



# PREGNANCY, PARENTING, & SUBSTANCE USE: NAVIGATING SYSTEMS

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## Module 2.3: Child Welfare

## Module Summary

### Module Purpose

This module is intended to equip peers to better understand the common paths child welfare cases may take. It also aims to prepare peers to offer effective and encouraging support to participants who are involved with child welfare.

### Key Points

#### Support During Child Welfare Interactions

- Helping participants navigate interactions with child welfare can be an incredibly important role a peer can take on. Recovery and reunification are possible.

#### Critical Skills for Peers

- Learn basic information about how child welfare reports, investigations, and cases typically unfold.
- Seek information about how child welfare cases involving parental substance use are often handled by your local child welfare and family court officials, such as learning the terms they use to refer to different types of case plans and meetings.

#### Essential Supports and Resources

- A resource list that includes tangible and emotional supports for participants facing a range of child welfare case outcomes including reunification, voluntarily ending parental rights, and involuntary loss of parental rights.

#### Practice Applications

- Offer strengths-based emotional support and communication coaching.
- Check parents' understanding of relevant plans and requirements for reunification. Offer to help develop a Plan of Safe Care.
- Link parents to resources needed to achieve goals and help navigate complex systems like housing, childcare, and vocational services.



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- Encourage parents to keep organized records and documentation to clearly show their progress toward case plan goals.
- Advocate for parents with child welfare staff, court professionals, and others involved in the case.
- Help parents build positive interactions with their child and their child’s foster family.

## Recommended Resources

<b>Child Welfare System Basics</b>
Child Welfare Information Gateway; Children’s Bureau <a href="#">How the Child Welfare System Works Factsheet</a>
National Technical Assistance Center for Children’s Mental Health <a href="#">A Family’s Guide to the Child Welfare System</a>
State Specific Child Welfare Resources and Documents <a href="#">State, Territory, and Tribal Resources   Child Welfare Information Gateway</a>

  

<b>Understanding Parenting Protective Capacities</b>
University of Wisconsin–Madison <a href="#">Parent/Caregiver Protective Capacities</a>
National Center on Substance Abuse and Child Welfare (NCSACW) <a href="#">Identifying Safety and Protective Capacities for Families with Substance Use Disorders</a>
Center for the Study of Social Policy <a href="#">Protective Factors Framework</a>

  

<b>Understanding the Court Process in Child Welfare Cases</b>
Utah State Courts <a href="#">Navigating Your Child Welfare Case: A Guide for Parents Involved in the Utah Juvenile Court System</a>
Child Welfare Information Gateway <a href="#">Understanding Child Welfare and the Courts</a>
American Bar Association and American Humane Association <a href="#">Finding Your Way: Guides for Fathers in Child Protection Cases</a>





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### Plans of Safe Care Templates and Examples

- [My Plan of Safe Care](#) (also available in [Spanish](#) and [Arabic](#))
- [Family Support Plan/Plan of Safe Care Template](#)
- [New York State CAPTA CARA Information and Resources](#)
- [Texas Children’s Health Plan POSC](#)
- [Pennsylvania Department of Human Services POSC Template](#)

[What are infant plans of safe care and some examples of state responses to infants affected by substance abuse?](#)

### Parenting During Child Welfare Cases

[Rise Magazine:](#)

- [Building Relationships with Foster Parents](#)
- [What You Need to Know About Visits](#)
- [Handling Painful Feelings in Visits](#)
- [A Time to Bond](#)

### Reunification From Foster Care

Child Welfare Information Gateway

[Reunification From Foster Care: A Guide for Parents](#)

[Partnering With Relatives to Promote Reunification](#)

Rise Magazine

[It Won’t Happen Again](#)

### Resources on Ending Parental Rights in a Child Welfare Case

LegalClarity.org

[Voluntarily Signing Over Parental Rights: What You Need to Know](#)

PMCAOnline

[The Steps and Considerations Involved in Relinquishing Parental Rights](#)



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### Support for Parents Experiencing Voluntary or Involuntary Parenting Rights Loss

National Council for Adoption

[Birth Parent Resources](#)

Postpartum Support International (PSI)

[Birth Moms Support Group](#)

Bellis

[Grief and Loss Support](#)

BraveLove

[Birth Moms Support Community](#)

### National Resources to Help Support Parents

#### **CarePortal (available in 30 states)**

This website allows “child serving professionals” to request specific resources or assistance on behalf of a family. CarePortal then alerts nearby churches, agencies, and community members to help meet those needs. If CarePortal is not active in your community, you may be able to create a similar system by approaching a few local churches about providing “as needed” resources to families, or learning more about [United Way](#) in your community.

#### **National Parent & Youth Helpline**

This resource by Parents Anonymous, allows parents to speak to a trained specialist in 240 different languages about parenting challenges, guidance, or encouragement.

#### **Federal Government Benefits**

Get information on government programs that may help participants with food, housing, healthcare, and other basic living expenses.

CDC

[Early Intervention Services \(EI\)](#)



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