

**Collaborative Care:
Developing and Implementing Plans of Safe Care for
Substance Exposed Infants
Learning Guide for Ongoing Professional Development**

Note to Learner: The Virginia Dept. of Behavioral Health & Developmental Services encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Before the training:

- Learner and supervisor review course objectives and service provider competencies
 - Learner sets personal learning goals
 - Learner completes pre-training activities, as required
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During the training, the learner:

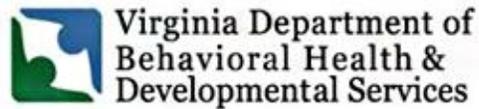
- Completes activities
 - Reflects on own response
 - Identifies questions and concerns
 - Prints Reflective Responses to share with supervisor
 - Completes post-training evaluation
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After the training:

- Learner:
 - Completes pre- and post-training activities, as required, and shares them with supervisor
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan over time
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Training Description:

This 45-minute online module introduces family support professionals and other service providers to federal and state requirements for developing Plans of Safe Care for substance-exposed infants (SEI), trains them to work with mothers, families and other providers to create a POSC during and after pregnancy, and supports mothers and families in implementing the POSC.



National Family Support Competencies Addressed:

- 4.14.d. Lists common sources of formal and informal supports for families
- 5.17.e. Lists key risk factors in pregnancy including high blood pressure, pre-eclampsia, substance use, and poor nutrition
- 6.22.a. Identifies resources within the community that provide social, financial, health and other services to children and families
- 6.22.b. Initiates engagement with other service providers in a timely manner, and maintains interagency and community connections to best meet the individual needs of the family

Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Understand Federal and State laws regarding Maternal Substance Use		
Identify service needs specific to this population of women		
Develop a comprehensive <i>Plan of Safe Care (POSC)</i> addressing mother's and infant's needs before, during and after pregnancy		
Name other agencies/referral sources that should be involved in creating POSC Treatment Team		
Understand how to implement POSC and recognize when it should be revised		

My personal learning goals for this training are:

1. _____
2. _____
3. _____

After the Training

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner's plan will be unique. Listed are a few examples.) As a result of this training, I will...

- Update my resource file to include information about the impact of substance exposure on infants, how to care for a substance-exposed infant and the role of Child Protective Services concerning SEIs.
- Make connections with agencies and referral sources that should be involved in a Plan of Safe Care

My Action Plan

Action	Target Date	Date Completed