

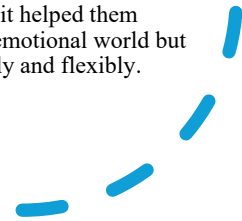
# FAN in New Mexico

Peggy MacLean, Ph.D.

• Safety & Emotional Regulation	Mindful Self-Regulation helps providers stay grounded
• Trust & Connection	Empathic Inquiry and Collaborative Exploration builds rapport & relationships
• Empowerment & Voice	The ARC of Engagement centers the caregiver's experience and voice
• Timing & Pacing	Small and manageable doses of input
• Resilience & Capacity Building	Supports reflection and skill-building
• Flexibility	Cue-based adaption centered on what is need now

## What Research & Evaluation Tells Us...

- A 2019 qualitative study of Healthy Families of America home visitors trained in FAN found that they perceived FAN to provide a “shared language and structure” that helped them feel more confident, build reflective capacity, and forge stronger connections with families, supervisors, and peers. Those same home visitors reported elements associated with lower burnout risk—ability to self-calm, better boundaries with clients, peer support, reflective supervision, and increased sense of competence.
- A 2020 systematic review among a sample of child-welfare and early childhood professionals showed that using FAN’s reflective-practice framework was associated with increased self-efficacy, improved coping with workplace stressors, greater job satisfaction, and potentially reduced burnout even in contexts of consistent vicarious trauma. Practitioners and supervisors who integrated FAN into their everyday work (visits, supervision) reported that it helped them remain “present,” monitor not only the family’s emotional world but their own reactions and respond more thoughtfully and flexibly.



• Home Visitors	<ul style="list-style-type: none"> <li>• 546 early childhood home visitors</li> <li>• 110 early childhood supervisors</li> </ul>
• Early Intervention Providers	<ul style="list-style-type: none"> <li>• Pilot of 60 providers serving in Part C early intervention</li> <li>• 18 specialized nurses serving children with developmental delay</li> </ul>
• IECMH Consultants	<ul style="list-style-type: none"> <li>• 40 IECMH consultants</li> </ul>
• IECMH Clinicians	<ul style="list-style-type: none"> <li>• 94 IECMH clinicians</li> </ul>

## What is New

- FAN-Specific Community of Practices (4 times/year)
  - 1.5- 2-hour FAN Intensives to support community, ongoing learning, and integration
- FAN Booster Trainings
  - Refreshers
  - Support certification
- FAN Mentor Groups
  - Those who complete initial training but not the Level 2 process
  - Support implementation and certification