

Even if you are taking medicine as directed, your baby may be eligible for a Plan of Safe Care. Many prescription medications including MAT and anti-depressants can cause withdrawal symptoms. Some medicines may even put babies at a higher risk for complications.



What Is a Plan of Safe Care Team?

The POSC team through will work with you to focus on the health and development needs of you and your baby. These supports could include:

- Assigning a case manager to work with you and your baby
- Talking about your families' strengths and any concerns they have during home visits, phone calls, and virtual meetings
- Talking with you about various programs, services, and resources for your family
- Acting as a link between you and your child's doctor
- Offering encouragement and support

What are The Impacts of Substances on My Developing Baby?

Prenatal exposure to a substance may affect your baby in a variety of ways. For more information ask your OB/GYN or healthcare provider.

How Can I Get Help?

If you are pregnant and using alcohol or other substances or if you used alcohol or other substances during your pregnancy talk to your healthcare provider. You can get help to stop using in various ways such as counseling, support groups, and treatment programs. Your healthcare provider knows you want your baby to be as healthy as possible and wants to help you create a plan to make that happen.

For information and resources across Pennsylvania for pregnant women you can contact the State Hotline:

PHONE: 1-800-662-HELP

Someone is available to speak with you and connect you to services nearby 24 hours a day and 7 days a week.

Lehigh County Human Services
PHONE: 610-782-3200

ONLINE RESOURCES:

<https://www.keepkidssafe.pa.gov>

<https://lehighcounty.org/Departments/Human-Services>

<https://ncsacw.samhsa.gov/topics/plans-of-safe-care.aspx>

