



TIP SHEET: Substance Use

THINGS TO CONSIDER

- Be mindful to listen and help families and/or caregivers feel validated as you talk about substance use.
- When a parent experiences overwhelm, home visitors have an opportunity to model mindful self-regulation which in turn helps the parent to center and self-regulate.
- Before meeting with a family, think about some questions that may help to guide a discussion about relapse prevention.
- Consider your own history and experiences and how they might impact your conversation with a parent/caregiver.
- Help the family to think about, plan for, and create a safety plan. This might include conversation around supports and treatments, and treatment options, including in-person and outpatient.
- Consider the parent, family, and/or caregiver's privacy.
- Check your biases around substance use prior to meeting with a family. Are there any barriers or judgments you have that might get in the way of a healthy conversation with the family?
- Start the conversation from a place of concern, not judgement. Listen openly, actively, and without judgement.
- Don't rush the conversation or feel that you need to find a solution right away.
- Be aware of who is present during a sensitive conversation and the comfort level of those present.
- Respect where they are in their journey. Recovery is possible but the path to wellness looks different for everyone.
- Make a list of the good things in their life. Sometimes people can lose sight of the good things they have in their life and their personal strength.





RESOURCES

[American Academy of Pediatrics](#): The Transfer of Drugs and Therapeutics Into Human Breast Milk: An Update on Selected Topics.

[Center for Development and Disease Control](#): Breastfeeding and Marijuana.

Narcan/Naloxone Opiate Overdose Prevention Helpline:
1-855-DOH-NOOD (hotline)

- You may talk with a Disease Prevention Specialist about obtaining training in using an overdose reversal kit when someone is in respiratory distress/depression due to heroin or prescription painkillers. Referrals to local public health offices where Narcan is dispensed at no cost.

[National Institute on Drug Abuse](#): Recovery and Types of Recovery Programs.

[National Rehab Hotline](#): New Mexico Mental Health and Substance Abuse Hotlines.

[New Mexico HIV/Hepatitis/STD Online Resources Guide](#): This online guide will help individuals find resources that they may need.

[National Rehab Hotline](#): New Mexico Mental Health and Substance Abuse Hotlines.

[NM DOH Harm Reduction Program](#): Program works to reduce substance-related harm while enhancing the individual, family, and community wellness. This is accomplished through the provision of linguistically and culturally competent services to individuals who inject substances.

[Operation Engage](#): A comprehensive community-level approach to address the drug epidemic through prevention strategies, facilitating conversations and collaboration with local partners.

[Santa Fe Recovery Center](#): The only Women and Children's Residential Treatment Program in the state where women can bring their children age 0-6 into treatment with them for up to 90 days of residential treatment.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#): SAMHSA's mission is to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.

- 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 community-based organizations.

[Vista Taos Renewal Center](#): A place to renew your life and find help to address addictive behaviors and heal the damage caused by substance use.

[University of Wisconsin-Madison](#): A Resource Toolkit For Home Visiting and Other Early Childhood Professionals

