

# NM Home Visiting Bits and Bites

February 2023



## Substance Use

## Substance Use

Rachel Morsbach, MA Ed, IMH-E

## Early Childhood Education and Care Department (ECECD) Updates

There are many complexities that we continually need to be aware of as home visitors. One of these includes substance use among home visiting families. How we navigate conversations with and support for families is critical to the ongoing relationship between the home visitor and the family. According to the FY21 Home Visiting Annual Report, 10.1 percent of mothers reported the use of illegal substances. Of the 10.1 percent who reported use, 61.5 percent discontinued use by the end of the pregnancy, with 34.6 percent discontinuing use by the end of the first trimester (UNM, 2021). While this may seemingly be a low number, we need to consider other family members in the home that have an influence on the mother and child during and after pregnancy.

## Story from the Field

## Home Visiting, Dates on the Horizon

The focus of home visiting is to ensure each child is safe and healthy. With this in mind, and as we consider substance use in the home, how might it affect the child? According to the American Academy of Pediatrics, children are not only endangered when the parents' substance use interferes with providing a safe and nurturing environment, the child can also experience developmental delays and inadequate medical and dental care (Smith and Wilson, 2016). Research continues on the short-term and long-term effects that substance use has on children. When there are concerns of substance use, be alert for signs of child abuse or neglect.

## For More Information or to Submit an Article

Conduct timely home visiting screenings and if you feel there has been a change in the family dynamic, continue to monitor for developmental delays, and become familiar with the mandatory reporting requirements any suspected child abuse or neglect.

Awareness of what we can and cannot control needs to continually be at the forefront in our minds. This may be difficult as we support families experiencing substance use. However, when we practice mindful self-regulation and receive regular reflective supervision, we are better equipped to provide the support and resources to families. With all of the challenges we face, it is important to ensure that our focus is not solely on the families. We also need to have a keen awareness of what activates us and practice self-regulation and self-care so that we can continue to provide the best support to the families we serve.

## References

Smith, VC., & Wilson, CR., (2016). AAP COMMITTEE ON SUBSTANCE USE AND PREVENTION. Families Affected by Parental Substance Use. *Pediatrics*. 2016;138(2): e20161575. Accessed online January 20, 2023, <https://bit.ly/3HwkA79>

University of New Mexico ECSC Database Services. (2021). New Mexico Home Visiting Annual Outcomes Report Fiscal Year

# EARLY CHILDHOOD EDUCATION & CARE DEPT (ECECD)

## UPDATES

The HV Data System has added a referral source field to capture CARA referrals. Please work with your UNM Data analyst to ensure that any current families participating in CARA are identified in the system. If you want to learn more about CARA, you may download their brochure:

<https://bit.ly/3KlaqrO>

If you'd like to learn more about the CARA program in New Mexico, please go to this website:

[CARA \(sharenm.org\)](https://sharenm.org). If you scroll down, you will see that there are three ongoing, monthly workgroups. The CARA Expecting Parents Workgroup is on the fourth Wednesday of each month at 2 pm.

As a friendly reminder, we had two Community of Learners that focused on Substance Abuse in April and May of 2022. You can view the recordings and download handouts on the UNM ECLN website: [Community of Learners - ECLN Portal \(unm.edu\)](https://unm.edu)

## Visit The Early Show with Alax!



The Early Show with Alax, a playful, informative online series for families with young children. The show's host, Alax, is a live-action Galactic character from another solar system who wants to learn the important elements of caring for "little humans" without judgement or prior or prior caregiving knowledge.

## STORY FROM THE FIELD

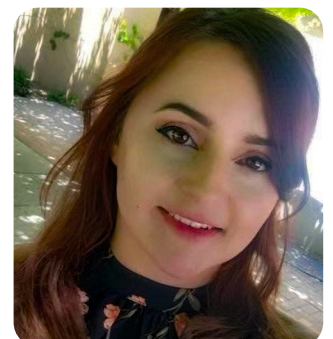
**Danielle Clements, LBSW,  
Home Visitor  
Los Pasitos, Roswell, NM**

I support a mom who was referred by Children, Youth and Families Department (CYFD) for drug exposure to her newborn. Mom and dad lived in his mother's home. Both parents were placed on a safety plan. Dad was extremely abusive to both mom and her infant. However, the mom was unable to leave the home since it was a requirement of the safety plan with CYFD. During my initial visit, mom admitted to covering up bruises on her body.

Since enrollment in home visiting with my program, the mom has successfully completed two rounds of rehabilitation for her addiction. She got connected to SNAP benefits, TANF, and WIC. My program has assisted the mom with donations from our local hospital to get her son's special preemie formula. Mom has had slip-ups occasionally but re-engaged in services, and she established a relapse plan with her home visitor. Mom has been able to follow her safety plan to prevent further drug exposure to her son. She is connected to early intervention, and she currently lives in a safe environment.

My program serves multiple counties. Fortunately, the mom has moved to three of these counties during this time, and my program has been able to follow and continue to support her. We have been able to monitor development to help promote child safety and lifelong changes.

Despite the fact that we have encountered many boundaries and some setbacks, this family has made tremendous progress and continues to build on natural supports.



**Danielle Clements**



Home Visiting Training Calendar



Previous COL Sessions, Articles, Tips, and Resources



## HOME VISITING DATES ON THE HORIZON

<p><b>Jan. 31, Feb. 1</b></p> <p>Facilitating Attuned Interaction (FAN)</p> <p>8:30 a.m.-4:30 p.m., In Person</p>	<p><b>Feb. 2, 28</b></p> <p>Reflective Case Reviews</p> <p>1:30-2:30 p.m., via Zoom</p>	<p><b>Feb. 3</b></p> <p>PICCOLO in Practice</p> <p>9-11 a.m., via Zoom</p>	<p><b>Feb. 8</b></p> <p>MCH Webinar 3</p> <p>10-11 a.m., via Zoom</p>	<p><b>Feb. 13 and 22</b></p> <p>Reflective Case Reviews</p> <p>9-10 a.m., via Zoom</p>
<p><b>Feb. 14-16</b></p> <p>Mothers and Babies</p> <p>1-4:30 p.m., via Zoom</p>	<p><b>Feb. 21-22</b></p> <p>Facilitating Attuned Interaction (FAN)</p> <p>8:30 a.m.-4:30 p.m., In Person</p>	<p><b>Feb. 23</b></p> <p>Home Visiting Biannual Meeting</p> <p>9:00 a.m.-12:00 p.m., via Zoom</p>	<p><b>Feb. 24</b></p> <p>Supporting the Home Learning</p> <p>10-11 a.m., via Zoom</p>	<p><b>Mar. 1, 2, 15, 16</b></p> <p>New Home Visitor Interactive</p> <p>9:00 a.m.-12:30 p.m., via Zoom</p>
<p><b>Mar. 1, 2, 15, 16</b></p> <p>New Home Visitor Interactive Orientation</p> <p>9:00 a.m.-12:30 p.m., via Zoom</p>	<p><b>Mar. 2, 28</b></p> <p>Reflective Case Reviews</p> <p>1:30-2:30 p.m., via Zoom</p>	<p><b>Mar. 8, 9</b></p> <p>Ages &amp; Stages Questionnaires Training</p> <p>9:30 a.m.-1:00 p.m., via Zoom</p>	<p><b>Mar. 13, 22</b></p> <p>Reflective Case Reviews</p> <p>9-10 a.m., via Zoom</p>	<p><b>Mar. 14</b></p> <p>Community of Learners - Father Engagement</p> <p>10:00-11:45 a.m., via Zoom</p>
<p><b>Mar. 27</b></p> <p>Metro Regional Meeting</p> <p>10:00 a.m.-3:00 p.m., In Person</p>	<p><b>Mar. 28</b></p> <p>NE Regional Meeting</p> <p>10:00 a.m.-3:00 p.m., In Person</p>	<p><b>Mar. 29</b></p> <p>NW Regional Meeting</p> <p>10:00 a.m.-3:00 p.m., In Person</p>	<p><b>Mar. 30</b></p> <p>SE Regional Meeting</p> <p>10:00 a.m.-3:00 p.m., In Person</p>	<p><b>Mar. 31</b></p> <p>SW Regional Meeting</p> <p>10:00 a.m.-3:00 p.m., In Person</p>
<p><b>Mar. 31</b></p> <p>Supporting the Home Learning</p> <p>10-11 a.m., via Zoom</p>	<p><b>FEBRUARY OBSERVANCES</b></p> <p>Black History Month      American Heart Month</p> <p>Congenital Heart Defects Week February 7-14</p> <p>Children's Dental Health Month</p>			<p>Visit the HV Training Calendar link above or <a href="#">HERE</a> to register for sessions.</p> <p>Individual registration is required to receive a certificate.</p>



## SUBMIT NEWS!

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

For more information, visit us below.



[CDD/HOME VISITING](#)



Family Support and Early Intervention Division  
HOME VISITING

[NMECED.ORG/HOME-VISITING](http://NMECED.ORG/HOME-VISITING)

