Welcome

Home Visiting Program for Underserved Families
(for Clinicians)

November 14, 2011

We will begin promptly at 1:00pm EDT

Event Host
Molly Meinbresse, MPH
National Health Care for the Homeless Council, Inc.

This publication was supported by Grant/Cooperative Agreement Number U30CS09746-04-00 from the Health Resources and Services Administration, Bureau of Primary Health Care (HRSA/BPHC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HRSA/BPHC.
Home Visiting Program for Underserved Families (for Clinicians)

Young Children’s Health Center
Albuquerque, NM
Overview

- Presentation of clinic and demographics of served population
- Information on the Infant Mental Health Continuum as it relates to this particular home visiting program
- Description of a day in the life of a home visitor
- Explanation of trauma-informed care
- Presentation of a case study
- Description of community partners
- List of home visiting program resources
Young Children’s Health Center

Services

- Community health based clinic part of the University of New Mexico Hospitals

- Mission statement
  - Provide holistic, coordinated, and caring health services to children and families. We strive to reduce barriers to health care.
Young Children’s Health Center
Services (continued)

- Medical home for pediatric patients
  - Integrative Model
    - Medical Services - Well check, acute visits, pediatric specialists, medical case management
    - Behavioral Health - Family services provide behavioral health, home visiting, community outreach, and case management
    - Community Outreach - Serves the 87108 and 87123 zip code
Population Served

- Socially and economically challenged population seeking our services are primarily immigrants
  - Mexico and Central & South American (majority are Mexican)
    - Spanish and Portuguese languages
  - Small percentage of immigrants from the African continent (Burundi, Congo, Tanzania) & Asia (Bhutan, Nepal, Iran, Iraq, Vietnam)
    - Swahili, French, Vietnamese, Nepali, Farsi, Arabic and tribal languages
Cultural Diversity

- **Language**
  - "Pacific Line" interpreters
  - Spanish/English providers
  - Sign language interpreters

- **Transient Population**
  - Household composition changes frequently
  - Constantly changing phone numbers
  - Frequent moving
  - Job vulnerability
Cultural Diversity (continued)

- Cultures and Subcultures
  - Ethnicity
    - Community at large
    - Local community
    - Family
    - Individual
Barriers to Care

- Lack of informal and formal support networks
- Immigration status
- Availability of agency-required documents
- Language ability
- Lack of transportation
Barriers to Care (continued)

- Level of literacy
- Care systems not culturally competent
- Care systems not responsive to this population
- Violence victimization
- Political environment
Home Visiting Services

- Family services team
  - Case management to medically fragile
  - Behavioral health
  - Newborn visits

- Medical team
  - When needed
Universal home visiting Program

Home Visitors

- One Bachelors Social Worker
- One Licensed Independent Master Social Worker (LISW) endorsed by the NM Association for Infant Mental Health as an Infant Mental Health Family Specialist (IMH-E®)

Nurse Practitioner

- Certified Family Nurse Practitioner
- Family Psychiatric & Mental Health
Infant Mental Health Continuum

- Infant Mental Health Promotion, Prevention, Intervention and Treatment (Mary Claire Heffron)
- Home visit (natural environment)
  - Attachment theory
  - Focus on the Parent-Infant/Toddler dyad
  - Promote “mutual competency” (Victor Bernstein)
  - Family-centered relationship approach
  - Referral to Family Infant Toddler (FIT) program and work collaboratively – IDEA, Part C
Establish a medical home
- Pediatric medical home

Case management services
- Assist families how to access community resources
  - Basic needs, education, job, and recreation
  - Refer to mental health
    - Individual, family and infant mental health therapies
Clinical Importance

- **Activities**
  - Build rapport while clarifying roles
  - Observe the infant/toddler parent dyad
  - Incorporate attachment theory
    - Concepts from “Circle of Security Model”
  - Assess parental reflective capacity
    - Temperament (goodness of fit)
    - Behavior attribution to infant/toddler by parent
    - Matching behavior states: synchrony, reciprocity, matching, coherence, and attunement (Edward Z. Tronik, PhD)
  - Prevention of adverse childhood experiences
Clinical Importance (continued)

- Activities (continued)
  - Portage Project – Growing: Birth to Three
    - Developmental guidance

- Screening tools
  - Review with parents developmental milestones
    - ASQ and ASQ-SE
  - KIDI, SSI, WAST (short version), NMMAD, ASQ and ASQ/SE, and Edinburgh Postnatal Depression Scale Assessment
    - Home Visiting Service Manual
Trauma-Informed Care

- Parents Exhibit
  - History of abuse
    - Sexual
    - Physical
    - Psychological
    - Neglect
    - Exposure to domestic violence in infancy and childhood
  - Loss
    - Parent
    - Child
    - Family
A Day in the Life

- **Home Visits**
  - Average of 80+ visits per month
  - Weekly 12-13 face to face (FT)
  - Weekly 5-8 face to face (PT)

- **Administrative work**
  - Medical electronic charting
  - Home visiting data base entry
  - Quarterly meeting
A Day in the Life (continued)

- Community Outreach
- Training
- Reflective Supervision
  - Monthly group supervision
  - Bi-weekly individual supervision
  - Conference call supervision
    - Small group
    - Large group “ask the manager”
Relationship-based Work

- Reflective Supervision
  - Home visitor reflective practice
    - In the moment – how feeling/perceptions informs the work
    - At supervision time – reflect with supervisor, safe space to share
  - Administrative work – important for team and family
  - Repairing rupture in the relationship – supervisor and/or family
Relationship-Based Work (continued)

- Reflective supervision (continued)
  - Parallel process
    - Program Manager – Supervisor
    - Supervisor – Home Visitor
    - Home visitor – Parent
    - Parent – Baby

- Literature and language
  - Guides the practice
Case Study

- 13 year-old gives birth to healthy baby boy
  - No prenatal care
  - Teen discloses pregnancy to mother at 38 weeks gestation, result of rape from family member
  - Teen delivers by C-section due to history of rape
  - Referral for home visits by YCHC provider

- Family constellation
  - Mother - 40
  - Father - 43
  - 3 sisters - 24, 22, 17
  - Brother - 18 (became father with 14 y.o.)
  - Client - 13
  - Brother - 8
Case Study (continued)

- Home visitor perception
  - Reflective process in the moment
  - Feeling overwhelmed
  - Wonder who fails to protect
  - What is the work to be done?
  - Can I do it?
    - Utilize reflective supervision
Case Study (continued)

- Developing a relationship
  - Weekly visits (x2 sometimes)
  - Observe, gather information, listen, hold the moment
  - Reflective practice – awareness of self in how it informs work in the moment
  - Clearly defined role – to not get lost in the crisis and chaos
  - Look for opportunity to highlight mutual competency between parent and infant/toddler
Case Study (continued)

- Coordinate care
  - Baby’s primary care provider – respond to mother’s need for consultation
  - Mother’s mental health provider
  - Support maternal grandmother supporting teenage mother
    - Food, shelter, education
Positive aspects of this case

- Mother receives wrap around services
- Mother exhibits reflective capacity that contributes to positive behavior attribution to her son
- Mother provides son with “good enough parenting” (Circle of Security)
- YCHC provides medical home for baby and family

Challenges

- Coordination of services with the mental health agency
- Family crisis
  - Food
  - Shelter
  - Legal problems
  - Domestic violence
  - Alcohol and recreational drug use
Lessons learned

- Observe
- Active listening
- Identify family resources to build on
- Look for opportunities to facilitate “mutual competency” (Victor Bernstein)

- Build relationships
  - Agencies
  - Community resources
  - Families
Community Partners

- Non-profit organizations
  - Domestic violence agencies
  - Homeless shelters
  - Mental health providers and agencies
  - Legal agencies

- Schools
  - Albuquerque Public School Child Find (3-5 y.o.)

- Local churches
Community Partners (continued)

- Local and state agencies
  - Income Support Division (Albuquerque)
- Universities
  - Law school
  - Residency and internship programs
- For-profit organizations
  - Early intervention programs
- Home visiting programs throughout New Mexico
  - Sponsored by grantor (calls, quarterly meetings, trainings)
Resources - Websites

- New Mexico Association for Mental Health

- Circle of Security (early intervention program)

- State of New Mexico Children, Youth & Families Department
  [http://www.cyfd.org/content/home-visiting](http://www.cyfd.org/content/home-visiting)

- Safe Start Center (resources for children exposed to violence)

- Young Children’s Health Center
  [http://hospitals.unm.edu/children/young_childrens.shtml](http://hospitals.unm.edu/children/young_childrens.shtml)
Resources - Articles

- Standing firm against the forces of risk: Supporting home visiting and early intervention workers through reflective supervision (Victor Bernstein)
- Interactive mismatch and repair: Challenges to the coping infant (Edward Tronick)
- Fortifying programs against the “Forces of Risk” (Sally Campbell, Nellie Earley & Melanie Gray)
- The Circle of Security project: Attachment-based intervention with caregiver-pre-school child dyads (Robert Marvin, Glen Cooper, Kent Hoffman & Bert Powell)
- Angels in the nursery: The intergenerational transmission of benevolent parental influences (Alicia Liberman, Elena Padron, Patricia Van Horn & William Harris)
Questions & Answers

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