

PCAP Eligibility Criteria



Women who:

- abuse alcohol/drugs during pregnancy;
and
- are pregnant or up to 12 months post-partum;
and
- are ineffectively connected to community services
or

Women who:

- have a child with a Fetal Alcohol Spectrum Disorder (FASD); *and*
- are currently abusing alcohol; *and*
- are in their childbearing years.



**To make a referral,
Please see insert.**

“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

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**THE PARENT-CHILD
ASSISTANCE
PROGRAM
(PCAP)**

Parent-Child Assistance Program (PCAP)

Prevention & Intervention with High-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:

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

These problems are costly to society and are entirely preventable.

The Goals of PCAP

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

- build and maintain healthy, independent, alcohol/drug free family lives;
- to prevent future births of alcohol and drug exposed children.

The PCAP Approach

Trained and supervised case managers provide home visitation and intervention for 3 years. Case managers assist clients in:

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

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

Case managers provide extensive practical assistance and the long-term emotional support so important to women who are making fundamental changes in their lives.

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.

