

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

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Medical Director, OCFS
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Conflicts of Interest

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

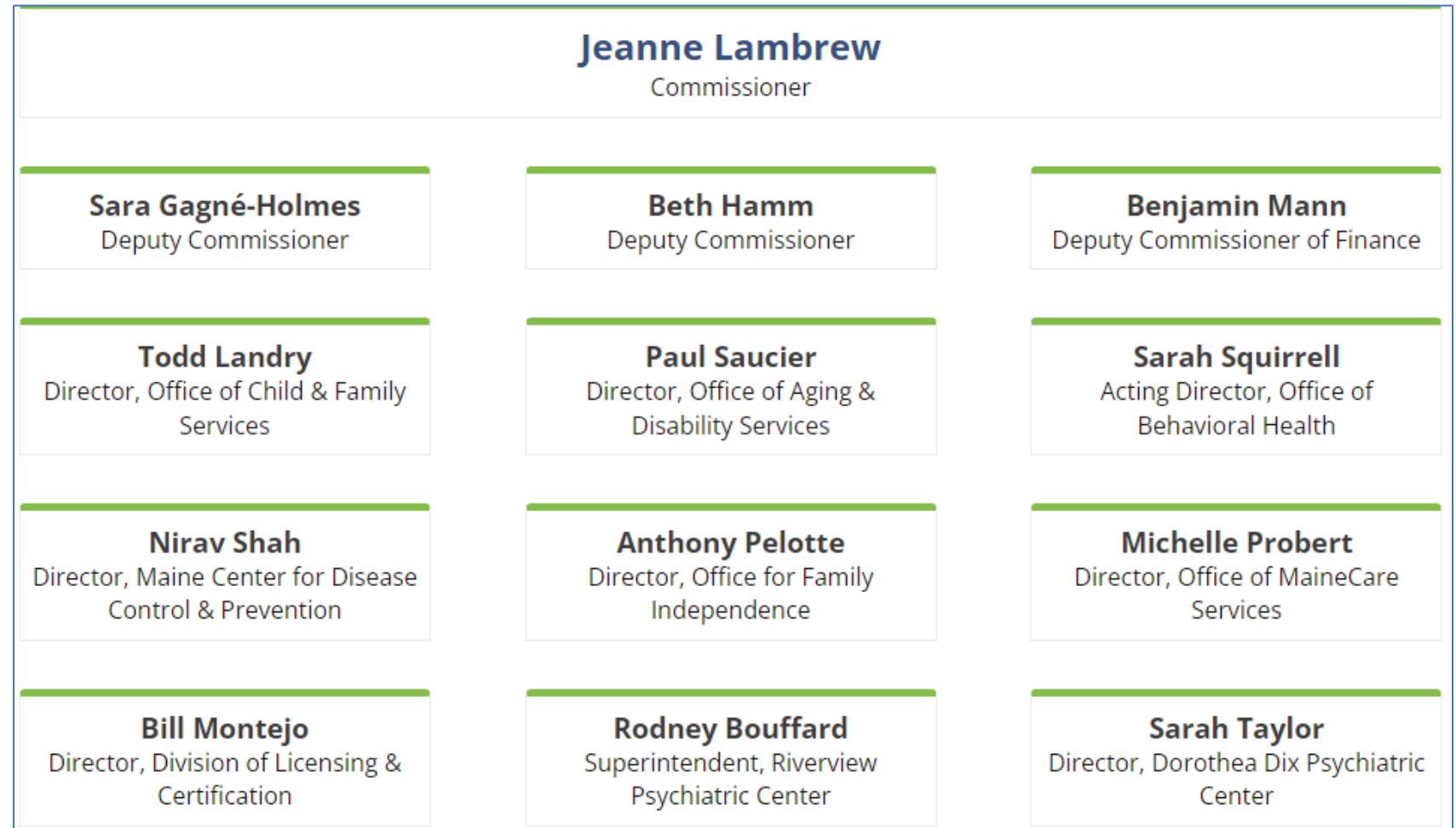


All Maine Children & Families

**SAFE, STABLE,
HAPPY, HEALTHY**

Department of Health and Human Services (DHHS)

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.



OCFS Service Areas

OCFS Director Todd Landry oversees four service areas of OCFS

Child Welfare Services

**Associate Director:
Bobbi Johnson**

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.

Children's Behavioral Health Services

**Associate Director:
Elissa Wynne**

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.

Early Care and Education

**Associate Director:
Elissa Wynne**

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.

Children's Licensing and Investigation

**Janet Whitten,
Program Manager**

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.

Office of Child and Family Services (OCFS)

- Supports Maine's children and their families by providing Children's Early Care and Education, Behavioral Health, & Child Welfare Services.
- 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.



All Maine Children & Families

**SAFE, STABLE,
HAPPY, HEALTHY**



Children's Early Care and Education

Childcare Subsidy Program (CCSP)

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 Unit

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/> 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

Children's Behavioral Health System of Care

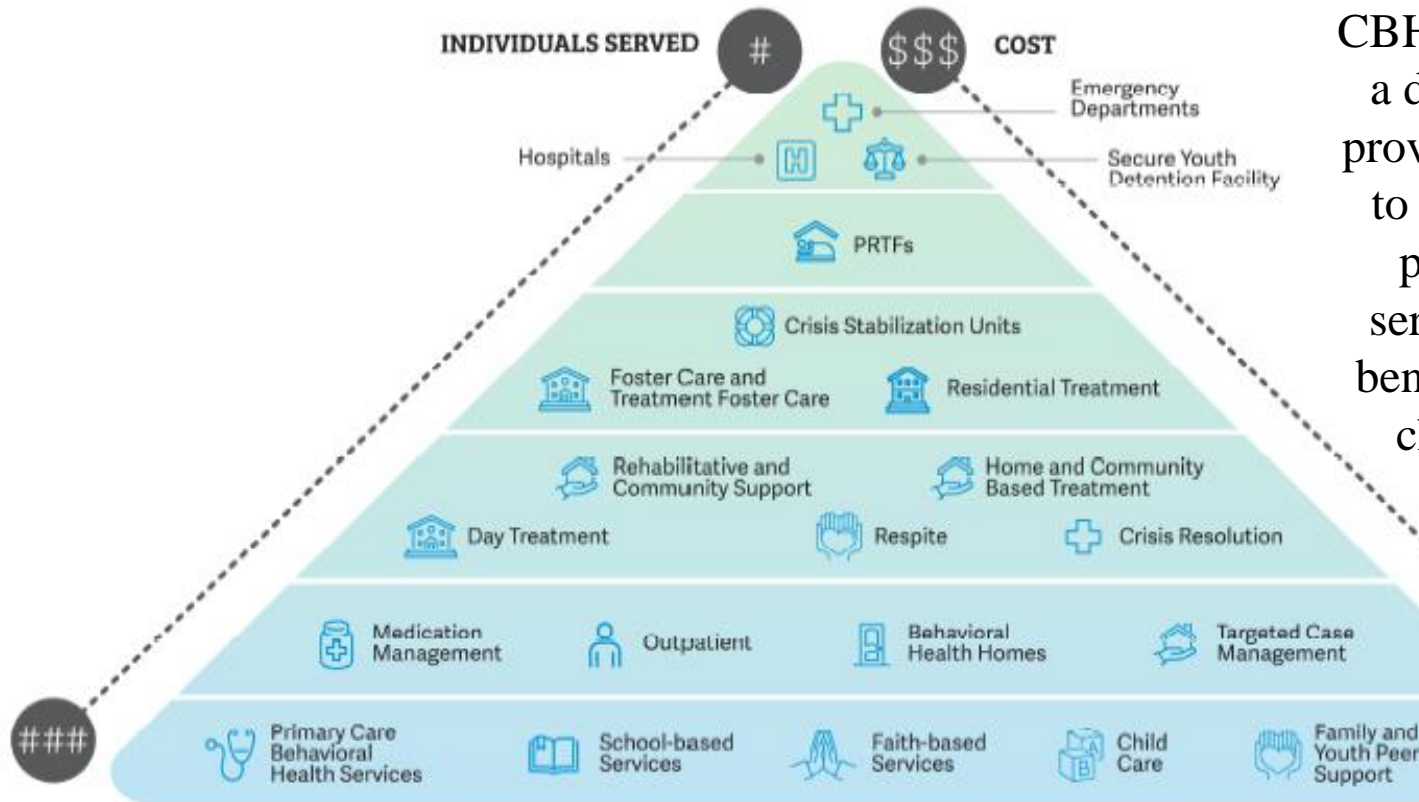


OCFS is invested in ensuring Maine families have access to community-based services for children, youth, and young adults with mental, emotional, and behavioral health needs that are:

- 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

Children's Behavioral Health Services (CBHS)

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.



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)

EmpowerME - System of Care Grant

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>

Maine Crisis Line

“The Gateway to Acute Service”



FREE. CONFIDENTIAL. AVAILABLE 24/7.

- 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.

There is hope.



There is hope.

There is hope.

There is hope.

There is hope.

There is hope.



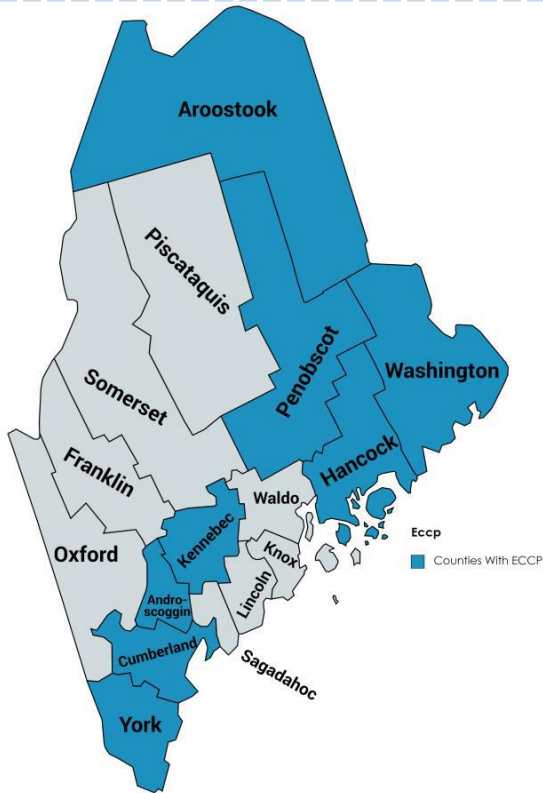


Maine
Early Childhood
Consultation
Partnership
ECCP®

Helping Relationships
Grow

Early Childhood Consultation Project (ECCP)

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

Child Specific Service

- Supports an **individual child** ages 0-8 with social-emotional concerns
- Up to nine hours of consultation
- Classroom and home observations
- Available in centers, family child care programs, public Pre-Ks, public schools, and afterschool programs.

Core Classroom Service

- Supports the social-emotional **environment of the classroom**
- Up to three hours of consultation per week for 12 weeks
- Available in centers and public pre-K's

Family Child Care Provider Service

- Supports the social-emotional **climate of the program**
- Up to **two hours** of consultation per week for nine weeks
- Classroom/program observations
- Available to licensed Family Child Care Providers



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
- Contact us at: HelpMeGrow@maine.gov

Maine Department of Health and Human Services



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!

Help Me Grow works to ensure equitable access to resources in a timely fashion.

Centralized Access Point

For connecting children and families to services and care coordination, for 0-8 years.

- Specialized child development line
- Linkage & follow up
- Researching resources
- Current directory

Child Health and Childcare Outreach

Support early detection and intervention through:

- ASQ-3 Online
- Training on Developmental Milestones and Screening
- Closing the feedback loop

Family and Community Outreach

Promotes use of HMG and developmental milestones and facilitate networking for families and service providers through:

- Communication materials
- Community presentations
- Engaged community partners

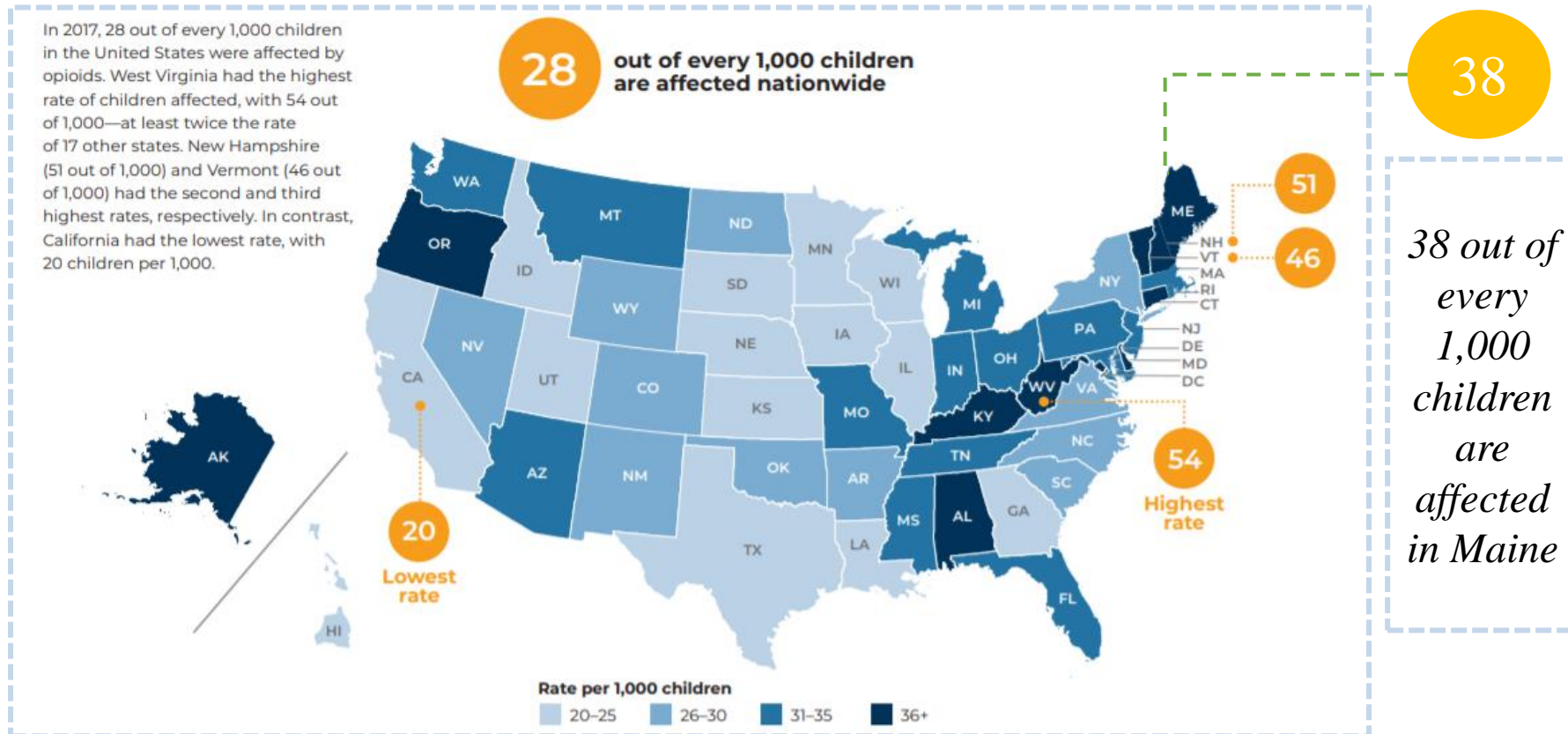
Data Collection and Analysis

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

Youth Substance Use Disorder

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

Youth SUD Services

OCFS is working to expand access to high quality treatment for adolescents with SUD across the continuum of care.



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.

Youth Substance Use Disorder

OCFS is working in partnership with the OBH and the Co-Occurring Collaborative Serving Maine to bring the SUD Learning Community to providers.



The ECHO takes place on the first Wednesday of each month at 12pm. If interested- contact [adrienne.w.carmack @maine.gov](mailto:adrienne.w.carmack@maine.gov)

Project ECHO on Adolescent MOUD:

Learning objectives:

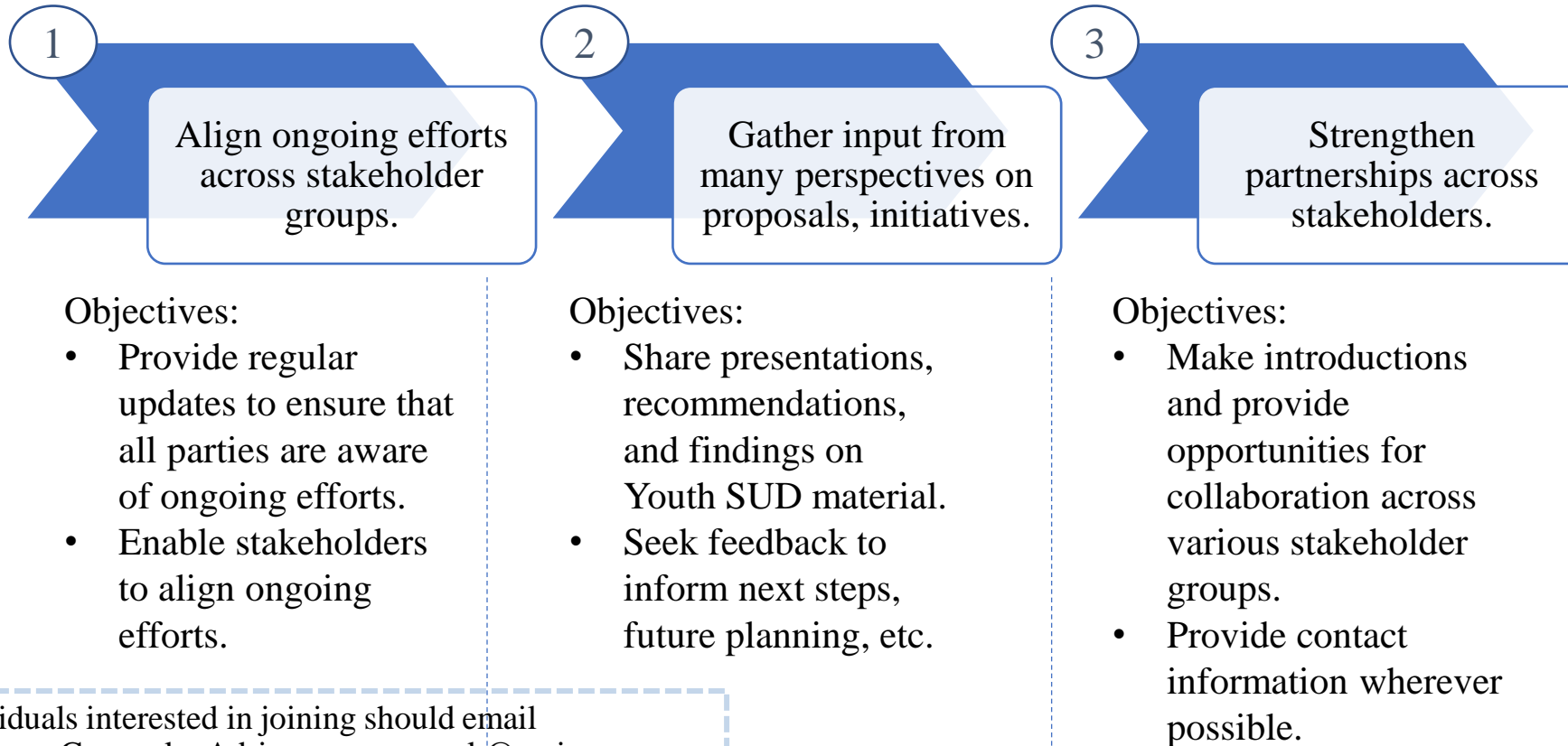
- Bolster skills to appropriately identify and treat SUDs within adolescent populations including specialty populations of adolescent girls and LGBTQ+ populations;
- Build competencies to deliver trauma-informed SUD/MAT care from screening to navigating consent and confidentiality to treatment;
- Strengthen 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

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.



Individuals interested in joining should email
Adrienne Carmack– Adrienne.w.carmack@maine.gov



About Us ▾ Advocacy ▾ Education ▾ Membership For Families ▾ For Providers ▾

FOR PROVIDERS / TOPIC RESOURCES / SUBSTANCE USE/OPIOID TREATMENT

Substance Use/Opioid Treatment

Youth Peer Support Statewide Network

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

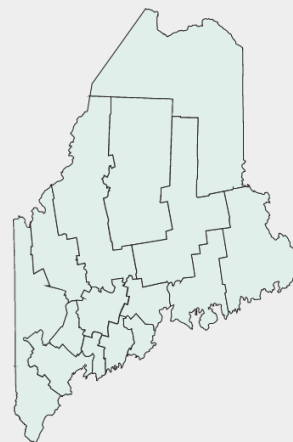
Maine Behavioral Healthcare was awarded a new contract with the State of Maine to develop a Youth Peer Support Statewide Network (YPSSN). This program offers anyone in the state of Maine who is between the ages of 14 and 26 access to a variety of peer support opportunities. The contract officially began 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.



Resource Locator

Click on your county in the map. Local, state, and national resources will be shown.



Washington County Resources

Aroostook Mental Health Center (AMHC)

Offers a variety of inpatient and outpatient substance use disorder prevention and treatment services, including residential, peer recovery, and Medication Assisted Treatment (MAT). MAT available at Madawaska, Caribou, Presque Isle, Houlton, and Ellsworth locations.

Outpatient locations:

Aroostook:

43 Hatch Drive, 3rd Floor, Caribou, (207) 493-3361

104 East Main St., Fort Kent, (207) 834-3186

11 Mill St., Houlton, (207) 532-6523

88 Fox St., Suite 101, Madawaska, (207) 728-6341

180 Academy St., Presque Isle, (207) 764-3319

Hancock:

710 Bucksport Road, Ellsworth, (207) 667-6890

Washington:

127 Palmer St., Calais, (207) 454-0775

14 Steve's Ln., Marshfield, (207) 255-0996

Outpatient Services available to adolescents:

Mental health counseling

Substance use counseling

Medication Assisted Treatment (MAT)

Dual-diagnosis treatment

Detoxification management



MMA Center for Quality Improvement / Maine Chapter, AAP

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



A better tomorrow starts **today.**



Maine Pediatric and Behavioral Health Partnership (MPBHP)

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

bhpartnersforme.org

Child Welfare Services



- 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.**

Child Welfare Visioning and Strategic Planning



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.

 Guiding Principles	 Strategies	 Outcomes
<ul style="list-style-type: none">1 Child Safety, First and Foremost2 Parents have the Right and Responsibility to Raise their Own Children3 Children are Entitled to Live in a Safe and Nurturing Family4 All Children Deserve a Permanent Family5 How We Do Our Work is as Important as the Work We Do	<p>Safety</p> <ul style="list-style-type: none">>Address Intake processes and improve staffing>Re-assess the Alternative Response Program>Enhance Assessment Processes <p>Permanency</p> <ul style="list-style-type: none">>Develop a Permanency Review Process>Monitor the Family Visit Coaching pilot to develop best practices>Improve SDM tool consistency <p>Well-Being</p> <ul style="list-style-type: none">>Develop family engagement tools and training>Improve resource parent outreach and support <p>Staff Training and Support</p> <ul style="list-style-type: none">>Develop policy and training plan for new processes and tools>Establish workforce wellness teams and education>Update caseload size, standards, and ratios>Procure MACWIS replacement	<p>Safety for children through timely response and thoroughly assessing and addressing safety and risk issues</p> <p>Improved timeliness to permanency</p> <p>Enhanced well-being of children through identification of individual needs and engagement with formal and informal supports.</p> <p>Strengthened child welfare practice through improved engagement with families and children.</p>

Maine Department of Health and Human
Services

To report child abuse or neglect Child Protection Hotline - 1-800-452-1999

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](#).



STATE OF MAINE
Department of
Health and Human Services



Mandated Reporter

Welcome to the Maine Office of Children and Family Services Mandated Reporter Portal

The Maine Office of Child and Family Services Online Reporter Portal is designed to provide medical professionals, hospitals and hospital staff, school personnel and law enforcement personnel the ability to report non-emergent information related to child abuse and/or neglect.

This portal is not to be used for:

- Child Fatalities
- Life threatening injuries to a child
- Human Trafficking
- Safe Haven situations
- Sexual abuse situations where the perpetrator has access to the child
- Emergency situations that require immediate assistance.

Should you have questions or concerns about making an electronic report please call the Intake hotline at 1-800-452-1999 where Intake staff can assist you in making a report through our intake phone system. Intake staff are available to assist you 24 hours a day/365 days per year.

I acknowledge that (answers to these questions are mandatory to continue)

I am a Mandated Reporter (Maine Code Revised Title 22, Chapter 1071: Child & Family Services and Child Protection Act).

* ☐ Yes ☐ No

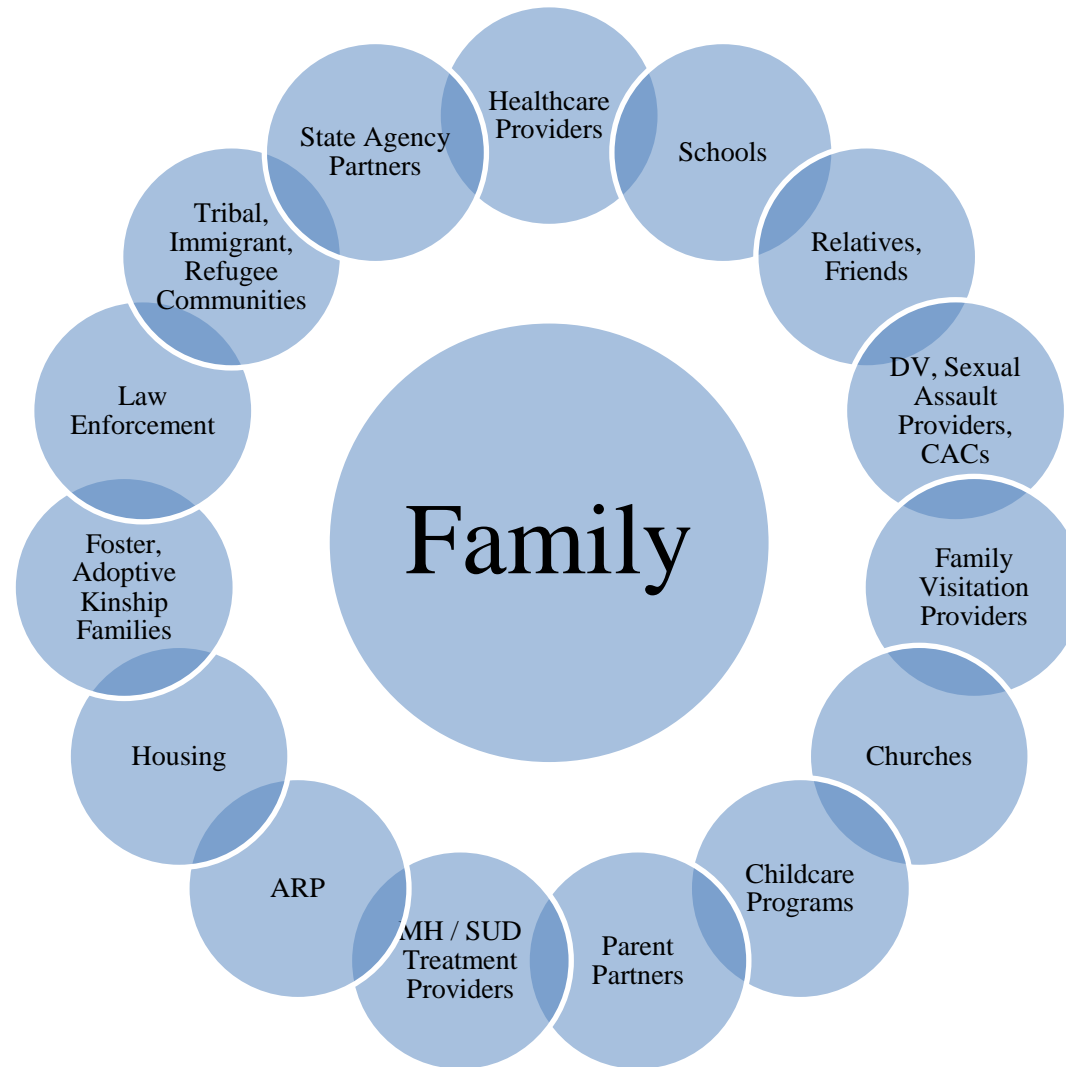
I am law enforcement, a medical professional, hospital staff or school staff (Maine Code Revised Title 22, Chapter 1071: Child & Family Services and Child Protection Act).

* ☐ Yes ☐ No

Steps

- MANDATED REPORTER
- ABOUT YOU
- HOUSEHOLD
- OTHER ADULTS IN HOUSEHOLD
- CHILD(REN) IN THE HOUSEHOLD
- CAREGIVER OUTSIDE OF HOME
- CONCERNS

Collaboration within the Child Welfare System



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

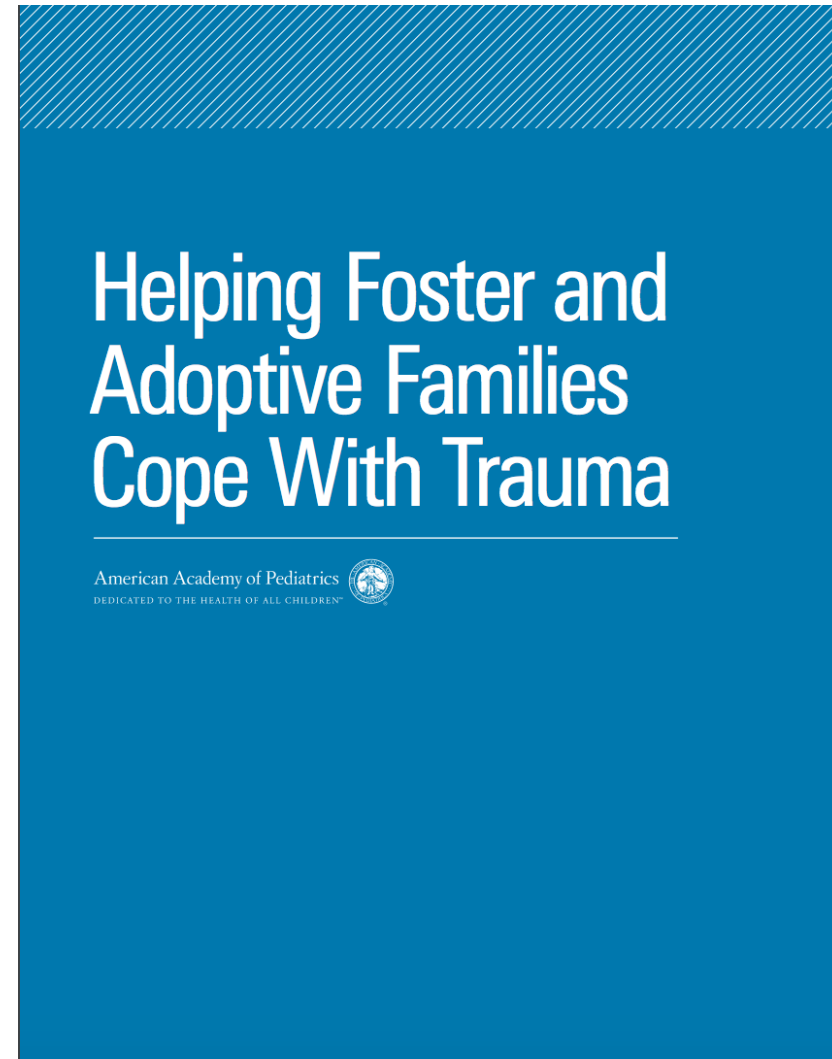
- Within 10 days of entry into foster care, information gathering begins
- Acute visit with a physician or nurse practitioner, preferably the child's PCP
- Ensure resource parent has medication or other medical equipment
- Immunizations updated; lab work completed as recommended
- Referrals for community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





**Adoptive & Foster
Families of Maine, Inc.
& The Kinship Program**

**Connect
Advice
Resources
Education
Support**



Maine's Plan of Safe Care

Women, Infants and Families in Maine

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		Was this POSC started Prenatally? Yes or No	
Mother's Name	Preferred Pronoun	DOB / /	
Current Address			
Home or Other Phone	Cell Phone	TEXT Okay? Yes or No	
Mother's Primary Care Provider:	Infant's Primary Care Provider established prenatally? Yes or No		
Are you a part of a Native American community in Maine? Yes or No			
Race (select more than one 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. partner/spouse, family/friends, employment, counselor, spiritual faith/community, recovery community)			
NEEDED ASSISTANCE AND GOALS (e.g. parenting, housing, smoking cessation, childcare, financial, food, diapers, education, and 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)? If yes, please list:		Yes or No	
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? If yes, please list symptoms:		Yes or No	
Observe/Monitor for Fetal Alcohol Spectrum Disorder		Yes or No	
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 CradleME 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 authorization 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's Plan of Safe Care

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

Maine's Plan of Safe Care

Maine's Plan of Safe Care Website

- <https://www.maine.gov/dhhs/mecdc/population-health/mch/plan-safe-care.shtml>

Division Of Disease Prevention
Maine Center for Disease Control & Prevention
A Division of the Maine Department of Health and Human Services

Contact MBCHP | News | Online services | Publications | Subject index
Search MBCHP Search

Maine CDC Home Health Topics A-Z Data/Reports For Health Care Providers For Businesses For Homeowners/Renters Divisions/Programs

Coronavirus Disease 2019 (COVID-19) - Updates and Information

DHHS → MeCDC → Disease Prevention → Maternal & Child Health → Plan of Safe Care Fri 24 Sept 2021

Disease Prevention Information

- Adolescent and School Health
- Asthma
- Cancer
- Diabetes
- Heart Disease and Stroke
- Injury and Suicide Prevention
- Maternal Child Health
 - Children With Special Health Needs
 - Maine's Plan of Safe Care**
 - Perinatal Health
- Nutrition, Physical Activity and Healthy Weight
- Oral Health
- Substance Abuse and Prevention
- Tobacco

Plan of Safe Care

Maine implemented its *Plan of Safe Care 2021* (Phase One) process on January 1st. A federally mandated document, the primary goal of a *Plan of Safe Care* is deliberate attention to ensuring the supported and ongoing *safety, well-being and best possible long-term health and developmental outcomes* for substance exposed infants, their mothers and other caregivers.

Through respectful, collaborative, strengths-based conversation, Maine's *Plan of Safe Care* is created between a healthcare or social services provider, mother and/or other caregivers, identifying family strengths and needs, beneficial resources and actions to best support substance exposed infants and families. A *Plan of Safe Care* often includes referrals to services or providing contact information to families for their own follow-up.

Resources for Healthcare or Social Services Providers

Updated Forms September 2021

- [Maine Plan of Safe Care, Fillable \(PDF\)](#)
- [Maine Plan of Safe Care Printable \(PDF\)](#)
- [Maine Plan of Safe Care Checklist for Case Workers \(Word\)](#)
- [Maine Plan of Safe Care Checklist for Hospital Staff \(Word\)](#)
- [Maine Plan of Safe Care Checklist for Public Health Nurses \(Word\)](#)
- [Maine Plan of Safe Care for Resource, Kinship, Foster and Adoptive Fillable \(PDF\)](#)
- [Maine Plan of Safe Care for Resource, Kinship, Foster and Adoptive \(Word\)](#)
- [Maine Plan of Safe Care for Resource, Kinship, Foster and Adoptive \(PDF\)](#)
- [Plan of Safe Care Scripting about OCFS Notification \(Word\)](#)

A photograph of three young children jumping joyfully on a green playground surface. The child in the foreground is a boy with red hair, wearing a dark blue long-sleeved shirt and dark pants, captured mid-air with his arms outstretched and a wide, open-mouthed smile. Behind him, two other children, also in similar dark blue and light grey clothing, are jumping. The background shows a blurred cityscape with buildings and trees under a bright, slightly overcast sky. A semi-transparent blue banner with rounded corners is positioned across the lower middle of the image, containing the text 'Family First Prevention Services' in white serif font.

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.

<https://www.maine.gov/dhhs/ocfs/data-reports-initiatives/system-improvements-initiatives/families-first-prevention-act>

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.



A path to resources and supports for families in Maine.

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.

I'm looking for...

211 Maine

Crisis Support Numbers

Locating Services and Supports for Families in Maine

Family Services Resource Guide: www.AccessMaine.org
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:

<http://www.maine.gov/dhhs/oms/provider/news-subscription.html>

Subscribe to E-messages from Mainecare

[The Maine Prevention Store](https://www.maine preventionstore.com/)

<https://www.maine preventionstore.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

Fostering Health : <https://www.aap.org/en/patient-care/foster-care/fostering-health-standards-of-care-for-children-in-foster-care/>

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



View of Otter Cliff from Ocean Path

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Questions?

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