

Family Self-Sufficiency

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New Mexico Association for Infant Mental Health (NMAIMH) competencies addressed:

Theoretical Foundations:

- family relationships and dynamics
- cultural competence

Systems Expertise:

- service delivery systems
- community resources

Working with Others:

- building & maintaining relationships
- empathy and compassion

Direct Service Skills:

- responding with empathy
- advocacy
- life skills

Thinking:

- analyzing information
- exercising sound judgement
- maintaining perspective

Although New Mexico is a wonderful place to live, it can also be challenging. According to [Poverty in New Mexico: 2019](#), nearly one in four New Mexican children under 18 years of age live in poverty. According to the US Census (2019), 27.4% of the estimated 116,978 families in New Mexico live at or below 200% of the federal poverty level (FPL).

Home Visiting is an important program fighting child poverty. There are private and tribal home visiting programs located across the five regions of New Mexico. The emphasis of these programs is to enhance the quality of life for the babies and families in New Mexico.

ECECD Home Visiting programs served 4,242 families in FY2021. Home visitors are the front-line staff who support families in pursuing their dreams. They meet families where they are, develop goals, and provide information and education on a variety of topics. These topics include pregnancy and delivery, infant development, infant mental health, brain development, family dynamics, strengths, etc. Home visitors connect families with the resources needed. These resources include but are not limited to continuing education opportunities, support for employment and access to health care services, and childcare when needed.

Home visitors help families achieve greater self-sufficiency and provide them with information on education related to life skills, computer literacy, financial literacy, parenting, hygiene, and basic safety measures. For example, if a parent is unemployed, the home visitor may help them to develop a resume and connect the parent with the New Mexico Department of Workforce Solutions.

Questions to encourage discussion and reflection...

1. What screening tools do you utilize, such as the Maternal Child Health (MCH), to explore family self-sufficiency strategies? (employment, education, English as a second language, primary care provider (PCP))
2. What kind of organizational support do you have in place to help families in achieving their dreams?
3. How can you use group/family activities to support self-sufficiency?
4. What resources in the community do you refer families to when they want to continue their education, need a job, or childcare?
5. What does the referral process look like as you support families to continue their education or seek employment?

References

Allen, R. (2021, January) Diversity, Inclusion and Equity Principles in Work with Infants, Children and Families. NMAIMH Keynote address.

ECECD Home Visiting PowerPoint (2021)

Moskowitz, R. (2019) Poverty in New Mexico.

https://www.dws.state.nm.us/Portals/0/DM/LMI/Poverty_in_NM_2019.pdf

US Census ACS (2017-2019) tables 801001 and 817001

<https://www.census.gov/programs-surveys/acs>

US Census ACS (2019) table 51702, and PRB analysis of ACS data

<https://www.census.gov/programs-surveys/acs>