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- Tell us your name
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Challenging Situations in Home Visiting


February 13, 2018

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Home Visiting Webinar Series


 NATIONAL CENTER ON
Early Childhood Development, Teaching and Learning

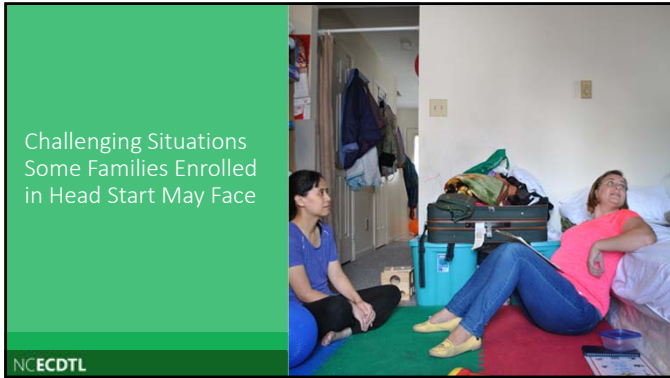
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Session Objectives

At the end of this presentation, you should be able to:

- Understand challenging situations some families enrolled in Head Start may face
- Implement effective practices in supporting families facing challenging situations
- Utilize safety and self-care strategies when working with families with challenging situations
- Identify resources for working with families with challenging situations

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Types of Challenges Some Head Start Families Face

Some families in Head Start may experience:


- Co-occurring risks
- High rates of depression and other mental health challenges
Nearly half (48%) in one study of EHS-eligible families
- High levels of exposure to family and community violence
As many as 25% of EHS/HS families have 3 or more risk factors

Source: The Role of Parenting Stress in Young Children's Mental Health Functioning After Exposure to Family Violence." Journal of Traumatic Stress, Oct. 2013, 605-612.


Head Start Children and Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences study found:


- 63% of parents reported that they experienced **three or more ACEs** and
- 40% of the 3-4 year old children has already experienced three or more ACEs




Source: ACEs Exposure in Preschool Children Enrolled in Head Start, Clear Trauma Center, Washington State University, 2014
<http://eex.100.wsu.edu/cetrac/ceac-content/uploads/sites/65/2015/03/ACEs-in-Head-Start-Children-and-Impact-on-Development-1-14.pdf>


 **Impact of Family Challenges on Engagement in Home Visits**


- Parents disengaged
- Families moving
- Reluctance to have visitors in their homes
- Low priority for home visits and socializations







Practices That Can be Effective in Supporting Families Facing Challenging Situations





 **Addressing Impact of Family Challenges**

- Meeting families where they are
- Connecting families to services when they're ready
- Working with the other primary caregivers
- Establishing strong linkages with other providers and programs



What Parents Need From Us

Parents need us to believe in their ability to overcome obstacles standing in their way and to support them in being part of the solution.

- Unconditional positive regard
- Emotionally corrective experiences
- Focus on strengths

Source: Quality Improvement Center for Research-Based Infant-Toddler Court Teams www.qicct.org

Factors Impacting Engagement and Retention

Program characteristics:

- Concrete resources
- Availability of incentives
- Free services

Provider characteristics:

- Caring
- Experienced working with both children and adults
- Nonjudgmental
- Flexibility
- Persistence despite family chaos


Source: "Understanding Program Engagement and Attrition in Child Abuse Prevention." Journal of Family Strengths, Vol 14 (2014) : <http://digitalcommons.library.tmc.edu/jfs/vol14/iss1/20>

What Parents Need From Us – Supporting Resilience

Resilience Requires Relationships

Work with challenging family situations must be built on a foundation of a solid relationship between the home visitor and family





 **What Parents Need From Us**

Both children and adults need “core capabilities” to respond to or avoid adversity, and these capacities can be strengthened by support and practice.
-Harvard Center for the Developing Child


Support and practice to address multiple goals:


- Promoting child development
- Expressing emotion
- Enhancing self-regulation skills
- Addressing trauma, mental health concerns, and other family risks

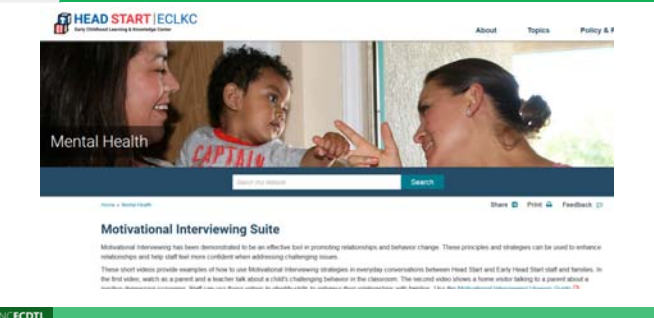



 **Practices That are Strengths-Based and Family-Centered**


- Identify family strengths
- Provide non-judgmental support
- Strengthen protective factors
- Focus on positive behaviors
- Address family risks as they relate to parent and child well-being
- Continue to focus on child’s development




 **Motivational Interviewing**






 **Motivational Interviewing Principles**


- Express empathy and reflective listening
- Identify differences between the families goals and their actual behaviors
- Avoid arguing
- Adjust to the families resistance
- Support the families self-efficacy





 **Motivational Interviewing Techniques**


Five strategies for Motivational Interviewing:

1. Ask open-ended questions
2. Listen reflectively
3. Summarize
4. Affirm
5. Elicit self-motivational statements



 **• Motivational Interviewing**




 **Cultural and Linguistic Considerations**


Mental health is a topic that can have a social stigma or taboo

One's cultural or linguistic experience can affect:

- How one talks about emotional or mental health needs,
- The kind of resources one is willing to access, and
- How one describes and understands their symptoms


Source: Understanding Depression Across Cultures




 **Screening and Connection to Community Resources**


- Increase screening for specific risk
- Provide professional development to support staff working with parents facing depression, interpersonal violence, substance use, and other challenges
- Use community partnerships to create comprehensive referral/follow-up and emergency response
 - Warm hand-offs


Source: Research to Practice Series on Family Outcomes, National Center for Parent, Family and Community Engagement




 **Especially Important Program Practices**


- Having a mental health consultant available
- Policies and procedures for addressing crisis situations
 - Child maltreatment referrals
 - Violence in the homes
 - Parental active substance use
- Partnering with community services
 - Local domestic violence center
 - Local mental health centers
 - Local substance abuse programs




 Parenting Interventions Targeted to Specific Risks


- Embed evidence-based parenting interventions into home –based service delivery that are targeted to specific family risks
- Explore how specific risk factors affect parenting skills, responsiveness to their children’s needs, as well as parent and child well-being
- Integrate strategies for addressing parents’ challenges into other experiences (e.g., mindfulness, desensitization, cognitive reappraisal, reflection on emotions)




 Parenting Interventions Targeted to Specific Risks


- Depression Example: Moving Beyond Depression
- Stress and Coping Example: Minding the Baby
- Substance Abuse Example: Mothering From the Inside Out
- Trauma Example: Attachment and Biobehavioral Catch-up



 Compendium of Parenting Interventions



<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/compendium-of-parenting.pdf>



Safety and Self-Care Strategies When Working with Families Facing Challenging Situations



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Home Visitor Self-Care


- Mindfulness and meditation activities
- Exercise and physical health activities
- Home visitor “mental health days”
- Home visitor peer group supports
- Resources for mental health support for the home visitors



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Access to Support – Can’t Do This Work Alone

- Reflective supervision for home visitors
- Mental health consultation
- Access to crisis lines for home visitors and families
 - Substance Abuse Hotline
 - Family Violence Hotline
 - Mental Health Hotline




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 Professional Development and Support


- Trauma training and support including:
 - Recognition of signs of trauma;
 - Desensitization;
 - Secondary trauma.







 Professional Development - Increased Need for Training

- Evidence-based parenting interventions targeted toward families with specific risk factors (e.g., depression, substance abuse)
- Current information on substance abuse (what are the current trends, phrases, street language, signs of addiction, resources available)
- Impact of trauma on the child and on parent
- Intimate Partner (domestic) Violence
- Adult Mental Health First Aid
- Home Visitor Safety and Self-Care



Resources for Working With Families with Challenging Situations






Family Connections: A Mental Health Consultation Model

Some of the topics covered:

- Having difficult conversations
- Understanding depression across cultures
- Fostering Resilience
- Parenting through tough times
- Self-reflection as a professional tool
- Self-reflection in parenting
- Supportive supervision



<https://eclkc.ohs.acf.hhs.gov/mental-health/article/family-connections-mental-health-consultation-model#intro>

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Parenting Interventions

Moving Beyond Depression, <http://www.movingbeyonddepression.org/>

Minding the Baby, <http://mtb.yale.edu/>

Attachment and Biobehavioral Catch-Up, <https://www.infantcaregiverproject.com/training-in-abc>

Mothering From the Inside Out
Handout provided with today's webinar materials

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Resources


Motivational Interviewing Suite <https://eclkc.ohs.acf.hhs.gov/mental-health/article/motivational-interviewing-suite>

Depression in Mothers: More Than The Blues, A Toolkit for Family Service Providers. <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/depression-in-mothers-toolkit.pdf>

National Center for Parent, Family and Community Engagement. (2015). *Compendium of parenting interventions*. Washington, DC: National Center on Parent, Family, and Community Engagement, Office of Head Start, U.S. Department of Health & Human Services. <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/compendium-of-parenting.pdf>

Tomlin, A. & Viehweg, S. (2016). *Tackling the tough stuff: A home visitor's guide to supporting families at risk*. Baltimore, MD: Brooks.

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 **Resources**

Understanding Depression Across Cultures.
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/understand-depression-across-culture.pdf>

ACEs Exposure in Preschool Children Enrolled in Head Start, Clear Trauma Center, Washington State University, 2014. <http://ext100.wsu.edu/cafru/wp-content/uploads/sites/65/2015/03/ACEs-in-Head-Start-Children-and-Impact-on-Development-1-14.pdf>

Behavior Health Treatment Services Locator, SAMSHA.
<https://findtreatment.samhsa.gov/>

National Child Traumatic Stress Network, Resources for Parents & Caregivers.
<http://nctsnet.org/resources/audiences/parents-caregivers>


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 **MyPeers Home Visiting Community**





<http://www.123contactform.com/form-2230355/My-Peers>


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 **Questions?**




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 **Link to Evaluation:**
https://www.surveymonkey.com/r/HomeVisitorsWebinar_02-13-18



For more information, please contact us at ecdtl@ecetta.info
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