

Addressing Financial Distress within Home Visiting



***The information in this IMPACT WV product was taken from a lunch and learn presentation by Christine Callahan, PhD, LCSW-C, Allison Deitz, LMSW and Jewell Benford, LCSW-C-University of Maryland, Baltimore.**

Topic

There has not been a lot of formal financial stability programming within home visiting and financial stability training is extremely critical. Money stressors continue to burden families and for some a sudden influx of money (ex: stimulus payment or tax return) can be difficult to manage. This can be potentially difficult for those who have a history of substance use disorder.

Aim

This purpose of this Lunch and Learn Webinar was to share information on:

- Addressing Financial Distress within Home Visiting
- Overview of Economic Stimulus Payments
- Understanding Clients' Mindsets Regarding Money

Types of service provider attendees: home visitors, mentors, patient navigators, pediatricians, nurses, social workers, program assistants and managers.

Summary

Financial needs to address

- Credit
- Debt
- Budgeting
- Taxes
- Avoiding predatory lenders



Home Visiting Pilot Project: Healthy Families New York

A financial empowerment program that is disseminating a short survey on potential financial needs, conducting trainings and crafting detailed resource guides. For more information email: Christine Callahan, PhD, LCSW-C, Research Scientist, University at Albany/Center for Human Services Research at ccallahan@albany.edu.

Training topics:

1. Potential needs for home visitors
2. Integrating content into home visiting
3. Conversational strategies to gather family finance information
4. Financial stability and goal planning for families

Resource: Building Economic Security Today: making the health-wealth connection in Contra Costa County's maternal and child health programs <https://pubmed.ncbi.nlm.nih.gov/23793485/>

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Discussion

Economic stimulus payments

Talking Points: New for all of us, including the IRS. The resources available did not provide context or enough information.

Resource: Stimulus Check Screening and Needs Assessment document developed by Allison Deitz, LMSW (see <https://wvimpact.org/> under Training Archives)

How it can be adapted:

- Subbing out CASH Campaign of Maryland for similar local resources or addressed in-house
- Different action plans for things like non-filing tools on IRS website, or virtually filing taxes
- Replace with local resources

Suggested techniques:

- Motivational interviewing (e.g., weighing pros and cons of spending stimulus check money on substances versus living expenses)
- Quantify/use tangible examples with mental accounting and probability discounting (e.g., \$1,700 can equal two months' rent, X amount of substance(s), X number of boxes of diapers/cans of formula; a week's supply of substance(s) is X% of \$1,700, etc.)

Understanding client mindsets regarding money

Ask the client: "What is your money story?"

Have the client think about his/her relationship with money by asking

- What do you believe about your money?
- How do you use your money?
- What do you think about saving?
- What do you think about spending?
- What do you think about budgeting?

Incorporating a contingency plan into pre-existing addictions counseling can help shift perspective to help with harm reduction and preventing relapse.



Tip:

- Financial well-being goes hand in hand with psychological well being
- Use open ended questions and take an objective approach using mental allocation
- Ask: "What is your money story?"

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