

## **Becoming a Tutor**

The Survivor Moms' Companion provides for pregnant people and new parents the highest standards of trauma-informed care, as specified by the Substance Abuse Mental Health Services Administration (SAMHSA). This program is only offered by certified tutors and only through an end-user license agreement.

Because the SMC is an educational program, we refer to the individual one-to-one service providers as "tutors." **Before signing the commitments below, please note the following:**

- SMC Tutors work with survivors of childhood maltreatment or sexual trauma who are learning about how past trauma can affect pregnancy and parenting.
- **Trauma heals in relationship, so the tutoring role is central.**
- Tutors work in person or remotely to deliver the three core parts of psychoeducation: new information, skills practice, and emotional support.
- Nurses, social workers, psychologists, midwives, physicians, doulas, health educators, community outreach workers, peer support workers, or other experienced perinatal or mental health staff can become tutors.
- Becoming a certified SMC Tutor involves (1) satisfactorily completing a 6-meeting series of training sessions and (2) completing a training case with reflective supervision.
- Tutors MUST have access to reflective supervision. We use the US Administration for Children and Families definition, which states, "The primary goal of reflective supervision is to support the [worker] in the often emotionally challenging work they do."\* Reflective supervision is characterized by active listening and thoughtful questioning by both parties. The person providing reflective supervision to the tutor can be another certified SMC tutor or a mental health or perinatal healthcare clinician.
- Tutors MUST have access to consultation with a licensed mental health professional for challenging cases and for referral. This licensed mental health professional can be an advanced practice psychiatric-mental health nurse, social worker, psychologist, or psychiatrist.
- Tutors MUST also provide us with a copy of a formal list of referral resources (on our template) since trauma survivors are more likely than others to need help for substance abuse, mental health treatment, intimate partner violence services, and parenting support.
- The SMC is fully manualized. Certified tutors agree to provide the SMC with fidelity to the content, structure, process, and relationship safety and quality expectations, as instructed in the training, and as supported by the manual (i.e., the documents and tools).

## **Tutor Commitment**

**As a tutor delivering the SMC intervention, I confirm that:**

**1. I am a licensed professional** (nurse, social worker, psychologist, midwife, or physician) **or a paraprofessional** (doula, health educator, community outreach worker, peer support worker) **or other experienced perinatal or mental health staff member**, and I have completed the SMC tutor training.

**2. I understand that my Tutor role includes:**

- Teaching the SMC program content with fidelity
- Using the SMC structure (e.g., workbook curriculum)
- Using the SMC tutoring process
- Maintaining a safe and high-quality tutoring relationship with clients.

**I commit to the following program requirements:**

**3. I will use self-care and reflective supervision to ensure I am providing high quality SMC tutoring, and I will take part in additional training or supervision, if needed or recommended.**

**4. I have access to and will use consultation from a mental health professional for challenging or unique case or when I am concerned for client safety.**

**5. I have and can use the referral resources needed to provide safe trauma-informed care.**

**6. I will only provide SMC materials to clients who have agreed to engage in tutoring.**

**7. I understand that fidelity to the manual is the best predictor of effectiveness** for manualized behavioral programs like the SMC (Bellg AJ et al., 2004; Moore GF et al., 2015), so I will deliver the SMC with fidelity to the training I received.

**8. I understand that, at the time of license renewal at the end of Year 1, I will submit the annual report form and submit fidelity and reflection paperwork, including fidelity checklists from my training case.**

**9. I am aware that I can contact the SMC program staff to get information, technical assistance, or consultation on implementation matters as part of the end-user license agreement.**

**10. I affirm that I will only use the SMC curriculum and material while I remain certified and hold an end-user license agreement and that that the SMC curriculum and materials may not be used outside this context or at variance from the license agreement except by express written permission.**

\*Read more about reflective supervision here: <https://www.acf.hhs.gov/opre/report/reflective-supervision-what-we-know-and-what-we-need-know-support-and-strengthen-home#:~:text=Reflective%20supervision%20is%20a%20form,that%20often%20accompany%20the%20work.>