



Safe Healthy Infants and Families Thrive

Background

Arizona has many resources and skilled professionals dedicated to families impacted by substance use. But most agencies stay siloed in order to focus on their mission, specific population, and cultivated area of expertise. SHIFT pilots in Maricopa and Yavapai counties have been focusing on a different approach requiring multidisciplinary collaboration to engage in effective identification, engagement and ongoing support for families. Adopting the SHIFT approach does not require new expertise, but a willingness to partner with other local and state experts in an ongoing way to address barriers, map out pathways and adjust practices and policies to better serve families across intervention points.

The mission of Arizona SHIFT is to identify and support pregnant and postpartum families in Arizona affected by substance use disorder, to receive person-centered, high-quality, trauma-informed, culturally-responsive and compassionate care. Our vision is to improve outcomes for babies and families affected by substance use disorder. Our commitment to Arizona is to forge a robust network of community care providers to support families with a coordinated, integrated, and non-stigmatizing approach.

Getting ready to provide the SHIFT approach in your agency

Welcome to the coordinated care pathway for pregnant parents struggling with substance use. You are part of a team of agencies dedicated to the SHIFT mission. Steps to implementing at your agency:

- Identify a lead. This person will coordinate data sharing, training, and material delivery.
- Identify your team. Every team member who is working with SHIFT parents needs to be trained in Family Care Plan. This is a virtual recording: <https://youtu.be/xldjp9Asc0w>

The Family Care Plan was created in coordination with DCS so that the elements coincide with the Infant Care Plan. The Family Care Plan is part of a larger binder of information, resources and organizational components to support families. While the contents of the binder may vary depending on the program who is implementing and the regional resources, the FCP is meant to be a universal template for non-DCS providers across the state of Arizona.

The Family Care Plan and its accompanying Planning Guide can be found here:

<https://pcaaz.org/shift-resources/>

If your agency is administering the 4P+

This screener is a 90-second, validated tool that explores substance use, mental health, and domestic violence for the mother, partner, and parents. At the bottom of the screener, resource referrals are offered to the parent. Brief Intervention manuals will also be supplied to your organization as a tool to discuss substances and risk to mother and the fetus.

Any provider who will complete the 4P+ screener must watch this video:

[Training Video](#)

Passcode: ^iqYd3lw

The use of this screener requires data sharing. In Yavapai County, screeners or a spreadsheet of screener data collected is emailed to SHIFT@pcaaz.org by the 10th of each month. This data should not include PHI.

Who is eligible

Any pregnant parent with substance use concern or disorder.

How to introduce SHIFT to parents

This approach is meant to strengthen the work your agency is already doing. The SHIFT approach centers on collaboration with parents and family-serving agencies in your community. The central tool for parents to engage in SHIFT is the binder. The comprehensive binder is created for families to organize providers, tasks, and educational materials and includes the SHIFT prenatal Family Care Plan (FCP). The comprehensive FCP incorporates DCS's Infant Care Plan components. The two plans address the same core areas, with the FCP including a large binder of resources. As a provider, you may add resources to this binder to aid in coordination and access.

Using this binder, you will guide parents through the milestones:

- Enrollment into SHIFT
- Engage in Substance Use Disorder treatment and prenatal care
- Complete parent section of Family Care Plan
- Complete full Family Care Plan
- Attend first pediatric appointment
- Attend postpartum appointment

When you introduce this to parents, present the binder noting the participant recognition page. This outlines the steps for parents to complete. Explain to them that SHIFT is a supportive addition to the services you are providing and includes connecting them to other resources as needed. Home visiting with Healthy Families should be referred to automatically if the parent

agrees. The binder includes community resources and parenting education for them to use as desired. They should bring this binder with them to each meeting they have with you and use it to organize all of their services paperwork.

Releases of information may be needed and could include:

- ✓ Home Visiting/Healthy Families
- ✓ Prenatal Care
- ✓ MAT/SUD services
- ✓ Domestic violence services
- ✓ Birthing hospital

How to enroll parents

If a parent agrees to participate in SHIFT, please complete the enrollment form. Do not include any PHI. This form is a progressive document. As the parent accomplishes a milestone, you will give the corresponding family recognition item, check the box and resend the form to SHIFT@pcaaz.org.

Preparing for Birth

Providers who are utilizing 4Ps Plus and prenatal Family Care Plans will obtain consent from the individual to share relevant information with the birthing hospital and will encourage families to bring their prenatal FCP to the hospital for the birth event. Providers should be preparing parents for the DCS hotline call that will likely happen. Parents are empowered to make this call themselves.

Families are encouraged to bring their FCP to the birth event to inform medical providers about their current SUD treatment, (including receipt of MAT while inpatient), and to answer any questions hospital and DCS staff may have about current supports and preparation for the infant (including desire to use Eat, Sleep, Console as possible).

The SHIFT milestones include activities after birth. The hope is that parents will continue in their services with you and others as needed. Please complete the enrollment form and send the SHIFT@pcaaz.org. This email can also be used for any training and technical assistance needs you encounter.

Thank you for your commitment to improving outcomes for young children and their families.

Other resources:

<https://pcaaz.org/shift/>

<https://maricopashift.com/>

<https://www.hushabyenursery.org/>