

# Family CARE Portfolio

*Coordinate. Advocate. Record. Empower.*

## What is a Family CARE Portfolio?

A **Family CARE Portfolio** is an organizational, executive functioning tool designed to help families:

**C**oordinate care

**A**dvocate for themselves

**R**ecord important information & feel **E**mpowered to take charge of their health and well-being. It is designed to support pregnant individuals and families with young children.



**Join the Pediatric Brain Health Initiative Network for Free Tools & Resources**

Email:  
FamilyCAREPortfolio@bcm.edu  
Request training/portfolios:  
<https://redcap.link/posc.request>



## Families who benefit the most are those that...

- Need help juggling life tasks
- Are engaged in multiple systems of care
- Are involved with the child welfare system (or worry about it)
- Live in a chaotic home environment
- Need support organizing and planning
- Struggle with substance use disorder(s)

## The GOAL of a Family CARE Portfolio

To strengthen the family, promote healthy pregnancies and family health, and keep child(ren) safely at home.

