

The PCAP Approach

Pregnant and parenting women are enrolled in PCAP for 3 years. PCAP forms partnerships with and between clients and families and community service providers.

- PCAP provides clients outreach and engagement, structured goal setting, problem-solving, practical assistance, and consistent coaching.
- PCAP seeks to help community service providers understand how to work more effectively with this population and works to ensure that clients and families receive needed services.



Clients are not asked to leave the program if they relapse or experience setbacks.

To make a referral, please contact the nearest county PCAP site :

- Benton ~ (509) 578-1501
- Chelan ~ (509) 888-6945
- Clallam ~ (360) 808-5517
- Clark ~ (360) 831-0908
- Cowlitz ~ (360) 353-3444
- Franklin ~ (509) 578-1501
- Grays Harbor ~ (360) 463-9973
- Jefferson ~ (360) 808-5517
- King ~ (206) 739-5466
- Kitsap ~ (360) 377-0370
- Lewis ~ (360) 878-4267
- Mason ~ (360) 878-4267
- Pacific ~ (360) 463-9973
- Pierce ~ (253) 475-0623
- Skagit ~ (360) 428-6622
- Snohomish ~ (425) 259-7142 #200
- Spokane ~ (509) 838-6092 #622
- Thurston ~ (360) 878-4267
- Whatcom ~ (360) 734-4616
- Yakima ~ (509) 907-1105

PCAP WA Director: Susan Stoner, Ph.D.
PCAP WA Evaluator: Alanna Feltner, MPA, MSW
University of Washington
Phone (206) 616-5521
www.pcapwa.org



PARENT-CHILD ASSISTANCE PROGRAM

Prevention & Intervention with At-Risk Mothers and Their Children

**Washington State Health Care Authority
Division of Behavioral Health and Recovery**

The Problem

Prenatal alcohol and drug exposure puts children at risk due to:

- the possible effects of prenatal exposure on their health and development
- the likelihood of a compromised home environment

The Goals of PCAP

The goals of PCAP are to help mothers with substance use disorders to:

- build and maintain healthy, independent, alcohol/drug-free lives
- prevent any future children from being exposed to alcohol or drugs prenatally

PCAP Eligibility Criteria

Women must meet all three criteria.

Women who:

- are pregnant or up to 12 months* postpartum
 - engaged in at-risk alcohol or drug use during their current or most recent pregnancy**
 - are ineffectively connected to community services
- ~ OR ~
- have a child affected by prenatal alcohol exposure
 - are currently engaging in at-risk alcohol use
 - are in their childbearing years

*Or up to 24 months if space available

**Includes opioid medication for opioid use disorder

Case Management

Trained and supervised case managers meet with clients twice monthly, in clients' homes when possible, to assist clients in:

- Setting goals and identifying steps to achieve them
- Obtaining alcohol/drug treatment
- Staying in recovery
- Choosing a family planning method
- Staying up-to-date with child health care, immunizations
- Addressing housing, domestic violence, child custody problems
- Connecting with community services
- Resolving system service barriers

Case managers provide extensive practical assistance and long-term emotional support that is often essential to women who are making fundamental changes in their lives.

Home Visitation

Though voluntary, home visitation plays a valuable role in the PCAP intervention.

- The purpose is to see the client in her home environment, to better understand her needs and goals.
- While PCAP case managers are mandated reporters of abuse or neglect, the purpose is not to monitor the PCAP client or her children.
- When home visitation is not possible due to homelessness or non-consenting household members, case managers meet with clients elsewhere in their communities.

Through home visitation and other contacts in the client's community, the case manager is able to "meet the client where she's at" while providing ongoing support.

PCAP Client Outcomes

After 3 years of work with a PCAP case manager:

- 92% of clients had completed alcohol/drug treatment programs
- 76% were abstinent from alcohol/ drugs for >6 months during the program
- 68% were using family planning methods on a regular basis
- 80% of children were living with their own families
- 68% were in permanent, stable housing

"Before PCAP I never thought about goals. They showed me the right direction. They showed me that I am responsible. That no matter who I am or what I do, I am somebody. It is never too late."

- PCAP Client