



Tip Sheet: Substance Use in Home Visiting



Things to consider

- What is your relationship like with the family?
- What does the conversation look like when you talk with a family about safety and mandated reporting?
- When thinking about substance use, do you have biases or thoughts about the trauma the family has experienced?
- What personal barriers do you have when you talk with a family about substance use?
- How does reflective practice support you as a home visitor?
- As part of the discussion with a family or caregiver, consider the privacy of those you're talking with and be cautious of who is present during the conversation.
- Be mindful of the importance to help a family member or caregiver feel validated in their feelings while you have conversations about substance use.
- When a parent experiences overwhelm, home visitors have the chance to model mindful self-regulation to help the parent with centering.
- Remember to use the FAN: drop and explore as you meet with the family.
- Think about questions that will help guide a discussion about relapse prevention.
- What supports and treatments can the family access should relapse occur?

Safety planning

Things to include and consider in a safety plan:

- What supports and treatments can the family access should relapse occur?
- What treatment options are available in the community?
- Inpatient versus outpatient treatment options.

Trainings

The New Mexico Opioid Hub offers a series of training at no cost to participants. Most of the training is geared toward social workers, counselors, community health workers, peer supporters, and other mental health providers.

- kessjones.com/nmopioidhub

Substance Abuse and Mental Health Services Administration offers a variety of video training that promote recovery-oriented services and support.

- samhsa.gov/brss-tacs/video-trainings



Resources for Substance Use Support

- CASA Court Appointed Special Advocates: nmkidsmatter.org/compass
- Central New Mexico Community College: cnm.edu/cnm-community/substance-abuse
- National Alliance on Mental Illness: nami.org
- National Rehab Hotline: nationalrehabhotline.org/new-mexico
- New Mexico HIV/Hepatitis/STD Online Resources Guide: nmhivguide.org
- New Mexico Opioid Hub: newmexico.networkofcare.org
- New Mexico Prevention: nmprevention.org
- Operation Engage: dea.gov/engage/operation-engage-albuquerque
- Santa Fe Recovery Center: sfrecovery.org/treatment-programs/residentialtreatment/women-and-childrens-program/
- State of New Mexico Network of Care: newmexico.networkofcare.org
- Substance Abuse and Mental Health Services Administration: samhsa.gov
- SAMHSA's National Helpline, **1-800-662-HELP (4357)**, (also known as the Treatment Referral Routing Service), via text message: **435748 (HELP4U)**, or TTY: **1-800-487-4889** is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and communitybased organizations.
- Vista Taos Renewal Center: vistataos.com/new-mexico-drugrehab
- University of Wisconsin-Madison: uwm.edu/wcwpds/home-visiting-early-childhood

