



Being Prepared

While pregnancy is the first step on the Journey of Motherhood, your pregnancy can also be a first step on the lifetime Journey of Recovery

- Sometimes, when a child is born with substances in their system, the hospital or another provider may contact a child protective services agency. This often means a social worker will contact you to learn more about your family and talk about custody.
- This can feel like a scary time. Working with the social workers and your treatment providers can help you feel included in this process.





- Keep a record of all your appointments and treatment. These records can help you feel prepared for any conversations about custody that come up after your baby's birth. The next slide lists the kinds of information to include in your records.
- This packet will be a helpful part of any conversation about custody. It can also be helpful to sign releases of information so that your providers can speak about your treatment and recovery.
- You may not have some of the things on this list. You may have other things you want to include. That's okay. This packet looks different for everyone.

Suggested Items to Include in Your Records

- Cover sheet (name and contact information)
- Emergency contacts (names and phone numbers)
- Contact information for a backup caregiver for your baby, or the second parent
- Contact information for all medical and treatment providers, and signed consent forms (to allow your substance use treatment providers and your DCF social worker to speak with each other)
- Drug screen results
- Support letter from you substance use provider (describing your treatment and progress)



- Support letter from your mental health providers, recovery support people, or other people who know you well (religious or faith leaders, sponsor, Early Intervention worker)
- Records of prenatal care visits
- A list of hospital tours and/or birth classes that you attended
- Certificates of treatment graduation
- Information about your partner or the second parent of the infant, especially if this person is also in treatment/recovery (contact information, record of sobriety or treatment)
- Your relapse prevention plan for after delivery (your plan to stay with your baby while he/she is in the hospital, your plan for housing your baby, etc.)

Suggested Items to Include in Your Records

