

Name: _____

The purpose of this form is to standardize peri-partum and post-partum care and expectations for all women with substance use disorders. Nurses, social workers, case managers, and other appropriate hospital staff can use this to aid discharge planning. This checklist is designed to outline recommendations known to help in maintaining or establishing postpartum recovery. Referral to these services and supports should be the standard of care.

Prior to discharge, all new mothers should receive the following education. Please document plan or initial box to indicate education completed.

	Date Provided	Notes
Outpatient pediatric follow-up plan		
Newborn safe sleep ed.		
Family Planning/ Contraception plan		
DCS process letter (weblink)		
Caregiver Manual (weblink)		

For the best chance of success in getting healthy and parenting their child, all women with substance use need a plan for ongoing social and mental health support as well as treatment for substance use disorder. The plan will vary depending on the patient’s circumstances, local resources and the mother’s stage of her treatment. Please document plan or indicate N/A.

	Resource Identified
Smoking cessation assistance	
Inpatient rehabilitation	
Evaluation by mental health or addiction specialist	

	Resource Identified
Intensive outpatient program	
Counseling	
Outpatient addiction counseling	
MAT (Medication Assisted Treatment) provider	
Plan to attend community support group meetings	
Recovery coach	
Relapse prevention plan	
Home health	
Parenting classes	
Transportation assistance	
Housing assistance	
Lactation assistance	
Legal aid	
Other	