

The Problem

Parental substance use puts parents and children at risk

- Impacts of prenatal substance exposure on fetal development
- Effects of substance use on family stability and personal wellbeing



The Goals of PCAP

PCAP aims to help people with at-risk perinatal substance use

- Build and maintain healthy, independent, substance-free lives
- Avoid exposing future children to alcohol or drugs prenatally

The PCAP Approach

Clients are enrolled in PCAP for 3 years. PCAP forms partnerships between clients and families and community service providers.

- PCAP conducts outreach and provides coaching to support clients' goals
- PCAP helps community service providers understand how to work more effectively with substance use-affected families

Clients are not required to enroll in treatment or asked to leave the program if they continue to use or return to use

Contact

Reach out to the nearest county PCAP

Benton (509) 943-6610	Jefferson (360) 808-5517	Skagit (360) 428-6622
Chelan (509) 888-6945	King (206) 739-5466	Snohomish (425) 259-7142 #200
Clallam (360) 808-5517	Kitsap (360) 377-0370	Spokane (509) 838-6092 #622
Clark (360) 831-0908	Lewis (360) 878-4267	Thurston (360) 878-4267
Cowlitz (360) 353-3444	Mason (360) 878-4267	Whatcom (360) 734-4616
Franklin (509) 943-6610	Pacific (360) 463-9973	Yakima (509) 907-1105
Grays Harbor (360) 463-9973	Pierce (253) 475-0623	

PCAP

WWW.PCAPWA.ORG

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PARENT-CHILD ASSISTANCE PROGRAM

WASHINGTON

Walking alongside mothers with perinatal substance use on the road to recovery

“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



Eligibility Criteria

PCAP is for people who...

- Are pregnant or up to 2 years postpartum
- Used alcohol, drugs, or opioid medications for opioid use disorder during their most recent pregnancy
- Are not well connected to services

OR

- Have a child affected by prenatal alcohol
- Are continuing at-risk use of alcohol
- Remain likely to become pregnant

Case Management

Case managers meet with clients twice per month, in clients' homes when possible, to assist clients in:

- Setting goals and taking action steps
- Obtaining substance use disorder treatment
- Navigating short- and long-term recovery
- Choosing a family planning method
- Staying up to date with family health care
- Addressing housing, domestic violence, child custody problems
- Connecting with community services
- Resolving service system barriers

Through home visitation and other contacts in clients' communities, case managers “meet clients where they're at” while providing ongoing support.

Home Visitation

Though voluntary, home visitation plays a valuable role in PCAP

- Spending time with clients in their home environments helps to understand clients' needs and goals
- While PCAP case managers are mandated reporters of child abuse and neglect, the purpose is not to monitor parents and their children
- When home visitation is not possible due to being unhoused or having non-consenting household members, case managers meet with clients elsewhere in their communities