

## Section 6.4: Drug and Harmful Substance Use Education

4/2021

**References:** 7CFR 246.11 (a)(3); 7CFR 246.7 (a)

**Policy:** Local agency must provide information regarding the harmful effects of drugs and alcohol at the time of the family's first certification in WIC and make referrals as appropriate.

**Purpose:** To improve the health status of WIC participants by preventing and/or reducing the use of alcohol, tobacco, or other drugs.

### Procedures

- Discuss the potential harmful effects of drugs or other harmful substances. This is required for all participants, regardless of current use of substances.
- Give printed education materials to pregnant women and the parents/caregivers of infants and children. The printed materials are an adjunct to the one-on-one discussion described in the first bullet, not a replacement. See Guidance for ways to provide materials at remote appointments. The materials should:
  - Address the harmful effects of alcohol, tobacco, street drugs, and abuse of prescription medications.
  - Include a current list of local resources for drug or other harmful substance abuse counseling and treatment. Each local agency must have and maintain a listing of these resources in their community.
- A specific referral for treatment or counseling for drug or other substance abuse must be provided any time a participant or parent/caregiver is identified as abusing drugs or other harmful substances. Document referral, if given.
- Document education and materials were given.
- If substance use and/or abuse is suspected or identified at recertification, the information should be given again. A referral for treatment or counseling may also be appropriate.

### Guidance

- For participants certified remotely, options for providing the educational materials and a current listing of local resources for drug or other harmful substance abuse counseling and treatment include:

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- Mail the materials to the participant.
- Send the materials to the participant electronically, e.g., by email.
- Send links to the materials to the participant electronically, e.g., email or text.
- Educational materials that address the harmful effects of alcohol, tobacco and street drugs are available from MDH.
- Local agencies should include smoking cessation programs on the resource listing.
- Refer to [Risk Code 372 Alcohol and Substance Use](#) for more information on risks and implications for WIC Nutrition Services.
- Refer to [Section 6.7](#) for the education requirements of the Postpartum Exit Counseling Contact, which includes discussion of the health risks associated with the use of alcohol, tobacco and other drugs.

### Reference – Complete Listing of Hyperlinks

#### [Risk Code 372 Alcohol and Substance Use](#)

(<https://www.health.state.mn.us/people/wic/localagency/riskcodes/372.html>)

#### [Section 6.7: Additional Nutrition Education](#)

([https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6\\_7.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6_7.pdf))

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