

This document includes a training overview and detailed instructions to walk you through the process of creating a Train NM account so you may access the CARA Advanced Competency training.

NMDOH has created the required training: CARA Advanced Competency

This training will be available on the TrainNM learning management system (LMS). Anyone who needs to complete the training will be able to create a free TrainNM account.

The following pages of this document provides **instructions to assist participants with account creation as well as a contact email for troubleshooting** TrainNM issues. Hospitals, birthing centers and providers may also contact this email address if they wish to receive the SCORM file for the training to upload to their own internal LMS.

About CARA Advanced Competency:

- **Format:** Self-Paced eLearning.
- **Time Commitment:** Approximately 90 minutes but does not need to be completed in one sitting.
- **Course Description:** This course equips healthcare providers with the knowledge to fulfill their legal and ethical responsibilities under the Comprehensive Addiction and Recovery Act (CARA) and related New Mexico laws. Key skills include identifying and supporting at-risk infants, honoring Tribal sovereignty, and mastering Plan of Safe Care (PoSC) creation.
 - Participants will also learn about:
 - State law updates
 - Agency roles
 - Effects of substance use during pregnancy
 - The impact of bias and stigma on outcomes
 - Universal screening tools that can effectively identify prenatal substance exposure



If you have any questions or issues with this process, please contact: DOH.CARAtrainingsupport@doh.nm.gov

These instructions will walk you through the process of setting up your account in TrainNM to access the CARA Advanced Competency Training.

How To Get Started in TRAIN

IMPORTANT: You must follow these instructions all the way through to ensure your account is fully configured. If you fail to do so, you will not be able to access the trainings you need.

To get started with TRAIN, you'll need to create your TRAIN account.

1. Access TRAIN at: www.train.org/nm/welcome
2. Create an Account: Click on the "Create an Account" button (circled below).

TRAIN New Mexico



[HOME](#) [COURSE CATALOG](#) [CALENDAR](#) [RESOURCES](#) [HELP](#)



Log in

Unlock a world of public health training resources by logging into NM.TRAIN.

Login name

Password

[Forgot password?](#)

Log in

OR

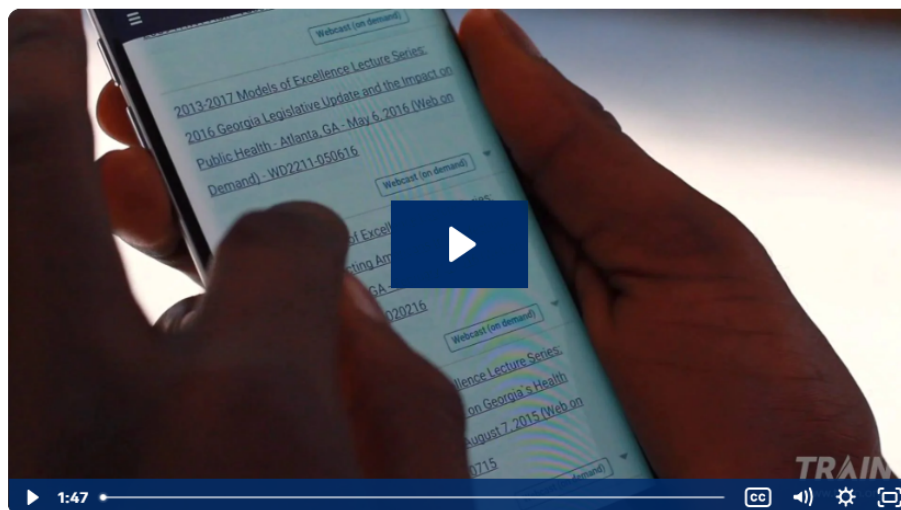
Create new account

Want to add courses to TRAIN?

[Become a course provider](#)

Welcome to TRAIN New Mexico

TRAIN New Mexico is a gateway into the [TRAIN Learning Network](#), the most comprehensive catalog of public health training opportunities. TRAIN is a free service for learners from the [Public Health Foundation](#).



New to TRAIN?



[Learn how to use TRAIN](#)



[Learn more about the TRAIN Learning Network](#)

3. Fill in the “Create Account” online form:

TRAIN New Mexico

Create Account

Create login name *

Login name

The login name must be unique with any characters except spaces and a minimum of four characters.

Create a password *

Password

Password must:

- ☐ Contain at least one lower case letter
- ☐ Contain at least one upper case letter
- ☐ Contain at least one number
- ☐ Be at least 8 characters
- ☐ Be different from the user's LoginName, FirstName, LastName, and Email

Confirm password *

Confirm password

Email *

Email

Please enter your work email address. If you do not have one, enter your school or personal email.

First name *

First name

Last name *

Last name

Time zone *

(GMT-07:00) Mountain Time (US & Canada) ▼

Zip code *

Zip code

Please enter your work Zip/Postal Code. If you do not have one, enter your school or personal Zip/Postal Code.

☐ I agree to all [TRAIN policies](#) *

Create Account

Have an account? [Log in.](#)

We recommend that you use
Firstname.Lastname for your
username if it is available.
Example: John.Smith

Please be sure to use an email
you have easy access to. We
recommend your work email
address.

Please be sure to use a
New Mexico zip code.

4. If the system won't allow you to create the account, look to see if any field titles are **red**. Click in that field and you will be instructed how to correct the error.
5. Once you fill in the above form, you'll land on this page.

TRAIN New Mexico

Welcome to NM.TRAIN!

Your account was successfully created.

Your login name:

Your email address:

You can always change your name, email, and other information in your Profile.

Verification instructions

1. You will get an email from NM.TRAIN with a verification link.
2. Click on the verification link to verify your email address.
3. If you don't receive this email after 20 minutes, please check your junk mail folder or [request another verification email](#).

If you don't want to verify your email address, [contact support](#) or [log out](#).

6. You will need to go to your email and click on the verification link provided to verify your email address.

7. Once you complete the email verification, you'll land on the home page pictured below.

8. Click on your name in the top right corner, then click on "Your Profile."

Do not skip these steps; it is very important that you set your profile up correctly!
This information will be used to pull reports to help verify training compliance.

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Announcements

NB **MGT 433: Isolation and Quarantine for Rural Communities (January 27, 2026)**
Nancy Blake
Jun 27, 2025

The Center for Rural Development **RDPC** Rural Domestic Preparedness Consortium
"Prepare for the *worst*. Train to be the *best*."
www.ruraltraining.org | 877-855-RDPC (7372)

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Hot Topics

[Immunizations](#)

Search

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Your Training Status

Welcome to the TRAIN Learning Network!

TRAIN is the nation's most comprehensive learning resource for professionals who protect and improve the public's health. Get started by searching our [Course Catalog!](#)

9. Next, you need to complete your profile.

- **Select Manage Groups:** Select the blue pencil button to edit your groups.

Cancel Save

Your Profile Is incomplete

Your profile contains all your system settings and attributes. Please note that some fields are required, until you complete all required settings some site functionality may be limited. For your convenience each section in the profile will indicate if it is incomplete.

Manage Groups

Account

Contact

Address

Organization

Manage Groups

Join By Group Search *

New Mexico

✕

Join Another Group

- **Select:** Non-Government Employee

Edit Group

Location / **New Mexico**

(Click any level to return to it)

✓ Confirm these selections

Select: Agency

Group search

Law Enforcement

MRC

Non –Government Employee

Other Government Employee (Non-State: Federal, County, City, Tribal, Military, Other local)

- **Select:** Hospital

Edit Group

Location / **New Mexico** / **Non –Government Employee**

(Click any level to return to it)

✓ Confirm these selections

Select: Employment Category

Group search

Academic Institution

EMT/Paramedic/First Responders

Fire Department

Hospital

Laboratory

- **Click the green button to confirm selections and confirm groups.**



Back on your main profile page, you will notice some red circles with exclamation points in the circle. These required sections must be completed before you can take a course.

Cancel
Save

Your Profile Is incomplete

Your profile contains all your system settings and attributes. Please note that some fields are required, until you complete all required settings some site functionality may be limited. For your convenience each section in the profile will indicate if it is incomplete.

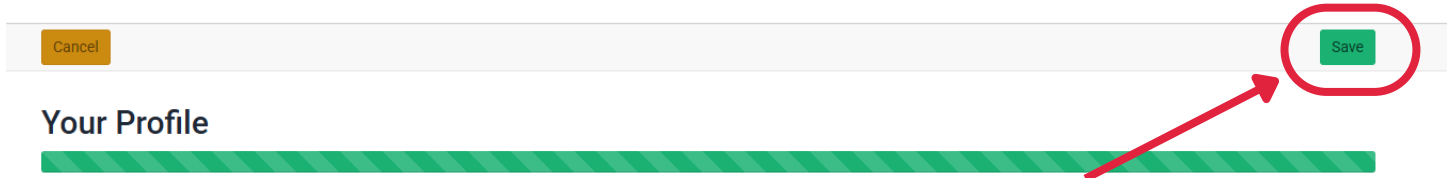
Manage Groups
Account
Contact
Address
Organization
Professional License Number
Professional Role
Work Settings
CPE Information
FEMA Student ID Number
Professional Organization ID Number

? Manage Groups
Join By Group Search *
New Mexico
Join Another Group
Join By Group Code
Group Code
Join

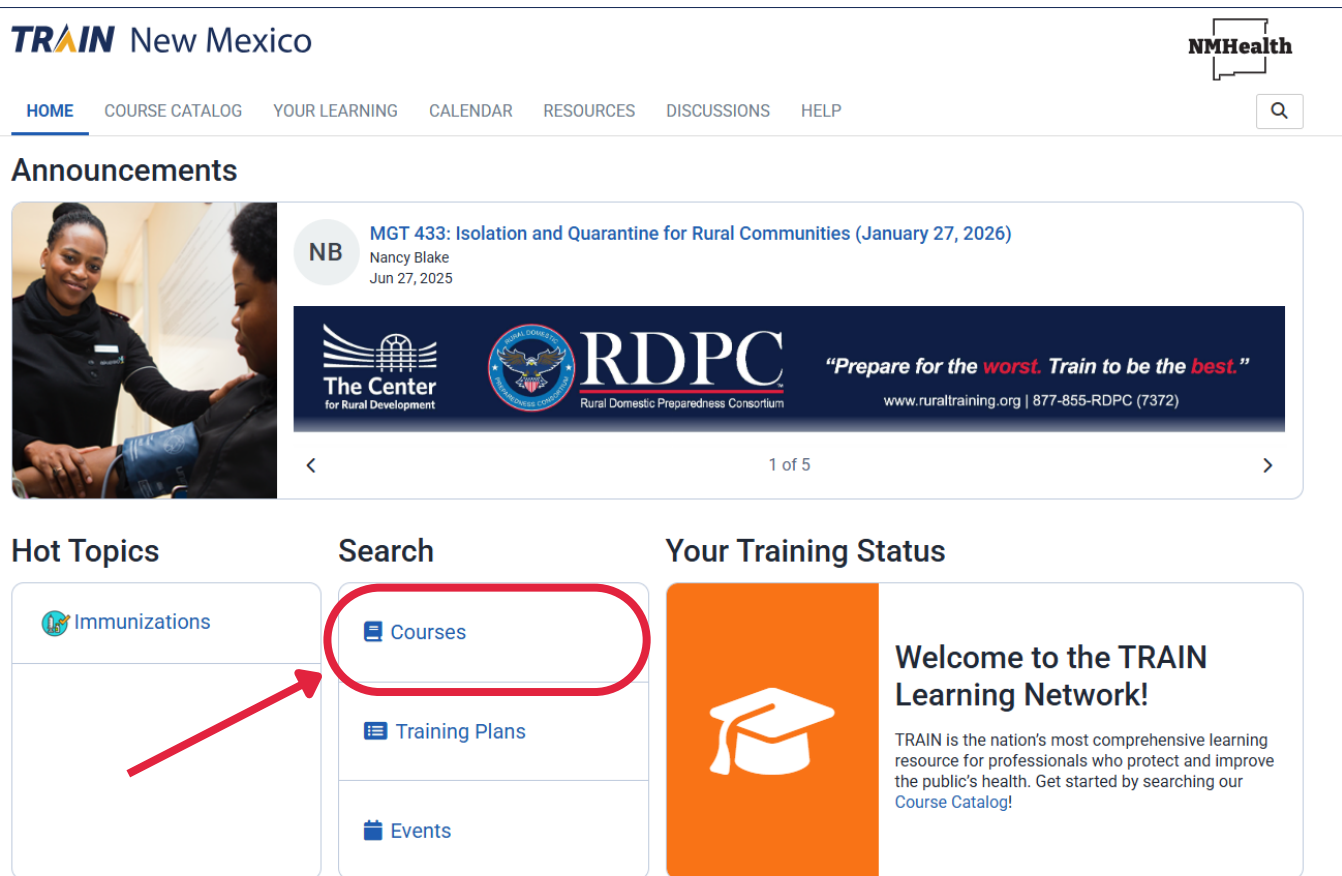
- **Contact:** You can add your phone number, or you can fill it in with all zeros: (000)000-0000
- **Address:** All red highlighted areas are required. You may use your home or work address; we recommend you use your work address.
- **Organization:**
 - Organization name
 - Department/Division
 - Title: Work title
- **Professional Role:** Select whichever option best matches your role.
- **Work Settings:** Select whichever option best matches your role.

Once you have selected your groups and your profile is complete, you should see the green bar fully filled in across the top of your profile page.

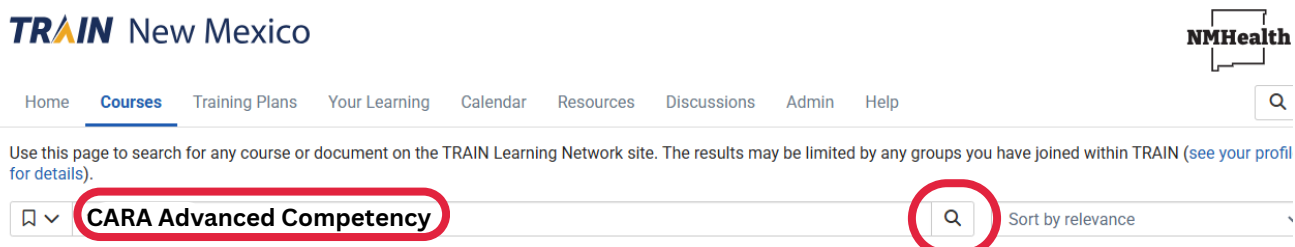
Click the green save button



10. Back on the Home page, under the Search section, select **Courses**.

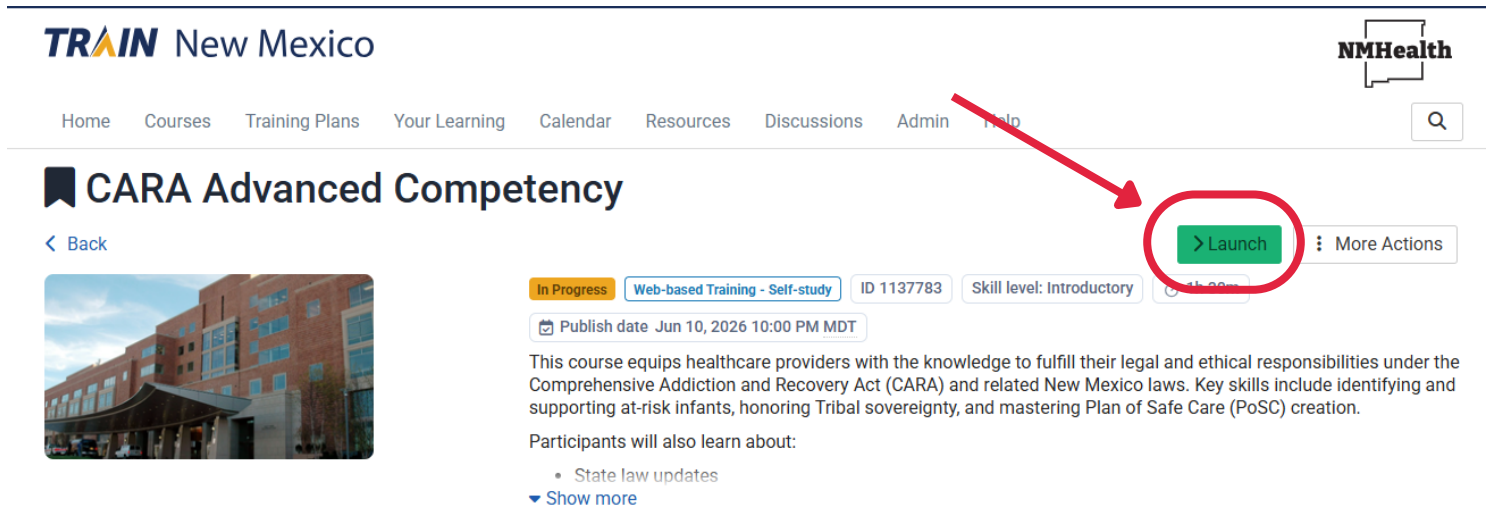


11. In the search bar, type: **CARA Advanced Competency** and hit the search button.



12. Select the course: **CARA Advanced Competency**

- From the course page, select the green Launch button to start the course



TRAIN New Mexico

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CARA Advanced Competency

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> Launch More Actions

In Progress Web-based Training - Self-study ID 1137783 Skill level: Introductory

Publish date Jun 10, 2026 10:00 PM MDT

This course equips healthcare providers with the knowledge to fulfill their legal and ethical responsibilities under the Comprehensive Addiction and Recovery Act (CARA) and related New Mexico laws. Key skills include identifying and supporting at-risk infants, honoring Tribal sovereignty, and mastering Plan of Safe Care (PoSC) creation.

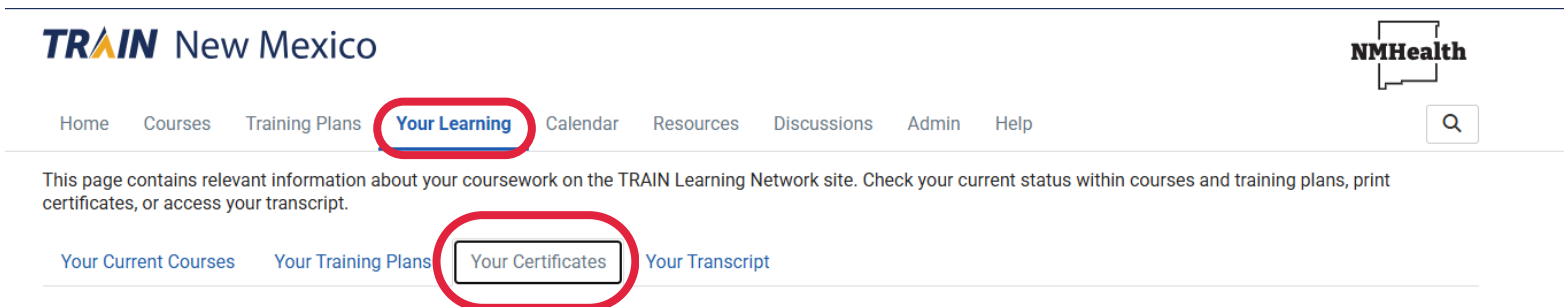
Participants will also learn about:

- State law updates

Show more

Once your Train Account is complete you can also use this direct link to the training:
[CARA Advanced Competency - NM.TRAIN - an affiliate of the TRAIN Learning Network powered by the Public Health Foundation](#)

13. You can download your certificate of completion at any time once the course is completed.



TRAIN New Mexico

Home Courses Training Plans **Your Learning** Calendar Resources Discussions Admin Help

This page contains relevant information about your coursework on the TRAIN Learning Network site. Check your current status within courses and training plans, print certificates, or access your transcript.

Your Current Courses Your Training Plans **Your Certificates** Your Transcript



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