

# Pregnant and Concerned About Substance Use?

## There are new laws to support and protect you and your family.

A federal law, the *Comprehensive Addiction and Recovery Act (CARA)*, was passed in 2016. This law requires states to develop Plans of Care for babies born with drugs or alcohol in their systems. Every baby born with drugs or alcohol will have a Plan of Care when discharged from the hospital.

This year, New Mexico passed a bill that supports women seeking prenatal care who have alcohol or substance use. Under the new law, pregnant women who communicate use of drugs or alcohol will be offered supports through a Plan of Care. The Plan of Care will work with your health insurance carrier to make sure access to services is easier.

CYFD does have to receive 'notification' of the birth of all substance exposed babies and a copy of the Plan of Care. 'Notification' is not a referral to Statewide Central Intake/Protective Services.

## A Plan of Care...

- Supports you having a good healthy pregnancy and supports your baby in making a good life.
- Is designed and written by you and your health care provider.
- Is a tool to help you plan the services you want to support you in caring for your baby.

**Notification to  
CYFD is NOT the  
same as a referral  
for investigation.**

For example, your Plan of Care may include a referral for your infant to Early Intervention services. Early Intervention includes coordination of developmental care and teaching to help you and your baby develop and grow.

Home Visiting is another service that you may be interested in. Home visitors support parents in feeding, whether you breast feed or bottle feed. Home visitors also support everyone caring for the baby and can help with postpartum depression.

This document may be translated in the language of client's choice.

If you or anyone in your family needs access to substance use treatment or mental health care, that will be part of the Plan of Care. You will be supported in receiving treatment and continuing to care for your baby.

## Where can I get more information?

### New Mexico Children Youth & Families Department

Trisstin Maroney  
505-629-3602  
[Trisstin.Maroney@state.nm.us](mailto:Trisstin.Maroney@state.nm.us)

### New Mexico Department of Health: Children's Medical Services

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## Plans of Care for substance-exposed babies and their families



New Mexico Children,  
Youth & Families Department