

Plan of Care

Frequently Asked Questions & Descriptions of Supportive Services

CARA stands for the Comprehensive Recovery and Addiction Act and is a project of the NM Children, Youth and Families Department and the NM Department of Health. For more information, email [Dr. Trisstine Maroney](#) (CYFD) or [Susan Merrill](#), LCSW (DOH).

What is a plan of care?

A plan of care is needed when a baby has been exposed to substances. It is meant to support the baby's safety, health, and development by offering services that can help the baby grow. A plan of care also provides services and supports to parents and caregivers of the baby to help them get treatment for substance use, mental health, and access other resources that can help new parents. The plan of care is created with the baby's primary caregiver; this might include the parent(s), a designated caregiver like a grandparent, aunt, uncle, or other family member, guardian, or foster parent.

Is it just illegal substances?

No, it includes all substances, even legal ones, like medical marijuana, alcohol and prescribed pain medications.

Why is that?

Because all substances can affect the baby's health and brain development. Babies born exposed to substances may need extra help and supportive services as they grow up.

Who receives the plan of care and why is a plan of care required?

A plan of care is required by federal and state law. It involves safety planning to address the needs of a baby that has been affected by the mother's substance use. It includes Neonatal Withdrawal Symptoms (when the infant is physically withdrawing from substances like opioids or heroin) and Fetal Alcohol Spectrum Disorders (when infants are exposed to alcohol in the mother's womb). New Mexico law requires hospitals to send the Plan of Care to the Department of Health (DOH) and the Children, Youth, and Families Services Department (CYFD) to ensure New Mexico is following federal laws and that your baby is safe.

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Since the Children, Youth, and Families Services Department (CYFD) is notified, does that mean my baby will be taken away?

No. The plan of care is not the same as filing a report with CYFD. You are not being punished but instead we want you to do what is best for your baby. However, if there is concern for the baby's safety, such as in cases of abuse or neglect, then the hospital may report this to CYFD Protective Services for follow-up.

Do I have to follow through with the plan of care or can I refuse?

Following through with the referrals in your Plan of Care is up to you but recommended for the wellbeing of your infant. A Plan of Care offers supportive services for you, your new baby, and your family. If you are not interested in certain services, you may refuse those referrals.

What is a Care Coordinator and how are they involved in the plan of care?

A Care Coordinator is a trained person who is assigned to help you and your baby transition home. The Care Coordinator can help link you and your family to needed healthcare services, home services, community services, and school services. These supportive services can help you and your baby to achieve good health. The needs of babies born with substance exposure may be ongoing and involve long-term care.

The Care Coordinator works for your insurance company and can offer you and your child support until they are 18 years of age if on Medicaid, and up to 21 years of age if eligible for Children's Medical Services. As your baby grows, the Care Coordinator is a resource to help you identify school needs and specialty needs such as feeding and growth concerns. They can help link you to services such as housing, transportation, and food. The Care Coordinator will work with the baby's caregivers to make sure referrals for the right services are in place. They can add new service referrals if requested or needed and help communicate with your baby's doctor about the Plan of Care.

Supportive Service Descriptions

Below is a list of some of the programs that can support you and your baby's wellbeing. Your Care Coordinator can help you find or sign up for any programs or benefits for which you and your baby may be eligible.

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12-Step Program: Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) are community-based programs that help those struggling with problematic drinking or drug use, to get clean and sober with the support of their peers. Through daily meetings and discussions surrounding addiction, AA and NA give men and women a place to come together and share their experiences, hope, and wisdom while recovering from alcoholism and drug misuse.

- Find a Recovery Meeting: <http://therecoverybook.com/find-a-recovery-meeting/>

Childcare: Parents who are eligible can receive childcare assistance support through the Children, Youth, and Families, Department (CYFD) for their new baby or older children.

- Find Childcare: <https://pulltogether.org/childcare/find-child-care>
- Information for Parents: <https://www.nmeccd.org/information-for-parents/>

Children's Medical Services (CMS): Offers care coordination for children from birth to age 21. Children eligible for this service have a medical condition like hearing problems, health or nutrition concerns, or need special pediatric care. You do not have to be a US citizen or have Medicaid to receive this service for your child. Children's Medical Services are provided in every county throughout the state of New Mexico by the Department of Health. Families can receive Children's Medical Services and use a Care Coordinator together if they choose.

- Children's Medical Services (Department of Health): <https://nmhealth.org/about/phd/fhb/cms/>

Community Based Prevention, Intervention & Reunification Services: A community-based program that offers services to caregivers of children birth to 5 years of age. Families are offered individualized support to help them improve parent-child interaction, healthy child development, and parent or caregivers' knowledge to meet their children's developmental needs. Support might include home visits, case management, parenting education and transportation.

- For more information on local providers please email Trisstine Maroney: Trisstine.Maroney@state.nm.us

Domestic Violence Services: Domestic violence (also called intimate partner violence) or domestic abuse (also known as relationship abuse) is a pattern of controlling behaviors used by one person to achieve and sustain power over a current or former intimate partner, co-parent, or a person who is related by marriage or blood, and may include other family members. Domestic violence service providers assist with a wide range of supportive services and, if needed, emergency shelter and transitional housing. Services include crisis intervention, legal help, counseling, case management, transportation, and help accessing a wide range of community resources.

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Emergency shelter, advocacy, and access to orders of protection remain in place for victims/survivors of domestic violence.

Help can be accessed in several ways:

- 1. Calling 911 in an emergency**
- 2. Calling advocates in your community or**
- 3. Call/chat with the National Domestic Violence Hotline at 1-800-799-7233 or text 22522.**

- Domestic Violence CYFD website and phone numbers: <https://cyfd.org/domestic-violence>
- Domestic Violence Resources and Phone Numbers: https://cyfd.org/docs/DV_Survivor_Services_list.pdf

Early Intervention: The New Mexico Family, Infant, and Toddler program (FIT) serves children birth to 3 years old who have a developmental delay or might be at risk of one. All babies who have been exposed to substances are at risk. As a New Mexican, you qualify for a free evaluation to make sure your child is developing healthy. The results of the evaluation will determine the level of services needed for the newborn and family members. This free service provides in-home support to families and is available in every county of New Mexico.

- Family, Infant, Toddler Providers: <https://nmhealth.org/location/fit/>

Family Wrap-Around Services | Available up to 3 years of age: These programs wrap the whole family with various services (mom, dad, and baby) for up to 3 years of age through your local healthcare clinic. Services offered include: Home Visiting, Early Intervention, Infant Mental Health, along with mental health treatment and medical care for parents. Federally Qualified Health Centers also offer these programs, including La Familia in Santa Fe and El Centro in the northeast region of the state.

- FOCUS Clinic at UNMH: <http://cdd.unm.edu/early-childhood-programs/early-childhood-home-family-services/focus.html>
- La Familia: <https://www.lafamiliacounseling.org/>
- El Centro: <https://ecfh.org/el-centro-care/>
- Federally Qualified Health Centers in NM: https://npidb.org/organizations/ambulatory_health_care/federally-qualified-health-center-fqhc_261qf0400x/nm/

Financial Assistance: The Human Services Department (HSD) offers a number of programs that provide income support, food assistance, and health coverage. Temporary Assistance for Needy Families (TANF) can help supplement income. The Supplemental Nutrition Assistance Program (SNAP) provides food assistance.

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Caregivers or your newborn may qualify for Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) if they have a documented disability. Your Care Coordinator can help you sign up for any benefits for which you are eligible.

- Apply for Benefits: <https://www.yes.state.nm.us/yesnm/home/index>
- Social Security and Disability Insurance information: <https://nm.medicalhomeportal.org/services/category/278>
- Government Assistance Information: <https://www.newmexico.gov/i-need-assistance/>

Home Visiting (HV): Home Visiting services are available to expecting parents and families with children birth to 3 years of age. You do not have to be a US citizen to receive these services. Since raising a child is hard and life can be busy, home visiting services provide parenting coaches that come to you. The home visiting program helps connect families to helpers that make life a little easier. A home visitor can offer advice, whether its breastfeeding tips, how to manage stress, safe sleep practices, injury prevention, or even getting clothes for back-to-school. Your home visitor can also help you navigate and apply for other resources based on your eligibility or what the family feels they need.

- Find a Home Visiting Program: <https://pulltogether.org/home-visiting/find-a-home-visiting-program-1>
- Information for Parents: <https://www.nmeccd.org/information-for-parents/>

Housing Assistance: Managed Care Organizations (insurance providers) such as Blue Cross and Blue Shield, Presbyterian, and Western Sky, have a housing assistant who works with families to see if they qualify for housing programs. There is also housing assistance available through various federal Housing and Urban Development (HUD) programs across the state.

- Housing Program Information: https://www.hud.gov/states/new_mexico
- NM Supportive Housing Programs: <https://newmexico.networkofcare.org/mh/content.aspx?cid=8823>

Infant Mental Health (IMH): When difficult things happen, young children need parents and caregivers to help them make sense of what their family is going through. They may need help knowing what to expect in the future and learning how to cope with challenging emotions. Infant mental health is a proven treatment for children under age 6 who have experienced trauma and other difficulties. Stressful experiences affect the parent-child relationship, and young children rely on their parents or caregivers to feel safe. It may include problems of living associated with poverty, discrimination, immigration and social isolation. Infant Mental Health can help support families in healing after stressful experiences while respecting family values and cultural traditions.

- Infant and Early Childhood Mental Health Services: <https://cyfd.org/behavioral-health/infant-and-early-childhood-mental-health-services>

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- NM Statewide Resource Map: <https://pulltogether.org/resources-by-county/statewide-resource-map>

Medication-Assisted Treatment (MAT): Medication-Assisted Treatment is the use of medications in combination with counseling and behavioral therapies to effectively treat addictions such as opioid use disorder (OUD). It can help some people to sustain long term recovery. The medication options for MAT are Buprenorphine (Subutex or Suboxone) or Methadone. These medications can help lessen physical cravings and withdrawal symptoms from opioid misuse. MAT requires a prescription and counseling through a medical provider.

- Buprenorphine and Methadone Practitioner Locator: <https://www.samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator>

Mental Health Counseling: Mental Health Counseling is offered to help you manage anxiety, depression, and PTSD (Post-Traumatic Stress Disorder). Services are provided by a trained and licensed professional and are offered in a variety of clinics. A Care Coordinator can help find the right provider for you.

- Therapist in NM: <https://www.psychologytoday.com/us/therapists/new-mexico>

Parenting Groups: These groups are offered through a variety of organizations to help support new parents in understanding their child's needs. They are often part of home visiting programs. Some examples of parenting groups include Circle of Security and Nurturing Parenting.

- Check with local agencies offering other services such as home visiting and early intervention for more information on local parenting groups.

Recovery Supports: There are many types of treatment options such as detox, inpatient, outpatient, residential, and transitional treatment. It is important to know what is available in your area. There are currently 3 inpatient treatment programs that allow the mother and her baby to be together.

- Santa Fe Recovery Center: <https://www.sfrecovery.org/>
- Mariposa in Albuquerque: <https://www.bernco.gov/Department-Behavioral-Health-Services/the-mariposa-residential-program-.aspx>
- Sangre de Cristo in Peña Blanca: 505-465-2040
- Explanation of Treatment Options: <https://findtreatment.gov/content/treatment-options/types-of-treatment>

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Safe Sleep Plan for babies: All Home Visiting and Early Intervention programs offer safe sleeping information and have a safe sleep program. In addition, your hospital may provide sleep training before your family is discharged.

- Safe Sleep for Babies, Eliminating Hazards: <https://www.cdc.gov/vitalsigns/safesleep/index.html>

Smoking Cessation: Each Managed Care Organization (insurance company) offers services to those who are ready to quit smoking. New Mexico Quit NOW offers nicotine patches and another smoking cessation items free of charge.

- Free Help Quitting Tobacco: <https://www.quitnownm.com/>

Substance Abuse Counseling: Mental health providers and Counselors who specialize in substance misuse and addiction can help you regain control of your life. Counseling services are free if you are on Medicaid. Your family can ask a Care Coordinator to help you find a therapist in your area. You may also use the following link to find a mental health provider in your area.

- Therapist in NM: <https://www.psychologytoday.com/us/therapists?search=new%20mexico>

Women, Infants & Children (WIC): The Women, Infants, and Children Program provides free healthy foods, ideas for healthy eating and maintaining good health habits, and support for nursing families. It connects families with other community services for children up to 5 years of age. If you need a referral to the program, please ask your doctor or Care Coordinator. You can also ask to be re-referred if you were not able to follow through with the first referral.

- New Mexico WIC Program: <https://www.nmwic.org/>

Transportation: All Medicaid recipients can receive assistance with transportation through their Managed Care Organizations (insurance company) for health-related appointments. This service is for **Medical appointments only**, including mental health services and Medication-Assisted Treatment (MAT) appointments. For non-Medicaid clients there are other transportation supports available – ask your Care Coordinator.

Parents Reaching Out (PRO): Parents Reaching Out is a supportive service group for parents and caregivers that offers a variety of programs and parenting education. They work with all types of families, including grandparents and other caregiving members.

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- Parents Reaching Out: <https://parentsreachingout.org/>

Navajo Family Voices: This service provides help and support to families on the Navajo Nation. Navajo Family Voices builds partnerships among families, providers, schools, non-profits, and Diné extended families. They have an attorney on staff who can help with legal issues and information.

- Navajo Family Voices: <https://navajofamilies.org/index.html>

La Leche League: La Leche League provides education, information, mother-to-mother support, and encouragement to women who want to breastfeed their new baby. They are located in Albuquerque, Farmington, Los Alamos, Rio Arriba/Espanola, Santa Fe and Taos.

- Call 505-886-1223 (7 days a week, 9 am to 7 pm)
- La Leche League of New Mexico: <http://www.llnm.org/>

The following services are also part of Financial Assistance benefits in New Mexico. Your Care Coordinator can help you see which programs you are eligible for and assist you with the application process.

Supplemental Nutrition Assistance Program (SNAP): SNAP is also known as the Food Stamp Program for low income families. SNAP benefits are simple to use. If you qualify for this benefit, you will receive a SNAP debit card that you can use to purchase food products at participating grocery stores. Based on your eligibility, a benefit amount will be issued on your SNAP debit card each month

- SNAP Eligibility Requirements:
https://www.hsd.state.nm.us/LookingForAssistance/Supplemental_Nutrition_Assistance_Program_SNA_P.aspx
- Apply for Benefits: <https://www.yes.state.nm.us/yesnm/home/index>

Temporary Assistance for Needy Families (TANF): TANF can help to supplement a parent's income. This benefit requires that parents or caregivers go to work or do community service while receiving assistance. They must also meet with a case manager at their local Income Support Division. To find out if you are eligible, visit the TAND eligibility website listed below.

- TANF Eligibility Requirements:
https://www.hsd.state.nm.us/LookingForAssistance/Temporary_Assistance_for_Needy_Families.aspx
- Apply for Benefits: <https://www.yes.state.nm.us/yesnm/home/index>