An Overview of the Office of Child and Family Services for Medical Providers

Adrienne W. Carmack, MD
Medical Director, OCFS
August 18, 2022
I have no financial disclosures
Text Attendance code for CME:
24680
Objectives

1. Provide an overview of the Office of Child and Family Services structure and purpose

2. Familiarize the audience with services that are available for Maine children and families through OCFS

3. Provide resources for medical providers to access further information and ongoing learning opportunities to help Maine children and families to be safe, stable, happy and healthy
Maine DHHS, the Department of Health and Human Services in Maine, provides supportive, preventive, protective, public health and intervention services to children, families and adults, including the elderly and adults with disabilities.

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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</thead>
<tbody>
<tr>
<td>Jeanne Lambrew</td>
<td>Commissioner</td>
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<tr>
<td>Sara Gagné-Holmes</td>
<td>Deputy Commissioner</td>
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<tr>
<td>Beth Hamm</td>
<td>Deputy Commissioner</td>
</tr>
<tr>
<td>Benjamin Mann</td>
<td>Deputy Commissioner of Finance</td>
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<tr>
<td>Todd Landry</td>
<td>Director, Office of Child &amp; Family Services</td>
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<tr>
<td>Paul Saucier</td>
<td>Director, Office of Aging &amp; Disability Services</td>
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<tr>
<td>Sarah Squirrell</td>
<td>Acting Director, Office of Behavioral Health</td>
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<tr>
<td>Nirav Shah</td>
<td>Director, Maine Center for Disease Control &amp; Prevention</td>
</tr>
<tr>
<td>Anthony Pelotte</td>
<td>Director, Office for Family Independence</td>
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<tr>
<td>Michelle Probert</td>
<td>Director, Office of MaineCare Services</td>
</tr>
<tr>
<td>Bill Montejo</td>
<td>Director, Division of Licensing &amp; Certification</td>
</tr>
<tr>
<td>Rodney Bouffard</td>
<td>Superintendent, Riverview Psychiatric Center</td>
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<tr>
<td>Sarah Taylor</td>
<td>Director, Dorothea Dix Psychiatric Center</td>
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</tbody>
</table>
# OCFS Service Areas

OCFS Director Todd Landry oversees four service areas of OCFS:

<table>
<thead>
<tr>
<th>Service Area</th>
<th>Associate Director:</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Welfare Services</td>
<td>Bobbi Johnson</td>
<td>Seeks safety, well-being and permanent homes for children, working with professionalism and respecting the dignity of all families. Child abuse reports are investigated on behalf of Maine communities, working to keep children safe and to guide families in creating safe homes for children.</td>
</tr>
<tr>
<td>Children’s Behavioral Health Services</td>
<td>Elissa Wynne</td>
<td>The Child Development and Behavioral Health Services Team supports the families of Maine and their children in accessing high-quality early childhood education and behavioral health services in their homes, schools and communities.</td>
</tr>
<tr>
<td>Early Care and Education</td>
<td>Elissa Wynne</td>
<td>Oversees the Child Care team manages the Child Care Subsidy Program that helps eligible families pay for child care so they can work, go to school, or participate in a job training program.</td>
</tr>
<tr>
<td>Children’s Licensing and Investigation</td>
<td>Janet Whitten, Program Manager</td>
<td>This specialized team licenses, monitors and investigates child care programs, children's residential facilities, child placing agencies, emergency shelters, and homeless shelters for youth. This program conducts child abuse and neglect investigations in a wide variety of out of home settings subject to licensure.</td>
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</tbody>
</table>
Office of Child and Family Services (OCFS)


• Seeks safety, well-being and permanent homes for children, working with professionalism and respecting the dignity of all families.

• Is committed to early intervention and prevention programs to support and assist families before challenges develop.
Children’s Early Care and Education
The Child Care Subsidy Program lets families choose a childcare provider they trust, at an affordable or no cost.

CCSP helps eligible families to pay for childcare so parents can work, go to school, or participate in a job training program. CCSP is also available for eligible families where the adult(s) are retired and are the legal guardian of a child.

Eligibility Requirements:
• Parent/guardian must be employed, in school or job training, or retired

• Family must meet income requirements (at or below 85% of the Maine median income)

• For a family of 4, income eligibility requirements are at or below $84,076.90 a year!
Child Care Subsidy helps eligible families to pay for child care so parents can work, go to school, or participate in a job training program. CCSP is also available for eligible families where the adult(s) are retired and are the legal guardian of a child. Families must be financially and programmatically eligible.

Information for Families:
https://www.maine.gov/dhhs/ocfs/support-for-families/child-care/paying-for-child-care

There are 3 ways to apply:
• Print, complete, and return the application by mail
• Call OCFS 1-877-680-5866 or (207) 624-7999 Monday-Friday, 8:00am-5:00pm
• Visit your local DHHS office to receive a printed application. Find your local DHHS office or call 1-877-680-5866 or (207) 624-7999.
How do families find a Licensed Child Care Provider?

• [https://www.childcarechoices.me/](https://www.childcarechoices.me/) is a resource for families to search for child care by location, provider type, quality rating, and if the provider accepts CCSP.
• The site also provides Child Care Licensing Inspection Reports.
Children’s Behavioral Health
OCFS is invested in ensuring Maine families have access to community-based services for children, youth, and young adults with mental, emotional, and behavioral health needs that are:

- Coordinated across systems;
- Individualized to a family’s unique needs, strengths, and culture; and builds upon their strengths;
- Youth and family guided and empower families as the primary decision makers in the care of their children;
- Trauma Responsive
The continuum of care that CBHS facilitates, vets, and provides governance on is represented below:

CBHS itself is not a direct service provider; we exist to facilitate the provision of services for the benefit of Maine children and families.
Maine Children’s Behavioral Health Services
VISION

All Maine children and their families receive the services and supports they need to live safe, healthy, and productive lives in their home, school, and community.

Guiding Principles

- Broad and Equitable Access
- Early Intervention
- Individualized Services
- Culturally Sensitive, Trauma-Informed Engagement
- Coordinated and Integrated Services
- Effective Evidence-Informed Practices
- Least Restrictive Service & Setting
- Engaged and Empowered Families
- Quality Assurance and Accountability

Strategies

SHORT TERM (2019 – 2022)
- Hire full-time, on-site OCFS Medical Director
- Align residential services to best practices and federal quality standards
- Explore options to amend current service definition for Section 28
- Clarify CBHS roles, responsibilities, procedures, policies, and practices

LONG TERM (2019 – 2025)
- Establish one or more Psychiatric Residential Treatment Facilities
- Address shortages in the behavioral health care workforce
- Improve CBHS crisis services
- Expand the use of evidence-based models and evidence-informed interventions
- Enhance skills of early childhood workforce to address challenging behaviors
- Explore a statewide or regional “single point of access”
- Revise the waitlist process
- Improve coordination for transition-aged youth behavioral health services
- Facilitate access to services that can help families support children with behavioral health needs

Outcomes

- Family engagement, empowerment, and well-being
- The right service at the right time for the right duration
- Families and children safely stay together in their homes and communities

Strategies that are italicized are complete

Updated December 2021
Next update: December 2022

*Changes since the last update include completing “Align residential services to best practices and federal quality standards”, and moving “Facilitate access to services that can help families support children with behavioral health needs” and “Establish one or more Psychiatric Residential Treatment Facilities” from short-term to long-term.
Ongoing CBHS Initiatives

- Federal System of Care Grant
- Crisis Grant and Aftercare Pilot
- Early Childhood Consultation Partnership (ECCP®)
- Help Me Grow
- Hi-Fidelity Wraparound
- Psychiatric Residential Treatment Facility – update of rates and rules in partnership with MaineCare
- Youth transitioning to adulthood
- Youth SUD Services
- Rate Studies for Children’s Behavioral Health Services (HCT, RCS, PRTF, TCM, BHH, Crisis, Outpatient)
In June 2020 OCFS was awarded a 4-year, federal SAMHSA grant to improve behavioral health services available for children and youth in their home and communities, particularly those on the HCT waitlist.

Program Goals:

• Expand the SOC in Maine through infrastructure development that supports SOC principles, clinical coordination, family engagement, data access, and quality improvement/assurance.

• Expand the CBHS SOC in rural areas through improved service delivery to youth with SED and families, including implementation of a standardized psychosocial needs assessment process for youth; standardized data collection by providers on youth needs, strengths and functioning;

• Prepare for CBHS SOC sustainability by creating permanent infrastructure in state and local systems to support long-term access to treatment for children in their communities.

• The SOC team has been instrumental in creating family-friendly tools to help navigate CBHS services as well as to expand access to provider trainings on evidence-based practices to support workforce development.
Children’s Behavioral Health Services

CBHS Website

Information for families:

https://www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services

Helpful Tools for Youth and Caregivers:

https://www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services/resources

Information for providers:

https://www.maine.gov/dhhs/ocfs/provider-resources/staff-development-training
• **What It Is:** Trained behavioral health professionals who provide support and consultation to Mainers experiencing immediate mental health crisis either in person or by phone. Statewide Mobile Crisis Services are available 24/7 via the hotline providing immediate, crisis-oriented support, triage, and assessment and follow up focused on the immediate stabilization of the crisis.

• **Who Is Eligible:** All Mainers experiencing a mental health crisis and are in need of supportive de-escalation, stabilization, suicide prevention, and connection to ongoing care as needed. They may be an immediate risk to themselves or others.

• **How To Access It:** Call the statewide crisis hotline at 1-888-568-1112
There is hope.
Maine Early Childhood Consultation Partnership
ECCP®
Helping Relationships Grow
ECCP® is a time-limited, intensive service that helps childcare providers, educators, and caregivers of young children build understanding and skills to respond to the social-emotional needs of children.

Mental health consultants work directly with caregivers and educators to identify and implement strategies to support children’s emotional wellbeing and effectively manage challenging behavior that may jeopardize a child’s ability to attend an early childhood program or educational setting.

**Core Classroom & Child-Specific Services offered**

- Open to any eligible child, 100% state-funded service
- Children 0-8 years
- Enrolled in childcare center, family childcare, or public Pre-K
- Social-emotional issues, behavioral concerns, and/or normal developmental challenges
- Child maybe at risk of suspension and/or expulsion from childcare program
- Childcare provider AND parent/guardian agree to participate
- Not formally diagnosed with MH or ID/DD concern, not receiving concurrent MH or ID/DD services (OP, Sect 28, HCT)
### Maine ECCP® Service Model

<table>
<thead>
<tr>
<th>Child Specific Service</th>
<th>Core Classroom Service</th>
<th>Family Child Care Provider Service</th>
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</thead>
<tbody>
<tr>
<td>• Supports an <strong>individual child</strong> ages 0-8 with social-emotional concerns</td>
<td>• Supports the social-emotional <strong>environment of the classroom</strong></td>
<td>• Supports the social-emotional <strong>climate of the program</strong></td>
</tr>
<tr>
<td>• Up to nine hours of consultation</td>
<td>• Up to three hours of consultation per week for 12 weeks</td>
<td>• Up to <strong>two hours</strong> of consultation per week for nine weeks</td>
</tr>
<tr>
<td>• Classroom and home observations</td>
<td>• Available in centers and public pre-K’s</td>
<td>• Classroom/program observations</td>
</tr>
<tr>
<td>• Available in centers, family child care programs, public Pre-Ks, public schools, and afterschool programs.</td>
<td></td>
<td>• Available to licensed Family Child Care Providers</td>
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**Maine Early Childhood Consultation Partnership**

**ECCP®**

Maine Department of Health and Human Services
Help Me Grow Maine

- Help Me Grow Maine will begin serving children and families in the **Summer of 2022**.

- [www.maine.gov/dhhs/ocfs/support-for-families/child-development](http://www.maine.gov/dhhs/ocfs/support-for-families/child-development)

- Contact us at: [HelpMeGrow@maine.gov](mailto:HelpMeGrow@maine.gov)
Help Me Grow Maine

A Solution to Help Young Children Shine

Help Me Grow is a system model with a central access point that is designed to connect families to information and services about child development and community resources.

In partnership with 2-1-1 Maine, any parent and/or provider will be able to contact Help Me Grow for additional support as Help Me Grow will listen, link you to services, and provide ongoing support.

HMG Maine is an affiliate of the National Help Me Grow Network

HOW IT WORKS

Centralized Access Point
Assist families and professionals in connecting children to the grid of community resources that help them thrive.

Resources
Help Me Grow builds an effective grid of connected service providers that best serves families within the state of Maine.

Developmental Screening
Maine utilizes the Ages & Stages Questionnaire (ASQ-3) to assess a child's communication, motor skills, problem solving, and personal social skills.

Eligibility
A free universal service available to all children, prenatal to eight years of age.
Help Me Grow! helps ensure equitable access to resources in a timely fashion.

<table>
<thead>
<tr>
<th>Centralized Access Point</th>
<th>Child Health and Childcare Outreach</th>
<th>Family and Community Outreach</th>
<th>Data Collection and Analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td>For connecting children and families to services and care coordination, for 0-8 years. • Specialized child development line • Linkage &amp; follow up • Researching resources • Current directory</td>
<td>Support early detection and intervention through: • ASQ-3 Online • Training on Developmental Milestones and Screening • Closing the feedback loop</td>
<td>Promotes use of HMG and developmental milestones and facilitate networking for families and service providers through: • Communication materials • Community presentations • Engaged community partners</td>
<td>Supports understand all aspects of the HMG system, including gaps in and barriers to services through: • Data Monitoring • Continuous Quality Improvement • Annual Evaluation of family, program and system level performance</td>
</tr>
</tbody>
</table>
Maine youth rank 9th of the 50 states in terms of number of children impacted by the opioid crisis.

Source: United Health Fund 2019 Ripple Effect Report
Harm reduction activities around the state have been expansive and well accessed.

In 2021, 132,422 doses of naloxone were distributed.

Adolescent MOUD Project Echo, a part of the Maine SUD Learning Community, began May 4, 2022 with 9 participating practices.

OCFS and OMS worked to identify nine Opioid Health Home programs, among other practices, open to treating adolescents with OUD using medication.

OCFS is developing a resource guide for prescribers to treat adolescents with MOUD. OCFS also updated the Maine AAP Service locator tool to reflect all available treatment options.

OCFS is working to expand access to high quality treatment for adolescents with SUD across the continuum of care.
OCFS is working in partnership with the OBH and the Co-Occurring Collaborative
Serving Maine to bring the SUD Learning Community to providers.

Project ECHO on Adolescent MOUD:
Learning objectives:
• Bolster skills to appropriately identify and treat SUDs within adolescent populations including specialty populations of adolescent girls and LGBTQ+ populations;
• Build competencies to deliver trauma-informed SUD/MAT care from screening to navigating consent and confidentiality to treatment;
• Strengthen confidence to deliver integrated MAT services in the adolescent population; and
• Expand understanding of harm reduction practices in the adolescent population.

Faculty:
• Eric Harm, LADC, Haram Consulting, LLC
• Amy West, FNP, PCHC, Bridge Clinic
• Jonathan Fanburg, MD, MaineHealth
• Ben Strick, LCSW, Spurwink
• Faculty from Boston Children’s ASAP clinic

The ECHO takes place on the first Wednesday of each month at 12pm. If interested- contact adrienne.w.carmack @maine.gov
Youth Substance Use Disorder

OCFS coordinates a quarterly stakeholder group of 75+ individuals working on Youth SUD from various communities including medical professionals, behavioral health providers, advocates, legislators, and teachers.

Objectives:
• Provide regular updates to ensure that all parties are aware of ongoing efforts.
• Enable stakeholders to align ongoing efforts.

Objectives:
• Share presentations, recommendations, and findings on Youth SUD material.
• Seek feedback to inform next steps, future planning, etc.

Objectives:
• Make introductions and provide opportunities for collaboration across various stakeholder groups.
• Provide contact information wherever possible.

Individuals interested in joining should email Adrienne Carmack—Adrienne.w.carmack@maine.gov
Substance Use/Opioid Treatment

Youth Peer Support Statewide Network

Youth Peer Support Statewide Network now accepting referrals for youth peer support!

Maine Behavioral Healthcare was awarded a new contract with the State of Maine to develop a Youth Peer Support Statewide Network (YPSSN). This program offers anyone in the state of Maine who is between the ages of 14 and 26 access to a variety of peer support opportunities. The contract officially began in February of this year and we are already offering a number of activities for Maine's youth and young adults who are struggling or have struggled with their mental health, which may include substance use. There is no insurance needed, no diagnosis required, and no cost.

The YPSSN has youth peer support staff in Portland, Lewiston and Bangor primarily. We also will have staff in Piscataquis, Aroostook, and Penobscot Counties offering support to youth and young adults on waitlists for behavioral health services. Again, this is a statewide program, so youth and young adults from across Maine can access virtual and in-person activities.

Washington County Resources

Aroostook Mental Health Center (AMHC)

Offers a variety of outpatient and inpatient substance use disorder prevention and treatment services, including residential, peer recovery, and medication-assisted treatment (MAT). MAT available at Presque Isle, Oxford, Presque Isle, Hebron, and Ellsworth locations.

Outpatient Locations:

Acroostook:
45 North Main St, Caribou, ME 04736, (207) 496-3991
134 East Main St, Fort Kent, ME 04743, (207) 274-0208
17 Main St, Hemlock, ME 04743, (207) 322-8527
88 Main St, Shumagin, ME 04774, (207) 726-6544
186 Academy St, Presque Isle, ME 04769, (207) 764-2313

Heritage:
710 Brookport Road, Ellsworth, ME 04605, (207) 667-6600

Washington:
627 Parker St, Dallas, ME 04440-1677
14 Lower St, Owls Head, (207) 230-4964

Outpatient Services available to adolescents:

- Mental health counseling
- Substance use counseling
- Medication-Assisted Treatment (MAT)
- Dual-diagnosis treatment
- Detoxification management
Treatment Recovery Education Advocacy for Teens with Substance use Disorder In Maine

- Learning Collaborative to Increase Treatment of Substance Misuse and SUD by Teens In Primary Care
  - Increase Clinician Knowledge
  - Cultivate Clinical Champions
  - Build Support for Clinicians and Families

- Steering Committee from OCFS, DHHS, Governor’s Office, Day One, Maine AAP, Opioid Response Network, Spurwink, and MMACQI

- Learning via Live Webinars/Asynchronous Recordings/2 Half-Day in Person Sessions
  - Faculty with Expertise in Adolescent Addiction Medicine and Adolescent Addiction Psychiatry from Boston Medical Center, Boston Children’s, UCLA, Yale, University of Wisconsin, and more
  - 24 hours CME/MOC Part 2 available
  - Registration and Collaborative Site: www.treatme.info
MPBHP is Maine’s Child Psychiatry Access Program offering psychiatric consultation to Primary Care Practices

Mission: To educate, support and empower pediatric care providers through training and ongoing web-based and telephonic peer-to-peer consultations with behavioral health providers.

Vision: To foster enhanced children’s behavioral health throughout Maine, especially in rural and medically underserved areas.

Program Goals:
• Increased timely detection, assessment, treatment and referral of children with BH issues in pediatric care settings
• Increased access to BH expertise for pediatric care providers, especially those from rural & medically underserved areas
• Sustained approach to effectively educating, recruiting, collaborating, and reimbursing partnerships between pediatric care and BH consultants
• Access to behavioral health providers, staff, and care coordinators increases collaboration and communication about medication management, common behavioral health disorders, and resources through asynchronous consultations.

bhpartnersforme.org
Welcome to the Maine Pediatric & Behavioral Health Partnership Program
- Child safety, first and foremost.
- Parents have the right and responsibility to raise their own children.
- Children are entitled to live in a safe and nurturing family.
- All children deserve a permanent family.
- How we do our work is as important as the work we do.
Maine Office of Child and Family Services

Focus on Outcomes

In July 2019, Maine’s Office of Child and Family Services (OCFS) partnered with Casey Family Programs to map the major initiatives and strategies currently underway in Maine. This mapping was designed to help executive leadership and regional staff evaluate which strategies were working to produce outcomes and areas where duplication of effort or inefficiencies might exist. As a result of this work, OCFS streamlined their approach and prioritized strategies as shown below in the strategic framework.

### Mission

Child and Family Services joins with families and the community to promote long-term safety, well-being and permanent families for children.

### Strategic Framework

In order to achieve their mission, Child and Family Services uses guiding principles as a foundation to employ strategies that lead to improved outcomes for children and families. The strategies listed below were prioritized by executive leadership and regional staff.

<table>
<thead>
<tr>
<th>Guiding Principles</th>
<th>Strategies</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Parents have the Right and Responsibility to Raise their Own Children</td>
<td>Permanency &gt; Develop a Permanency Review Process &gt; Monitor the Family Visit Coaching pilot to develop best practices &gt; Improve SDM tool consistency</td>
<td>Improved timeliness to permanency</td>
</tr>
<tr>
<td>3. Children are Entitled to Live in a Safe and Nurturing Family</td>
<td>Well-Being &gt; Develop family engagement tools and training &gt; Improve resource parent outreach and support</td>
<td>Enhanced well-being of children through identification of individual needs and engagement with formal and informal supports</td>
</tr>
<tr>
<td>4. All Children Deserve a Permanent Family</td>
<td>Staff Training and Support &gt; Develop policy and training plan for new processes and tools &gt; Establish workforce wellness teams and education &gt; Update caseload size, standards, and ratios &gt; Procure MACWSIS replacement</td>
<td>Strengthened child welfare practice through improved engagement with families and children</td>
</tr>
<tr>
<td>5. How We Do Our Work is as Important as the Work We Do</td>
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</tbody>
</table>
Mandated reporters (medical professional, hospital staff, school personnel, and law enforcement personnel) can report non-emergency information related to child abuse and/or neglect online using Katahdin.
Collaboration within the Child Welfare System

- State Agency Partners
- Tribal, Immigrant, Refugee Communities
- Law Enforcement
- Foster, Adoptive Kinship Families
- Housing
- ARP
- MH / SUD Treatment Providers
- Parent Partners
- Law Enforcement
- DV, Sexual Assault Providers, CACs
- Family Visitation Providers
- Churches
- Childcare Programs
- Parent Partners
- Healthcare Providers
- Schools
- Relatives, Friends

Maine Department of Health and Human Services
Child Health and Well-being

• Focus on ensuring that youth in foster care receive recommended health care
• Guidance on OCFS Policies related to well-being and health- Immunizations, Substance – exposed Infants, Care of LGBTQ+ Youth, Guidelines for Use of Psychotropic Medications
• Decrease barriers to allow for improved communication regarding health needs between families, resource parents, medical providers, mental health providers and case workers
• Collaborate with community resources to ensure that youth receive recommended mental health services when indicated
## Child Health and Well-Being in Child Welfare

### Initial Medical Screen
- Within 10 days of entry into foster care, information gathering begins
- Acute visit with a physician or nurse practitioner, preferably the child’s PCP
- Ensure resource parent has medication or other medical equipment
- Immunizations updated; lab work completed as recommended
- Referrals for community services

### Comprehensive Health Assessment
- Within 30 days of entry into care
- CDS referral made for children under age 3, Pediatric Symptom Checklist for older youth, other mental health screening instruments
- Evaluated by a physician or nurse practitioner and psychologist or social worker
- Health Plan is created for the child, includes mental health

### Ongoing Care
- Established medical home
- Well child checks, dental and vision appointments
- Developmental and behavioral health services and therapies, as needed
- Continuous communication and follow-up with care providers, including specialists
- Psychotropic medication monitoring, Community based services, Care management
Fostering Health
Health Care for Children and Adolescents in Foster Care
2nd Edition

Helping Foster and Adoptive Families Cope With Trauma
American Academy of Pediatrics
Dedicated to the Health of All Children
Maine’s Plan of Safe Care

Plan of Safe Care

We want to listen and learn from you about how Maine’s Plan of Safe Care will help the infant in your care, you and your family stay safe, healthy and connected. The Plan of Safe Care aligns medical, community and family supports and other services you may need, or have, with a variety of available resources.

Today’s Date

Mother’s Name

Mother’s preferred pronoun

DOB

Was this POSC started Prenatally? Yes or No

Current Address

Home or Other Phone

Cell Phone

Mother’s Primary Care Provider

Infants’ Primary Care Provider established pregnancy? Yes or No

Are you a part of a Native American community in Maine? Yes or No

Race (select one or more as needed): Asian, Black, Native American/Alaska native, Pacific Islander, White, Other

Plan of Safe Care created with the help of an interpreter? Yes or No

If yes, spoken language

Current Strengths and Supports (e.g., partners, spouses, family, friends, employment, counseling, spiritual faith, community, recovery community)

Needed Assistance and Goals (e.g., parenting, housing, smoking cessation, childcare, financial, food, diapers, education, employment)

Infant’s Name

DOB / /

Sex: F or M

Birth Location and Date of Infant Discharge

Infant Primary Care Provider

Does the infant have prenatal substance exposure? Yes or No

Is the prenatal substance exposure the result of Medication Assisted Treatment (MAT)? Yes or No

If yes, please list:

Is there prenatal substance exposure other than MAT? (legal and/or illegal substances) Yes or No

Is the infant experiencing any withdrawal symptoms or ongoing effects from prenatal exposure? Yes or No

If yes, please list symptoms:

Observe/Monitor for Fetal Alcohol Spectrum Disorder

All substance exposed infants and their caregivers are automatically eligible for Maine’s Early Intervention Program supporting basic needs like housing and healthy infant/toddler development for up to 36 months of age. I would like to receive a phone call/text from a service coordinator with Maine’s Early Intervention Program to learn about these benefits for my infant and family. Yes or No

I acknowledge I have participated in the development of this Plan of Safe Care (POSC). I have a copy of the POSC, and I will share the POSC with my infant’s primary care provider. I permit the healthcare provider and/or the staff of the healthcare entity that participated in developing this POSC to share the POSC with Care4ME providers and DHHS, including Public Health Nursing. I am consenting to the sharing of this plan as it will benefit my infant, myself and my family if we follow through with the services and supports outlined in the POSC. I may also sign an additional authorizations for release of my personal health information to permit sharing with other providers for the benefit of my infant, myself and my family.

Signature: 

Date: 

Maine Department of Health and Human Services
## Maine’s Plan of Safe Care

<table>
<thead>
<tr>
<th>Medical and Social Services Resources</th>
<th>Currently Receiving</th>
<th>Referral Needed</th>
<th>Decline</th>
<th>Date of Referral</th>
<th>Service Referrals: Organization and Contact (*Please note if client is considering a referral)</th>
</tr>
</thead>
<tbody>
<tr>
<td>OBGYN/Obstetric Provider</td>
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<tr>
<td>Primary Care Provider (PCP)</td>
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<td>Health Insurance MaineCare</td>
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<td>Health Insurance Private</td>
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<tr>
<td>Care Management</td>
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<tr>
<td>Dental Assistance</td>
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<td>Financial Assistance</td>
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<td>Housing Assistance</td>
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<td>Transportation Assistance</td>
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<td>Public Health Nursing (CradleME)</td>
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<td>Maine Families Home Visiting (CradleME)</td>
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<td>WIC, Food and Nutrition; infant, mother and family (CradleME)</td>
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<td>MaineMOM Services ((CradleME)</td>
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<td>Breastfeeding Support (breastfeeding class, hospital lactation support)</td>
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<td>Reproductive Life Planning</td>
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<td>Peer Recovery Coach</td>
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<td>Smoking and/or Vaping Cessation</td>
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<td>Sex Ed, Impact of Tobacco Exposure on Infant</td>
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<td>Safe Sleep Education</td>
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<td>Early Head Start</td>
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<td>Child Care Coordination and Financing (subsidies available)</td>
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<td>Licensed Newborn Childcare, In-Home Child Care or Family Provided Child Care</td>
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<td>Parenting Class/In-Home Parent Coaching</td>
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<td>Parenting Support Group</td>
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<td>Achieving Personal Safety: Crisis Advocacy and/or Domestic Violence</td>
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<td>Legal Assistance; PTLA.org; volunteer lawyers, sliding scale lawyers</td>
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<td>Family Recovery and/or Drug Court yes or no; county</td>
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<td>Mental/Behavioral Health Counseling</td>
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<td>Depression and/or Anxiety Screening/Postpartum Depression Screening</td>
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<td>Substance Use Counseling Treatment</td>
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<td>In-patient Residential Substance Use Recovery Program</td>
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<td>Intensive Outpatient Program (IOP)</td>
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<td>Naloxone Prescription/Kit</td>
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<td>Medication-assisted Treatment (MAT)</td>
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<td>Community Support (i.e. 12-Step Program)</td>
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<td>Relapse Prevention Support Plan</td>
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Maine’s Plan of Safe Care Website

Family First Prevention Services
What is Family First?

The Family First Prevention Services Act (FFPSA) is a federal law signed in 2018 that is designed to *keep children safe, strengthen families, & reduce the need for foster care* whenever it is safe to do so. 


Provides Title IV-E federal funding to states for **evidenced-based prevention services** for families to prevent the need for foster care.

Establishes new standards of care and practice for **youth residential treatment services** that must be followed for states to receive Title-IV-E funds for placement

Vision:

*To keep children safe, strengthen families, & reduce the need for foster care* whenever it is safe to do so.
About Access Maine

Access Maine is an online resource guide with information to connect people living in Maine to public programs, services, and other resources that are available to provide support they need to be safe, happy, healthy, and successful.

To begin searching for programs, click on a category or type in the search feature above.
Locating Services and Supports for Families in Maine

State and public programs to support families in Maine.

**211 Maine:**
Directory of community level resources and supports.
Text, call, email, online search

**Help Me Grow**
Free service available to children up to eight years of age and their families.
Connects families/providers to information and services about child development and community resources

**Childcare**
Information on where to find a childcare provider and how to get help paying for childcare

**Children’s Behavioral Health**
Access to information on services, tools, guides and provider listings
Updates and Announcements from OCFS and Mainecare (OMS)

Go to:
http://www.maine.gov/dhhs/ocfs/ and scroll to bottom of the page. Submit your email to receive the latest news and updates from OCFS

Go to:
Subscribe to E-messages from Mainecare

The Maine Prevention Store
https://www.mainepreventionstore.com/
Online Resources:
Child Care Subsidy Program
Children’s Behavioral Health Services
Children’s Behavioral Health Resources
Early Childhood Consultation Program
Help Me Grow
Maine Pediatric and Behavioral Health Partnership Program
Maine Substance Use Disorder Learning Community
Online Mandated Reporter Resource Page
Maine’s Plan of Safe Care Resource Page
Maine Family First
Federal Family First website
AccessMaine
Safe and Sound – resource for trauma informed care and parenting
Helping Foster and Adoptive Families Cope with Trauma
Parenting After Trauma: a Guide for Foster and Adoptive Parents
Maine AAP Foster Care Committee website
Adoptive and Foster Families of Maine
“When you know better, you do better.”
- Dr. Maya Angelou
Questions?

Adrienne W. Carmack, M.D.
Medical Director, OCFS
Adrienne.W.Carmack@maine.gov