

NM Home Visiting Bits and Bites

January 2023



Trauma-Informed Practice

Early Childhood Education and Care Department (ECECD) Updates

Story from the Field

Home Visiting, Dates on the Horizon

For More Information or to Submit an Article

Trauma-Informed Practice

Laura Shattuck, IMH-E

According to the Health Resources and Services Administration (HRSA), Trauma-Informed Practice (TIP) is an approach to increase public awareness of how trauma impacts the lives of children and helps providers and families to be trauma-informed (Cairone, Ruidick, and McAuley, 2017).

There is no actual definition for trauma but many organizations and studies agree that trauma is the result of an event (or a series of events) that is harmful or threatening to an individual and has long-term damaging effects on a person's well-being (Cairone, Ruidick, and McAuley, 2017). Trauma is also a risk factor for nearly every behavioral health and substance use disorder. Research shows that children who experienced trauma may face learning problems, increased use of health and mental health services, increased involvement with child welfare and juvenile justice systems, and long-term health problems (Substance Abuse and Mental Health Service Administration [SAMHSA] 2022).

The following are Trauma-Informed approaches that may help home visitors as they support families who have experienced trauma:

- The home visiting program plays an important role in alleviating the inter-generational transmission of trauma by helping parents and caregivers build positive and healthy attachments with their children. A safe environment and nurturing relationships are two important protective factors in a child's life that can foster resilience and help to outweigh the long-term effects of trauma (Cairone, Ruidick, and McAuley, 2017).
- The Mind Organization recommends actively listening to families, learning about their triggers, trying not to judge, not taking over, respecting their privacy, helping them find support, and looking after their own mental health (Mind, 2020). Trauma-Informed Care is a practice that supports staff to recognize the effects of trauma and work with families in a mindful way, which can help to prevent burnout and turnover. Home visitors realize the impact of trauma on their families, recognize the signs of trauma, and use this information to improve client engagement. (Cairone, Ruidick, and McAuley, 2017).

References:

Cairone, K., Ruidick, S., & McAuley, E. (2017). Home Visiting Issues and Insights Creating a Trauma-Informed Home Visiting Program. [Issue Brief] Education Development Center. <https://bit.ly/3VubCMa>

Trauma. (2020, January). Mind. Retrieved November 29, 2022, from <https://bit.ly/3UqXjXx>

Resources for Child Trauma-Informed Care. (2022, November 17). Substance Abuse and Mental Health Service Administration. Retrieved November 28, 2022, from <https://bit.ly/3ul8BSz>

EARLY CHILDHOOD EDUCATION & CARE DEPT (ECECD)

UPDATES

ECECD will be closed on Monday, January 16, in recognition of the Martin Luther King Jr. Holiday.

Facilitating Attuned Interactions, FAN, training for new staff is being scheduled for the end of January and February. Be on the lookout for registration details. There will be two cohorts with a maximum of 30 participants in each. Staff unable to register will be placed on a waiting list in case a spot opens up or if we are able to add another cohort (funding permitted).

Programs should have received the Munchkin nursing covers and UV sanitizers for pacifiers that were distributed in December. Please remember to track distribution of these to families in the database under the new category created for Breastfeeding Materials.

ECECD Home Visiting is hiring! We plan to hire a Manager/Monitor for the Santa Fe office. If you are interested or know someone who is, please share the link for more information on qualifications and to apply. <https://bit.ly/3GfoBLu>

Through a grant from the W.K. Kellogg Foundation, ECECD will invest in fifty (50) individuals who are pursuing an associate degree in the early childhood field and are bilingual and/or biliterate, or from a Tribe, Pueblo, or Nation in New Mexico. Approved eligible students can receive a stipend upon completion of early childhood coursework during the Spring, 2023 semester. **The application period has been extended to January 11, 2023. Please review the criteria here: [Deadline extended to January 11, 2023: Advancing a Bilingual and Indigenous Early Childhood Workforce Application | Early Childhood Education & Care Department \(nmececd.org\)](#)**

CARA workgroup opportunity: We are reaching out to see who would like to participate in a workgroup around CARA to establish some systems with stakeholders. If you are interested in participating, please reach out to Colleen Lambert, colleen.lambert1@ececd.nm.gov, mobile: 505-487-0963 before January 31st so that you may be added to the list and invited to participate in the first of our monthly meetings in February, to support this effort.

STORY FROM THE FIELD

Laura Quiroz, Home Visiting Supervisor

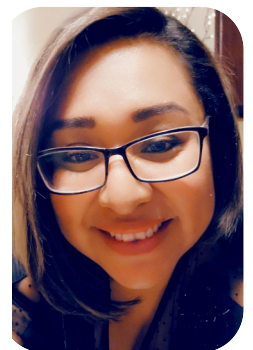
Community Action Agency of
Southern New Mexico, Thriving Kids

As home visitors we encounter different situations that sometimes cause us to feel uncertain of what we are doing and if we are properly helping the family. In my beginning as a home visitor, I was always overwhelmed by trying to fix or solve the families' problems. This always left me feeling stressed and burned out. I always thought there must be a better way to help my community without me feeling "burned out" and I found it.

I use the (Facilitated Attuned Interactions) FAN tool for my home visits with all the families I serve. I also use the Arc as a visual that reminds me to be present and helps me regulate when having tough conversations. Before I start a home visit in person or virtually, I take 5 minutes to breathe and listen to meditation music or relaxing music, this helps me to be calm and be in the moment with my families. Sometimes when I am walking to the door, I imagine how I am dropping whatever I am carrying in my mind. As soon as I knock on the door, I take a deep breath and I find myself present for them. The use of the FAN tool is an example of the parallel process; it gives me the opportunity to model breathing and mindful self-regulation and allows me to reflect with families and to explore the situation.

Using the FAN tool helps the families I serve to reflect on their family practices, values, Adverse Childhood Experiences (ACEs), perceptions, and self-care, with the opportunity to explore and understand their baby or children together. It gives me the opportunity to plant seeds of information without taking the lead away from the family. Since I started using the FAN with my families, I have had so many "a-ha" moments. More importantly, they feel empowered because they are the ones taking the lead and finding what works best for their family. Families become more intentional and aware of self-care and mindful self-regulation. This is beneficial because families become more aware of mental health and acquire the tools to help them in difficult moments. *(continued on next page)*

The best part of the FAN tools is that I can use them in addition to the evidence-based curriculum we use. I will never forget the feeling I had after I used the FAN for the first time with one of my families. I felt relief that I didn't have to solve or fix their situation.



Laura Quiroz
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Home Visiting Training Calendar



Previous COL Sessions, Articles, Tips, and Resources



HOME VISITING DATES ON THE HORIZON

<p>Jan. 2</p> <p>Mothers and Babies Consultation</p> <p>12-1 p.m., via Zoom</p>	<p>Jan. 4 and 5</p> <p>New Home Visitor Interactive Orientation Sessions</p> <p>9 a.m.-12:30 p.m., via Zoom</p>	<p>Jan. 4</p> <p>Mothers and Babies Consultation</p> <p>9-10 a.m., via Zoom</p>	<p>Jan. 5 and 24</p> <p>Reflective Case Reviews</p> <p>1:30-2:30 p.m., via Zoom</p>	<p>Jan. 9</p> <p>Ages and Stages Questionnaires Training</p> <p>8:30 a.m.-4 p.m., via Zoom</p>	<p>Jan. 9 and 18</p> <p>Reflective Case Reviews</p> <p>9-10 a.m., via Zoom</p>	<p>Jan. 9</p> <p>Mothers and Babies Consultation</p> <p>10-11:45 a.m., via Zoom</p>
<p>Jan. 10</p> <p>Community of Learners: Trauma Informed Practice</p> <p>10-11:45 a.m., via Zoom</p>	<p>Jan. 13</p> <p>MCH Webinar</p> <p>11 a.m.-12 p.m., via Zoom</p>	<p>Jan. 17</p> <p>Hosted by ECECD: Health & Wellness Webinar on Congenital Syphilis</p> <p>12-1 p.m., via Zoom, https://bit.ly/3GB3FzH</p>	<p>Jan. 27</p> <p>Supporting the Home Learning Environment</p> <p>10-11 a.m., via Zoom</p>	<p>Feb. 2 and 28</p> <p>Reflective Case Reviews</p> <p>1:30-2:30 p.m., via Zoom</p>	<p>Feb. 3</p> <p>PICCOLO in Practice</p> <p>9-11 a.m., via Zoom</p>	
<p>Feb. 8</p> <p>MCH Webinar 3</p> <p>10-11 a.m., via Zoom</p>	<p>Feb. 13 and 22</p> <p>Reflective Case Reviews</p> <p>9-10 a.m., via Zoom</p>	<p>Feb. 14-16</p> <p>Mothers and Babies</p> <p>1-4:30 p.m., via Zoom</p>	<p>Feb. 24</p> <p>Supporting the Home Learning Environment</p> <p>10-11 a.m., via Zoom</p>	<p>Visit the HV Training Calendar link above or HERE to register for sessions. Individual registration is required to receive a certificate.</p>		

JANUARY OBSERVANCES

National Birth Defects Awareness Month

Cervical Cancer Awareness Month

SUBMIT NEWS!

To submit information to be shared in future newsletters, please send an email to: HSC-ECLN@salud.unm.edu

For more information, visit us below.



[CDD/HOME VISITING](#)



Family Support and Early Intervention Division
HOME VISITING



NMECECD.ORG/HOME-VISITING

