

The PCAP Approach

Clients 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 return to substance use.

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

Benton ~ (509) 943-6610

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

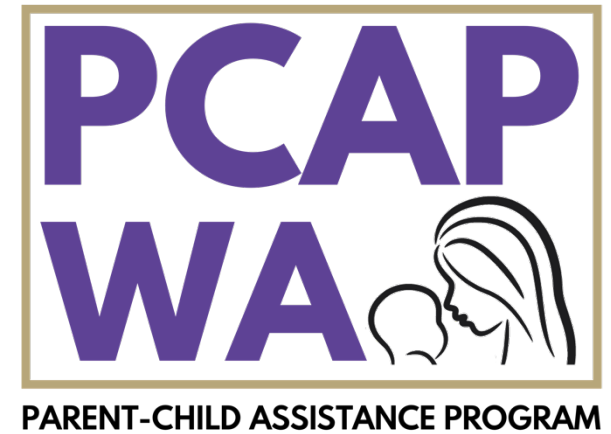
Thurston ~ (360) 878-4267

Whatcom ~ (360) 734-4616

Yakima ~ (509) 907-1105

PCAP WA Director: Susan Stoner, Ph.D.
University of Washington
Phone (206) 543-7155
www.pcapwa.org

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Washington State Health Care Authority
Division of Behavioral Health and Recovery

The Problem

Parental substance use puts parents and children at risk of harm due to:

- deleterious impacts of prenatal substance exposure on fetal development
- disruptive effects of substance intoxication on family stability and personal wellbeing

The Goals of PCAP

The goals of PCAP are to help individuals with at-risk prenatal substance use:

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

PCAP Eligibility Criteria

Prospective clients must meet the following criteria.

- ☐ be pregnant or up to 12 months* postpartum
- ☐ have engaged in at-risk alcohol or drug use during their own current or most recent pregnancy**
- ☐ be ineffectively connected to community services
~ OR ~
- ☐ have a child affected by prenatal alcohol exposure (i.e., diagnosed or strongly suspected fetal alcohol spectrum disorder)
- ☐ continue to engage in at-risk alcohol use
- ☐ remain likely to become pregnant in the future

*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
- Navigating 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 system service barriers

Case managers provide extensive practical assistance and long-term support that is often essential when making fundamental life changes.

Home Visitation

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

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

Through home visitation and other contacts in clients' communities, case managers are able to "meet clients where they are" 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