

Substance Use

Risks and Effects in Pregnancy and Early Childhood Development

Learning Guide for Ongoing Professional Development

Note to Learner: Early Impact Virginia encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each EIV training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:

- Learner and supervisor review course objectives and home visitor competencies
 - Learner rates knowledge of learning objectives
-

During the training, the learner:

- Completes activities
 - Reflects on own response
 - Identifies questions and concerns
 - Prints Reflective Responses to share with supervisor
 - Completes post-training evaluation
-

After the training:

- Learner:
 - Rates knowledge of learning objectives
 - Completes post-training activities, as required
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan
-

This 45-minute online module describes the disease model of addiction and the impact substance use and addiction have on women and their unborn babies, infants and children. Participants will learn about the home visitor role in identifying possible substance use, making referrals and helping clients overcome barriers to treatment. The module includes a video about Neonatal Abstinence Syndrome and soothing techniques home visitors can teach their clients. Finally, the module discusses important substance use legislation that all home visitors must know.

Substance Use Risks and Effects in Pregnancy and Early Childhood Development Learning Guide for Ongoing Professional Development

Virginia Home Visitor Competencies Addressed:

- 2.3.a. Explains how various factors such as parents’ mental and physical health, poverty, child abuse and neglect, culture, the mother’s prenatal care and experiences, and early substance exposure affects the child’s development, well-being and brain development.
- 3.4.a. Understands and communicates the ways in which stressors, such as substance use and abuse, impact family members and affect the ability to parent.
- 4.6.e. Increases parent’s knowledge and awareness of the signs of depression, trauma, domestic violence, or mental illness.
- 6.1.a. Understands that relationships form the basis for all home visiting work and establishes an ongoing alliance with families that supports the family’s strengths, priorities, and changing circumstances.
- 6.1.f. Adjusts plans and practices based upon changing family needs without losing focus on the parent-child relationship.
- 6.3.c. Abides by all legal standards when conducting a home visit.
- 6.3.d. Recognizes the indications of child abuse and neglect and complies with mandatory reporter child protection laws in the Commonwealth of Virginia and determines when to consult supervisors in cases where child protection is a concern.
- 6.3.e. Understands Virginia laws related to infants exposed prenatally to drugs.

Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

| Learning Objective | Before the Training | After the Training |
|---|---------------------|--------------------|
| List common drugs of abuse. | | |
| List signs of possible drug use or manufacture. | | |
| Understand the role that age and gender play in substance use and addiction. | | |
| Discuss risks and effects for pregnant women, unborn babies, newborns, children and families. | | |
| Describe strategies for educating women about substance use, helping them overcome barriers to treatment, and connecting them to resources for diagnosis and treatment. | | |
| Describe Neonatal Abstinence Syndrome and strategies mothers can use to soothe their babies. | | |
| Describe important legislation and mandated reporter responsibilities related to substance use. | | |

Substance Use Risks and Effects in Pregnancy and Early Childhood Development Learning Guide for Ongoing Professional Development

My personal learning goals for this training are:

1. _____
2. _____
3. _____

After the Training

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Reflect on my personal beliefs and biases about substance use and abuse. Share my reflections with my supervisor to identify areas for improvement.
- Maintain a list of qualified providers for diagnosis and treatment.
- Develop a relationship with the Infant and Toddler Connection Program in my community and learn procedures for making a referral for Part C services.
- Request training on drugs and meth labs from my local police department.

My Action Plan

| Action | Target Date | Date Completed |
|--------|-------------|----------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Substance Use
Risks and Effects in Pregnancy and Early Childhood Development
Learning Guide for Ongoing Professional Development