



# Strategies for Building and Sustaining New Programs:

## Family Medicine Center ICWB Cohort 3

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2026 COLORADO PERINATAL SUBSTANCE USE INTEGRATION CONFERENCE  
AVON, COLORADO  
MAY 7TH - 8TH, 2026



INTEGRATED CARE  
FOR WOMEN AND BABIES



CAMPHIRE  
Colorado Ambulatory Partnership for  
Health Innovation and Research Excellence

*don't stop believing  
in recovery*



# Family Medicine Center

Fort Collins Family Medicine Residency  
Poudre Valley Prenatal Program



Department  
of PVH



Care across  
the lifespan



Prenatal  
care



Resident  
education



Medication  
for SUDs



Integrated  
BH team

# OB Care Management

- Psychosocial assessment with social worker
- Mood screening (EPDS)
- SDOH assessment and resource referral
- Ongoing care management as needed



Universal substance use screening (5Ps)

Specialized care management for patients with SUD

# Assessing Needs & Feasibility

- Where are there gaps in care?
- What are pinch points in our patients' care?
- What do we complain about?
- What are patients saying about their experiences?
- What are we already doing that needs refining, expansion or formalization?



# Goals for grant cycle

Increase patients' engagement in prenatal care

Bridge the gap between prenatal and intrapartum care

Provide education to hospital staff

Improve delivery experience



# Framework for care

“perinatal SUD Care Management”



Intensive Care  
Management



Plan of Safe Care  
Recovery Coach Doula

# Intensive Care Management

- Regular check-ins with care manager
- Evidenced-based screening and assessment
- Incentives for engagement
- MOUD at FMC when applicable
- Peer support and Recovery Coach Doula
- Collaboration and communication with inpatient team
- Prenatal consult at birth hospital
- Plan of Safe Care

FAMILY MEDICINE CENTER & POUFRE VALLEY PRENATAL  
**INTEGRATED CARE FOR  
WOMEN AND BABIES**

**CARE  
MANAGEMENT**

Engage with a care manager and increase your sense of support and connection regarding your mental health, substance use and present situation through attainable, patient-guided goals.

incentives for engagement    emotional support    substance use care    peer support

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uchealth    Practice Innovation Program  
UNIVERSITY OF COLORADO  
ANSCHUTZ MEDICAL CAMPUS

Increase patients' engagement in prenatal care

Improve delivery experience

Bridge the gap between prenatal and intrapartum care

# Incentives



### Integrated Care for Women & Babies

#### INCENTIVE PROGRAM REWARDS

Every full punch card is worth \$20 in rewards

\$20				
\$40				
\$60				
\$80				
\$100				

Increase patients' engagement in prenatal care



# Recovery Coach Doula

- Recovery Coach Doulas combine long-term recovery with professional training to meet patients exactly where they are without judgment and with deep compassion
- Local, in-clinic peer support for perinatal patients with substance use histories
- Top referral source
- Inpatient presence



# Community Engagement

Integrated Care for Women and Babies

## & LUNCH & LEARN

SESSION 1 OF 4

**"PLANS OF SAFE CARE"**  
 Courtney Kuemper, LCSW, PMH-C, Family Medicine Center  
 Angela Mead, MSW, Larimer County Department of Human Services

**ELEVATE YOUR CARE OF BABIES AND FAMILIES AFFECTED BY SUBSTANCE USE**

Attend in-person or virtually

August 7<sup>th</sup>, 2025  
 12:00 - 1:30PM  
 Poudre Valley Hospital Cafe

Quarterly trainings:

- November 6<sup>th</sup>: Toxicology Testing - Dr. Laurie Holms
- February 5<sup>th</sup>: Eat, Sleep, Console and Beyond - Colleen Wheeler, PA, Neonatology
- May 21<sup>st</sup>: Perinatal Substance Use Disorder Treatment & Intervention - Dr. Jeannie Folan and Jan Johns, LCSW

Register: 

Lunch provided. In-person spaces limited. Paid lunch-time and CE's provided for nurses.

**uhealth** INTEGRATED CARE FOR WOMEN AND BABIES **CHoSEN**

Questions? Email Courtney.Kueper@UHealth.org

Integrated Care for Women and Babies

## & LUNCH & LEARN

SESSION 2 OF 4

**"TOXICOLOGY TESTING: LIMITATIONS & COMPLEXITIES"**  
 Dr. Laurie Holms, MD, FAAP, Assistant Professor of Pediatrics and Medical Toxicologist, University of Colorado School of Medicine

**ELEVATE YOUR CARE OF BABIES AND FAMILIES AFFECTED BY SUBSTANCE USE**

Attend in-person or virtually

November 6<sup>th</sup>, 2025  
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**uhealth** INTEGRATED CARE FOR WOMEN AND BABIES **CHoSEN**

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## & LUNCH & LEARN

SESSION 3 OF 4

**CARING FOR INFANTS PRENATALLY SUBSTANCE EXPOSED  
 EAT, SLEEP, CONSOLE AND BEYOND**  
 Colleen Wheeler, Neonatal Advanced Practice Provider, Intermountain Lutheran Hospital


**ELEVATE YOUR CARE OF BABIES AND FAMILIES AFFECTED BY SUBSTANCE USE**

Attend in-person or virtually

February 5<sup>th</sup>, 2025  
 12:00 - 1:30PM  
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- May 21<sup>st</sup>: Perinatal Substance Use Disorder Treatment & Intervention - Dr. Jeannie Folan and Jan Johns, LCSW

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**uhealth** INTEGRATED CARE FOR WOMEN AND BABIES **CHoSEN**

Questions? Email Courtney.Kueper@UHealth.org

Integrated Care for Women and Babies

## & LUNCH & LEARN

SESSION 4 OF 4

**PERINATAL SUBSTANCE USE DISORDER TREATMENT & INTERVENTION**  
 Dr. Jeannie Folan and Jan Johns, LCSW, UHealth Family Medicine Center

**ELEVATE YOUR CARE OF BABIES AND FAMILIES AFFECTED BY SUBSTANCE USE**

Attend in-person or virtually

May 21<sup>st</sup>, 2026  
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**uhealth** INTEGRATED CARE FOR WOMEN AND BABIES **CHoSEN**

Questions? Email Courtney.Kueper@UHealth.org

Provide education to hospital staff

# Integration of Prenatal Plans of Safe Care

**Colorado Comprehensive Plan of Safe Care**

A Plan of Safe Care is a helpful tool for families with infants who are affected by substance use during pregnancy. This is your plan and can be used to highlight your family's strengths and connect you to support for keeping you and your baby healthy and safe. It can also be used to highlight your family's strengths and connect you to support for keeping you and your baby healthy and safe. It can also be used to highlight your family's strengths and connect you to support for keeping you and your baby healthy and safe. It can also be used to highlight your family's strengths and connect you to support for keeping you and your baby healthy and safe.

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**Plan of Safe Care for:**

Name of Infant: \_\_\_\_\_ Due Date/Date of Birth: \_\_\_\_\_ County: \_\_\_\_\_

Name of Birth Parent: \_\_\_\_\_ DOB: \_\_\_\_\_ Preferred Language: \_\_\_\_\_

Phone number: \_\_\_\_\_ Can we leave a message at this number?  Yes  No Email: \_\_\_\_\_

Name of Other Caregiver: \_\_\_\_\_ DOB: \_\_\_\_\_ Preferred Language: \_\_\_\_\_

Is this person able and willing to provide safe and sober care to you and your child/children?  Yes  No

Who else is able and willing to provide safe and sober care to you and your child/children? Please list names and phone numbers: \_\_\_\_\_

Do you have any complex communication needs (intellectual disability, traumatic brain injury, hearing/vision/hearing impairment)?  Yes  No

Date POSC Initiated: \_\_\_\_\_ Date of last Update: \_\_\_\_\_ POSC Support Monitor: \_\_\_\_\_

**Birth Event Information**

Birth Hospital: \_\_\_\_\_ County: \_\_\_\_\_ Admission Date: \_\_\_\_\_

Anticipated Birth Parent Discharge Date: \_\_\_\_\_ Anticipated Infant Discharge Date: \_\_\_\_\_

OB/GYN/CRM/TA (name and contact info): \_\_\_\_\_

Infant Primary Care Provider (name and contact info): \_\_\_\_\_

Labor Support Person(s): \_\_\_\_\_ Transportation Method: \_\_\_\_\_

Emergency Contact?  Yes  No

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

**PLAN FOR MYSELF**

I need help finding a doctor for myself  I'm interested in learning and building my parenting skills

I would like information on what to do if I feel stressed, sad, overwhelmed, or anxious during or after pregnancy  I'm interested in connecting with people with lived experience like a peer recovery coach, peer doula, etc.

I'm interested in learning about harm reduction, substance use treatment, and/or recovery services in my community  I would like information about residential substance use treatment programs for pregnant/breastfeeding people

I'm interested in connecting with a home visiting program or public health nursing services  I would like information on intimate partner/domestic violence resources

Would you like to create a plan to prevent return to use? This can be added to your Plan of Safe Care  Yes  No

**What services would you like or do you already have?**

Service	Status	Referral Date	Organization & Contact Info
Pharmacy/postpartum/medical care provider	<input type="checkbox"/> Receiving <input type="checkbox"/> Need referral <input type="checkbox"/> N/A		Clinic/Provider Name: _____ Phone Number: _____ Email: _____ Date of Next Visit: _____
Substance Use Treatment	<input type="checkbox"/> Receiving <input type="checkbox"/> Need referral <input type="checkbox"/> N/A		Clinic/Provider Name: _____ Phone Number: _____ Email: _____ Date of Next Visit: _____
Mental Health/Postpartum Counseling Services	<input type="checkbox"/> Receiving <input type="checkbox"/> Need referral <input type="checkbox"/> N/A		Clinic/Provider Name: _____ Phone Number: _____ Email: _____ Date of Next Visit: _____
Peer Support	<input type="checkbox"/> Receiving <input type="checkbox"/> Need referral <input type="checkbox"/> N/A		Organization's Name: _____ Peer's Name: _____ Phone Number: _____ Email: _____ Date of Next Visit: _____
Home Visiting Program	<input type="checkbox"/> Receiving <input type="checkbox"/> Need referral <input type="checkbox"/> N/A		Clinic/Provider Name: _____ Phone Number: _____ Email: _____ Date of Next Visit: _____
Parenting Classes/Groups	<input type="checkbox"/> Receiving <input type="checkbox"/> Need referral <input type="checkbox"/> N/A		Organization: _____ Next class/meeting Contact info: _____
Other:	<input type="checkbox"/> Receiving <input type="checkbox"/> Need referral <input type="checkbox"/> N/A		

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Kupper, Courtney, LCSW Progress Notes Encounter Date: 5/27/2025

**PRENATAL PLAN OF SAFE CARE**  
Last updated: 03/27/23

I have discussed this Plan of Safe Care with the listing person. They are aware that this information will be communicated to their medical team, their mental health team, and it will be discoverable in patient's medical chart. Patient retains a copy of this Plan of Safe Care.

EDD: 4/16/25

Indication for POSC: Patient has been in recovery from substance use (methamphetamine) since 9/2023. She is actively engaged in behavioral health treatment and has a strong support system.

Anticipated discharge plan: Patient plans to return home with baby. She and baby will live with her parents.

**BIRTHING PARENT health and well-being, supports and services:**

Service	Receiving?	Date of new referral (if applicable)	Details (include contact info if appropriate)
Prenatal/postpartum care	<input checked="" type="checkbox"/> No		PH/PHC
Specialty care provider(s)	<input type="checkbox"/> No		PH/PHC
Medical insurance	<input checked="" type="checkbox"/> No		Medicaid
Medication for SUD	<input checked="" type="checkbox"/> No		Psychiatrist or SummitStone
Mental health support	<input checked="" type="checkbox"/> No		Therapist or SummitStone, _____ every other week
Peer support	<input type="checkbox"/> No	Not interested	
Recovery programs (CP, patient, residential, etc)	<input checked="" type="checkbox"/> No		Detox house followed by IOP at SummitStone while living in Oxford House in 2023.
Support groups	<input type="checkbox"/> No		Previously when involved with IOP
Case Management	<input checked="" type="checkbox"/> No		Case Manager at SummitStone
Other: Doula	<input checked="" type="checkbox"/> No		Peaceful Birth Company

**FAMILY Resource Inventory:**

Service	Receiving?	Date of new referral (if applicable)	Details (include contact info if appropriate)
Housing assistance	<input checked="" type="checkbox"/> No		On voucher based wait list for single room housing. Plans to connect to Project Self-Sufficiency. Supported by SSHP Case Manager.
Financial assistance (TANF)	<input checked="" type="checkbox"/> No		Denied during pregnancy; may reapply but does not want to receive child support.
SNAP	<input checked="" type="checkbox"/> No		
WIC	<input checked="" type="checkbox"/> No		
Parenting classes or groups	<input checked="" type="checkbox"/> No	Not interested	
Home visiting program	<input checked="" type="checkbox"/> No	5/27/2025	Nurse Family Partnership
Baby supplies	<input checked="" type="checkbox"/> No		Lila Wilcox, inquires through ICWB for Security
Other:	<input checked="" type="checkbox"/> No		
Other:	<input checked="" type="checkbox"/> No		

**INFANT anticipated health, well-being, supports and services:**

Item	Details
Infant medical provider	Thompson River Pediatrics or Family Medicine Center
Desired feeding plan	Plan to exclusively breastfeed
Car seat	Patient has a car seat for baby
Safe sleep space	Patient has a crib and bassinet
Child care	Patient is applying for FAMILY. Grandma will provide childcare when patient returns to work.
Developmental supports	
Other:	

Bridge the gap between prenatal and intrapartum care

# Brief History of Plans of Safe Care

## Federal requirements:

In 2016, the Comprehensive Addiction and Recovery Act (CARA, Sec 503, pp35-37) modified child welfare legislation (CAPTA - Child Abuse and Prevention Treatment Act), requiring a Plan of Safe Care be developed for any infant born with in utero substance exposure following their release from the care of a healthcare provider.



## Colorado has defined a Plan of Safe Care as:



“a collaborative process to create a documented plan for the health, safety, and well-being of an infant reported with prenatal substance exposure, following the infant’s release from the care of a healthcare provider, and address the health, support, and substance use treatment needs of the affected family or caregiver(s) according to the requirements outline in section 7.107.5 (12 ccr 2509-2).”

# Plans of Safe Care Basics



- Documented plan
- Collaborative development
- Addresses the health, support, and substance use treatment needs of the affected family
- Highlights a family's strengths and connects them with support to keep their babies and themselves healthy and safe
- A Plan of Safe Care does NOT imply child abuse or neglect
- Having a Prenatal PoSC does NOT mean that a family will not be referred to Child protective Services after delivery

# When do we offer a Prenatal PoSC?

- Patient is at any stage of pregnancy
- AND
- Has an active substance use disorder
- Had a substance use disorder prior to learning of pregnancy and intends to abstain from use during pregnancy
- Are in recovery from substance use within the last 2 years
- Receive MOUD / MAT
- Are continuing to use substances throughout pregnancy

# What happens with the PoSC?

- Can go with client to the hospital
  - EMR
  - or hard copy
- Inpatient Social Worker can review and make additions
- If there is DHS involvement, the caseworker only needs to review and revise

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**Kurppes, Courtney, LCSW**    Progress Notes    Encounter Date: 3/27/2025  
Social Worker    Address    Address

**PERINATAL PLAN OF SAFE CARE**  
Last updated: 03/27/25

I have discussed this Plan of Safe Care with the birthing parent. They are aware that this information will be communicated to their medical team, their infant's medical team, and it will be discoverable in patient's medical chart. Patient retains a copy of this Plan of Safe Care.

EDD: 4/16/25

Indication for PoSC: Patient has been in recovery from substance use (methamphetamine) since 9/2023. She is actively engaged in behavioral health treatment and has a strong support system.

Anticipated discharge plan: Patient plans to return home with baby. She and baby will live with her parents.

**BIRTHING PARENT health and well-being, supports and services:**

Service	Receiving?	Date of new referral (if applicable)	Details (include contact info if appropriate)
Perinatal/obstetric care	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		POSC
Specialty care provider(s)	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		APR
Medical insurance	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		Medical
Medication for SUD	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		Psychiatrist w/ SummitStone,
Mental health support	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		Therapist w/ SummitStone, every other week
Peer support	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not interested		
Recovery programs (OP, outpatient, residential, etc)	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>		Sober House followed by OIP at SummitStone while living at Oxford House in 2023.
Support groups	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>		Previously involved with OIP
Case Management	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		Case Manager at SummitStone
Other: Doula	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		Parent's Birth Company

**FAMILY Resource Inventory:**

Service	Receiving?	Date of new referral (if applicable)	Details (include contact info if appropriate)
Housing assistance	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		On voucher-based wait list for single room housing. Plans to connect to Project Self Sufficiency. Supported by SOAP Case Manager.
Financial assistance (SNAP)	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>		Denied during pregnancy; may reapply but does not want to pursue child support.
SNAP	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		
WIC	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		
Parenting classes or groups	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not interested		
Home visiting program	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>	3/27/2025	Home Family Partnership
Baby supplies	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>		Gifts/allowances received through CME, Parent's Birth Company
Other:	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>		
Other:	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>		

**INFANT anticipated health, well-being, supports and services:**

Item	Details
Infant medical provider	Thompson River Pediatrics or Family Medicine Center
Desired feeding plan	PLA to exclusively breastfeed
Car seat	Parent has a car seat for baby
Safe sleep space	Parent has a crib and bassinet
Child care	Parent is applying for FAMILY. Grandma will provide childcare when needed and when patient returns to work.
Developmental supports	
Other:	

# Outpatient → Inpatient

- Monthly case conferences
- EMR charting and notations
- Bidirectional handoffs
- Increased communication and improved relationships with inpatient staff

## Patient FYIs

### Birth Center Alert

Patient has been followed prenatally by FMC Social Worker, Jen Johns. Please see SW progress notes prior to interaction and contact FMC SW with questions or concerns.

- OUD in recovery almost two years
  - MOUD with FMC
  - PoSC in progress note 7/16/2025
  - Peer RCD Leanna
- Expires on 9/5/2025

### Health Encounters

#### Plan of Safe Care

[Details](#) ⓘ Code: Z71.89 Priority: ⚡ Unprioritized Noted: 10/8/2025

[Overview](#) Edited: Kuepper, Courtney, LCSW 10/31/2025 9:19 AM

A Prenatal PoSC has been completed with FMC SW, Leslie Ayres-Reichert.

PoSC can be found in SW progress note from: **10/7/2025**

- Marijuana use in pregnancy

Patient retains a copy of this Plan of Safe Care. Provider must obtain consent prior to including this PoSC in infant's chart.

# Beyond FMC



LARIMER COUNTY



**SummitStone**  
HEALTH PARTNERS



**Salud**  
Family Health

Community Partners

Continued Engagement



**CHOSEN**



SuPPoRT  
Colorado



TURNING  
THE TIDE



INTEGRATED CARE  
FOR WOMEN AND BABIES



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**Epic**

Maternal Child Cohort

# Barriers and Challenges

- Contingency management
- Historical approach
- System policy changes
- Working within a gigantic health care system



# Funding Utilization

## Staffing

- 0.1 FTE Social Worker
- Ultrasound technician

## Medical equipment

- Ultrasound and probes
- NST machine
- Speculum lights
- Baby scale

## Incentives for patients

Gas vouchers

Lunch and Learns

Postpartum Support Group



# Sustainability

- Removed language associate with ICWB
- Integrated specialized work into everyday care
- Continuation of Recovery Coach Doula Program
- Increased communication and improved relationships with inpatient staff
- Monthly care conferences
- Completion of prenatal Plans of Safe Care
- Community partnerships
- Involvement and advocacy within UCHealth



# FMC ICWB Grant Cycle Data

July 2024 - April 2026



**830**

Total prenatal patients



**271**

Screened positive for  
substance use  
(includes marijuana)

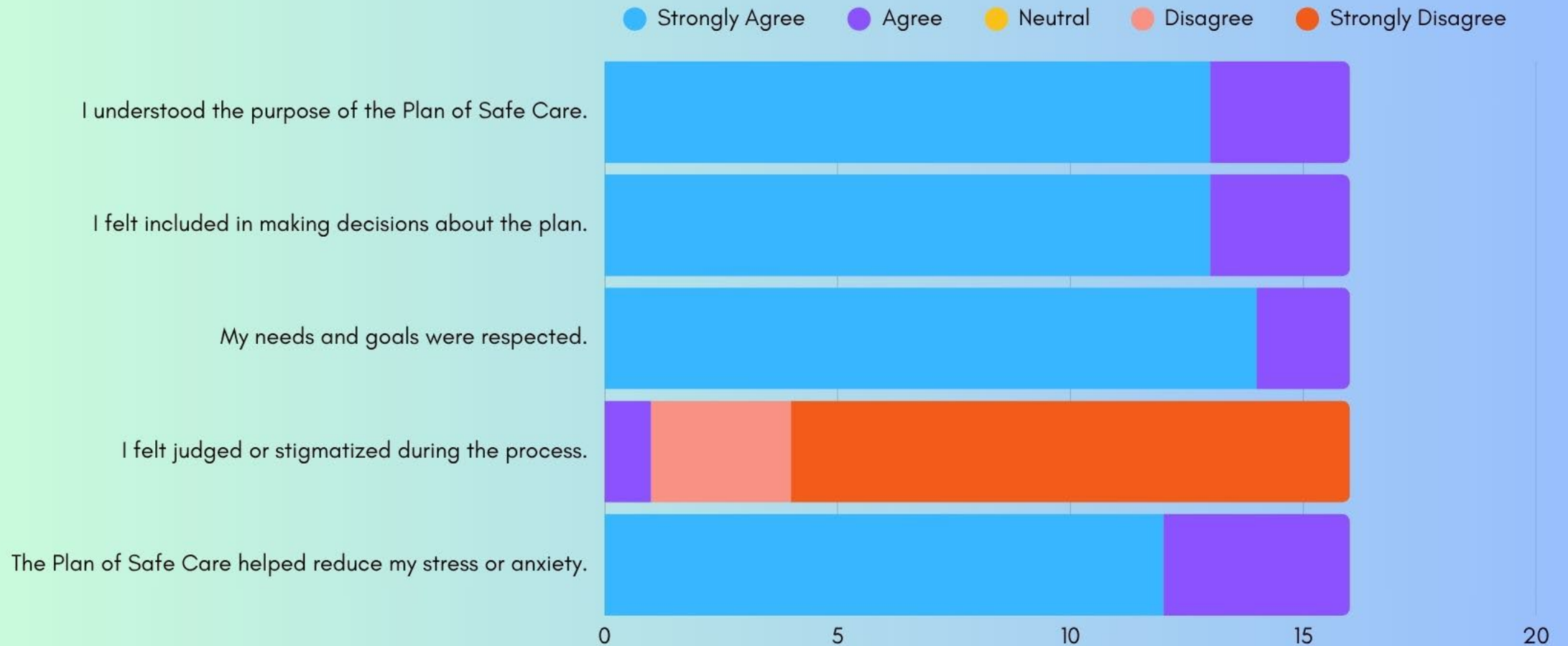


**56**

Prenatal Plans of Safe Care  
[ Nov 2024 - present ]

# Patient Survey

n = 16



# “What did you like most about the Plan of Safe Care?”

They live to help you in any way they can

The support and education

The confidence

Pre-planning reduces my anxieties about being a new parent

I like the fact that if cps tries to get involved we already have a safety plan before they try to be involved.

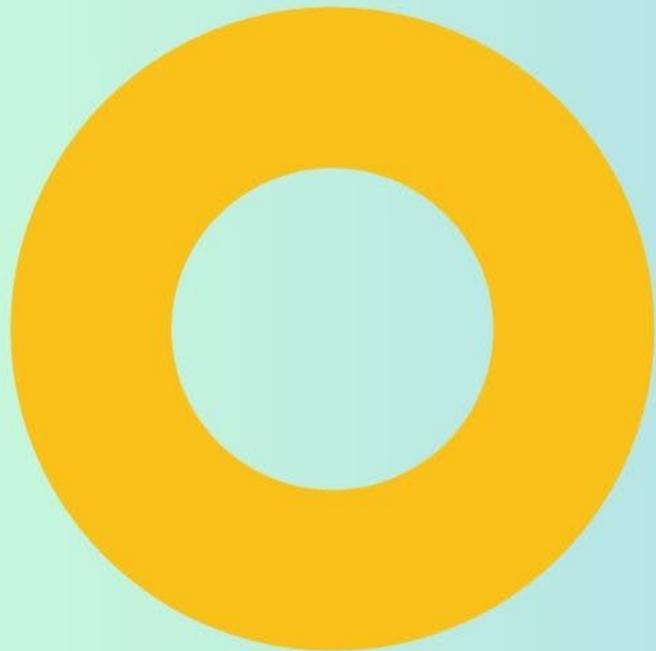
Made me feel less judged and protected

I was not judged and I was heard with any concerns I had.

It makes me feel more secure

I liked that it helped prove my sobriety so DHS wouldn't even bat an eye at me and also show how much support I have in my recovery.

# “Would you recommend the Plan of Safe Care process to another parent?”



Yes  
100%

You all were amazing, thank you!

It was a great experience, loved it especially the people there helping you through it all the way.

This program helped me a lot and kept me motivated.

Keep doing this for other moms

Margie, Monica, Courtney, and Leanna, along with our residents, were invaluable in this process

Continue this program

Thank you! and thank you, ICWB!!



**COURTNEY KUEPPER**

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PoSC Resources