

 While You're Waiting.....

While you are waiting for the webinar to begin, please introduce yourself in the chat box:

- Tell us your name
- What is your current role, and
- How long have you been in this role?

Participation Note:
We love Wi-Fi, but for the best webinar experience, please make sure you are hardwired to an Ethernet cable.
Using Wi-Fi alone may result in problems with viewing the short videos we plan to share during this webinar.





Challenging Situations in Home Visiting

February 13, 2018

Presenters:

Emmy Marshall, NCECDTL
Dr. Brenda Jones Harden
Dr. Treshawn Anderson, NCECDTL

Home Visiting Webinar Series

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





Challenging Situations
Some Families Enrolled
in Head Start May Face

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/wp-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

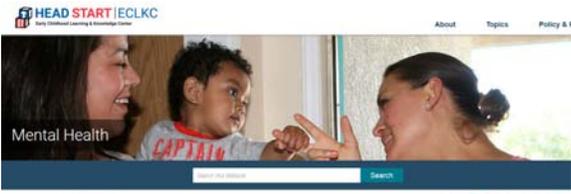


 **Practices That are Strengths-Based and Family-Centered**

- 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 Suite

Motivational interviewing has been demonstrated to be an effective tool at promoting relationships and behavior change. These principles and strategies can be used to enhance relationships and help staff feel more confident about addressing challenging issues.

These short videos provide examples of how to use Motivational Interviewing strategies in everyday conversations between Head Start and Early Head Start staff and families. In the first video, watch as a parent and a teacher talk about a child's challenging behavior in the classroom. The second video shows a home visitor talking to a parent about a child's developmental concerns. Watch how the home visitor is able to help the parent understand what her child's developmental concerns mean for her child.



 **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

ECDTL

 **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

ECDTL

 **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

ECDTL

 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



NCECDTL

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



NCECDTL

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



NCECDTL

 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>

ECDTL

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

ECDTL

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.

ECDTL

 **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>

 ECDTL

 **MyPeers Home Visiting Community**



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

 ECDTL

 **Questions?**



 ECDTL

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



For more information, please contact us at ecdtl@ecetta.info
or call (toll-free) 1-844-261-3752

2/7/2018  37
