

CARA Information

The Comprehensive Addiction and Recovery Act (CARA) of 2016 addresses maternal substance use disorders (SUD). It calls for a plan of safe care (POSC) to address the needs of both infants and their families or caretakers who are affected by substance exposure and or maternal SUD. It also requires states to submit an annual report of related data to the federal government. CARA was an amendment to the existing Child Abuse Prevention and Treatment Act (CAPTA) requiring states to address the needs of substance-exposed infants, including requirement to make appropriate referrals to child protective services and other appropriate services. The information in this document is intended to help Nebraska hospitals and providers meet the requirements of these laws.

Plan of Safe Care (POSC)

A plan of safe care is required to address the needs of both infants and their families or caretakers who are affected by maternal substance use disorder.

Plans of Safe Care for Mothers and Infants are documented in maternal or neonatal medical records. This may be in the discharge summary or another section of the record.

The development of the plan should involve the family and a final copy given to them at discharge.

An example of a POSC is available to hospitals and providers for reference in developing one specific to their setting. See: <http://dhhs.ne.gov/Pages/Comprehensive-Addiction-and-Recovery-Act.aspx>

Nebraska Family Helpline

The Nebraska Family Helpline has information on referral resources throughout the state.

<http://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx>

(888) 655-8660

Call the Nebraska Child Abuse/Neglect Hotline:

Anytime that child abuse/neglect is suspected

- Illicit use of opioids (those obtained from non-prescribed means) and mother is unwilling to engage in treatment.

You do not need to submit a "Notification Form" if the Hotline has been called as the data required by CARA will be collected during the call.

Submit Notification Forms for:

- Mother is stable and engaged in opioid medicated-assisted treatment with a licensed physician
- Mother is being treated with opioids for chronic pain by a licensed physician
- Mother is stable and engaged in treatment for other non-opioid substance use, including alcohol, with a licensed provider
- Infant is at risk for Fetal Alcohol Spectrum Disorder

For additional questions: DHHS.CARANotification@nebraska.gov