

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:

- <https://kessjones.com/nmopioidhub>
 - 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.
- <https://www.samhsa.gov/brss-tacs/video-trainings>
 - Substance Abuse and Mental Health Services Administration offers a variety of video training that promote recovery-oriented services and support.