



MY SAFETY PLAN IN THE EVENT OF CPS INVOLVEMENT

Have you or someone in your family been contacted by CPS because of a concern about the safety of a child?

This packet can help you think about the risks and safety concerns from the perspective of a CPS social worker so you can make a plan to address the concerns and keep your child(ren) safely at home.

Child's Name & Age		
Child's Name & Age		
Child's Name & Age		

Important Info About My Children

Medical Information		
Type of Health Insurance		
Medical ID/Record Number		
Pediatrician Name		
Pediatrician Phone Number		

My child(ren) is up to date on well-checks/immunizations (Y/N)	
Other medical information	
Dentist Name	
Dentist Phone Number	
Closest Emergency Room Address	

School Information

School Name	
School Address	
School Phone Number	
Grade Level	
IEP (Y/N)	
Other School Information	
Interests & Activities	
My Child Enjoys	

Risks & Safety According to CPS

When CPS becomes involved with a family, it is generally because there is a concern for the child's safety. There are certain risks CPS looks for when considering the safety of the child. While these risks that CPS looks for during an investigation may not consider differences of culture or socioeconomic status, as a parent, you will be held responsible for the consequences even if you did not create the conditions. Sometimes unavoidable events happen. When they do, it's important to consider how CPS and/or police will view them.

Common CPS Concerns

Take some time to consider and reflect on the risks and common concerns outlined below that CPS and the social workers will be looking for before beginning your safety plan.

CPS Concern	This Might Look Like	More to Consider
CPS believes that you or someone in your family is using alcohol or drugs in a way that is interfering with your parenting ability.	<ul style="list-style-type: none">• Having substances in reach of children• Being intoxicated while driving or parenting• Using substances in excess in general• Using substances in a way that impairs your ability to meet the child's general/school/medical requirements	
CPS believes you have mental health or physical issues that interfere with parenting ability.	<ul style="list-style-type: none">• Not taking prescribed medication for mental health concerns• Not receiving mental health treatment regularly when it is needed• Exhibiting symptoms of psychosis (delusions/hallucination)• Exhibiting behavior that is disorganized, frantic, chaotic, obsessive, and/or overly xated• Exhibiting emotion that is not appropriate for the situation• Experiencing mobility issues that impact ability to care for the child	<p>Non-compliance with treatment plans or prescribed medication for the parent is seen as a risk to the child.</p> <p>While anger and anxiety are completely normal responses to threats from CPS, they are often interpreted by CPS authorities as difficulty regulating emotions and viewed as a parenting deficit/risk to children.</p>

<p>CPS believes there is violence between adults happening in your family that puts the child at risk.</p>	<ul style="list-style-type: none"> • Arguing where the police are called • Includes throwing things, physical violence towards others, or intense arguing • Living together when there is intimate partner violence 	<p>Violence is seen as a risk factor whether or not the child is present, however, if the child is present, it is seen as very dangerous especially if weapons are involved.</p>
<p>CPS believes the child is not receiving adequate food, clothing or shelter.</p>	<ul style="list-style-type: none"> • Home does not having running water and/or electricity • Home not being clean, especially if there are animals • Exposed wires in the home • Home not being "child proofed" for age • Occupants of the home are not known to the child and strangers pass through • Not having sufficient food in the home • Not having weather appropriate and/or clean clothing for the child 	
<p>CPS believes the parent is not making sure the child gets to school on time every day</p>	<ul style="list-style-type: none"> • Child having many absences and/or tardies • Child needing an IEP & academic support services but not having those in place • Child not getting picked up on time from school or aftercare 	
<p>CPS believes the child has a medical issue that the parent is not taking good care of</p>	<ul style="list-style-type: none"> • Child not being up to date on medical well-checks, vaccinations, or taking prescribed medications • Child not being up to date on dental care • Parent not being compliant with medical plans or not having insurance for the child 	
<p>CPS believes that the way a child is being disciplined by a parent is inappropriate or abusive</p>	<ul style="list-style-type: none"> • Child under 3 years of age is experiencing physical discipline • Child being subjected to "unusual" discipline such as: <ul style="list-style-type: none"> ◦ isolation for prolonged periods, ◦ making children sleep outside of the house ◦ making children stay outside of the house ◦ holding objects for long periods of time 	<p>Technically, physical discipline is legal if no mark is left, is age appropriate, and for a "valid" disciplinary reason. However, children disclosing physical discipline to mandated reporter will usually result in an investigation.</p>

	<ul style="list-style-type: none"> ◦ making children do excessive exercise ◦ hitting a child with electrical cords ◦ Verbal mocking or yelling at child 	Allowed discipline examples: removing privileges and time outs.
CPS believes that the child is not receiving supervision or is not being looked after appropriately	<ul style="list-style-type: none"> • Individual watching child exhibits "risks" identified in this chart and lives in the house • Child being supervised by another minor or is supervising other minors • Child being looked after by someone the parent hasn't known for a long time • Child being left alone 	"Risks" for individuals supervising children include but are not limited to: leaving the child with someone with substance use, domestic violence, etc.
CPS believes that the parent is engaged in criminal activity or has had a police interaction that puts the safety of the child at risk	<ul style="list-style-type: none"> • Parent being unable to prevent child from running away • Parent being physically unable to prevent one child from harming another • Parent being unable to pick child up from the hospital or juvenile hall when discharged • Parent not having a plan for who can care for the child when arrested • Parent not having a plan for who can care for the child if another caregiver is arrested • Parent engaging in criminal activity with/around the child 	

Safety Plan

Based on the concerns listed on earlier pages, complete a safety plan to document how you are currently taking care of yourself/child/family and for how you would address the concern(s) that CPS has about this child.

1) My Social Support Network (Tip: People identified in a safety plan need to be accessible and available when safety threats are present)

Name: _____ Relationship to me: _____

Phone number: _____

They understand and accept their role as part of my support network (Y/N): _____

My child(ren) know this person and how to contact them if necessary (Y/N): _____

Name: _____ Relationship to me: _____

Phone number: _____

They understand and accept their role as part of my support network (Y/N): _____

My child(ren) know this person and how to contact them if necessary (Y/N): _____

Name: _____ Relationship to me: _____

Phone number: _____

They understand and accept their role as part of my support network (Y/N): _____

My child(ren) know this person and how to contact them if necessary (Y/N): _____

2) Trusted Professionals/Providers/Resources Include (outside of your social support circle)

Name of provider/organization: _____

Relationship to me: _____

Phone number: _____

Days/hours available: _____

What they can help me with: _____

Name of provider/organization: _____

Relationship to me: _____

Phone number: _____

Days/hours available: _____

What they can help me with: _____

Name of provider/organization: _____

Relationship to me: _____

Phone number: _____

Days/hours available: _____

What they can help me with: _____

3) Housing Status

I am currently residing at: _____

I am currently residing with: _____

If needed, my child(ren) can stay with: _____

4) General Family Stability & Wellbeing

a) I currently receive income/material support from:

- A job (part time / full time) (Y/N):
- Public benefits (SNAP, Medi-Cal, CalWORKS, IHSS, SSI, etc.) (Y/N):
- Community, friends, family, church, mutual aid networks (Y/N):
- Other:

This is how these resources are helping to support and stabilize my family and how frequently they can be accessed:

b) I am currently taking care of my/my family's wellbeing by:

- Receiving Mental Health Treatment (Y/N):
- Receiving Substance Use Treatment (Y/N):
- Receiving Medical Treatment (Y/N):
- Accessing Child Care Support (Y/N):
- Enrolling My Children in After School Activities (Y/N):
- Relying on Community Support/Friends or Family/Church (Y/N):
- Other:

This is how these resources are helping to support and stabilize my family and how frequently they can be accessed:

c) I am working towards the following in an effort to stabilize/maintain stability for my family:

- Finding Employment (part time / full time) (Y/N):
- Applying for Public Benefits (SNAP, Medi-Cal, CalWORKS, IHSS, SSI, etc.) (Y/N):
- Securing My Living Situation (applying for housing, accessing a shelter, etc.) (Y/N):
- Finding Childcare (Y/N):
- Enrolling in Classes (parenting, trade, GED, etc.) (Y/N):
- Other:

This is how these resources will help support and stabilize my family and the timelines I have set for accessing these supports:

5) How I Plan to Keep my Child(ren) Safe

a) If the safety of my child is threatened/might be threatened I will (Tip: include concrete action-oriented activities that you are likely to do and will have an immediate effect in managing/alleviating threats):

- I know I am feeling stressed or overwhelmed when:
- When I'm feeling stressed or overwhelmed I will take care of myself by:
- My caregiver tasks/responsibilities will include:

b) In the past, when warning signs of safety threats were present, I have been able to manage/alleviate the threats by doing the following (Tip: do not disclose issues related to substance use, mental health, domestic violence, former foster care involvement or childhood trauma if the child welfare worker isn't already aware of these issues):