

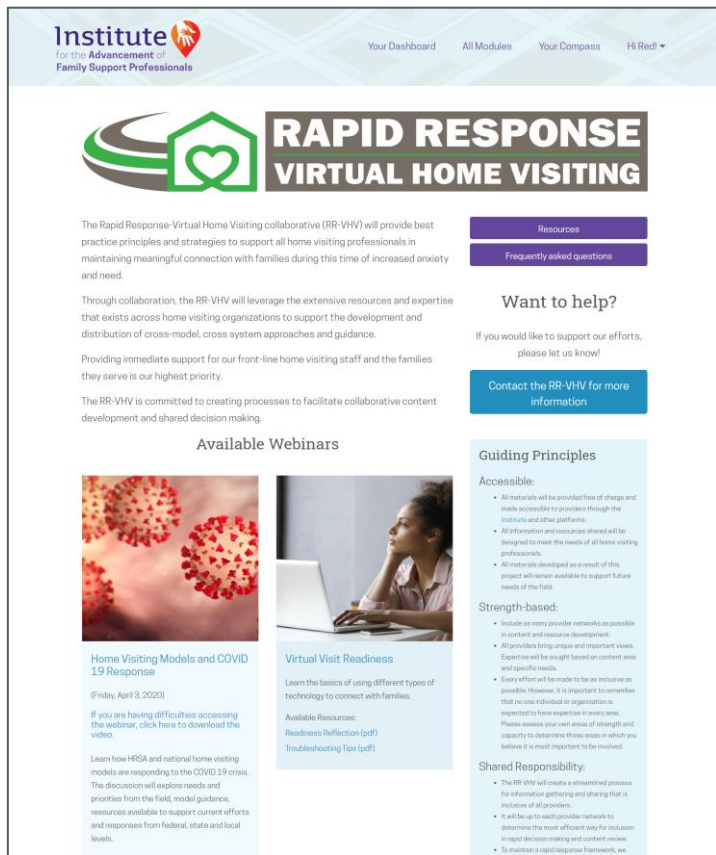


RAPID RESPONSE
VIRTUAL HOME VISITING

Taking Care of You

July 29th, 2020

IAFSP Rapid Response Virtual Home Visiting



Institute
for the Advancement of
Family Support Professionals

Your Dashboard All Modules Your Compass Hi Resid

RAPID RESPONSE VIRTUAL HOME VISITING

The Rapid Response-Virtual Home Visiting collaborative (RR-VHV) will provide best practice principles and strategies to support all home visiting professionals in maintaining meaningful connection with families during this time of increased anxiety and need.

Through collaboration, the RR-VHV will leverage the extensive resources and expertise that exists across home visiting organizations to support the development and distribution of cross-model, cross system approaches and guidance.

Providing immediate support for our front-line home visiting staff and the families they serve is our highest priority.

The RR-VHV is committed to creating processes to facilitate collaborative content development and shared decision making.

Resources

Frequently asked questions

Want to help?

If you would like to support our efforts, please let us know!

Contact the RR-VHV for more information

Available Webinars

Home Visiting Models and COVID 19 Response
(Friday, April 3, 2020)

If you are having difficulties accessing the webinar, click here to download the video.

Learn how HRSA and national home visiting models are responding to the COVID 19 crisis. The discussion will explore needs and priorities from the field, model guidance, resources available to support current efforts and responses from federal, state and local levels.

Virtual Visit Readiness

Learn the basics of using different types of technology to connect with families.

Available Resources:

Readiness Reflection (pdf)
Troubleshooting Tips (pdf)

Guiding Principles

Accessible:

- All materials will be provided free of charge and made accessible to providers through the Institute and other platforms.
- All information and resources shared will be designed to meet the needs of all home visiting professionals.
- All materials developed as a result of this project will remain available to support future needs of the field.

Strength-based:

- Include as many provider networks as possible in content and resource development.
- All providers bring unique and important views. Experience will be sought based on content area and specific needs.
- Every effort will be made to be as inclusive as possible. However, it is important to remember that no one individual or organization is required to have expertise in every area. Please assess your own areas of strength and capacity to determine those areas in which you believe it is most important to be involved.

Shared Responsibility:

- The RR-VHV will create a streamlined process for information gathering and sharing that is inclusive of all providers.
- It will be up to each provider network to determine the most efficient way for inclusion in rapid decision-making and content review.
- To maintain a rapid response framework, we

Webinar recordings, slide decks and resources are available at:

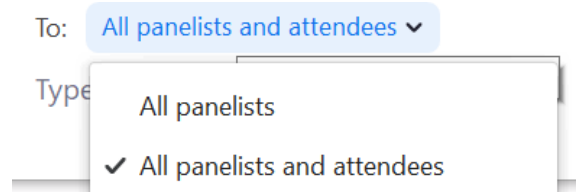
- <https://institutefsp.org/COVID-19-rapid-response>



Q&A and Chat Features

If you have a specific question for one of our speakers, please use the Q&A function

Please use the chat box to respond to questions we ask you!



Presenters



Shayla Collins
Rain or Shine Consulting



Jaime Hamil, MPH
Research Project Manager
Northwestern University
Feinburg School of Medicine



Darius Tandon, PhD
Associate Professor
Associate Director
Northwestern University
Feinburg School of Medicine

Meeting **your** needs

Self care isn't selfish



“Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare” - Audre Lorde



Cognitive-Behavioral Strategies to Promote Self-Care Among Home Visitors

Darius Tandon, PhD


Jaime Hamil, MPH

Northwestern University Feinberg School
of Medicine

www.mothersandbabiesprogram.org



Stress Affects All of Us

- Everyone experiences stress
 - Stress is magnified by the COVID-19 pandemic
- 



How Do We React To Stress?

- ▶ **A first step in engaging in self-care is to be aware of how we respond to stress:**
 - ▶ What are things that increase our stress levels?
 - ▶ Related to work as a home visitor (ex., hearing about a client's abusive relationship)
 - ▶ Related to your life outside of being a home visitor
 - ▶ How do we feel when our stress level increases?
 - ▶ Physical (headaches, upset stomach)
 - ▶ Emotional (irritable, sad)



Quick Mood Scale

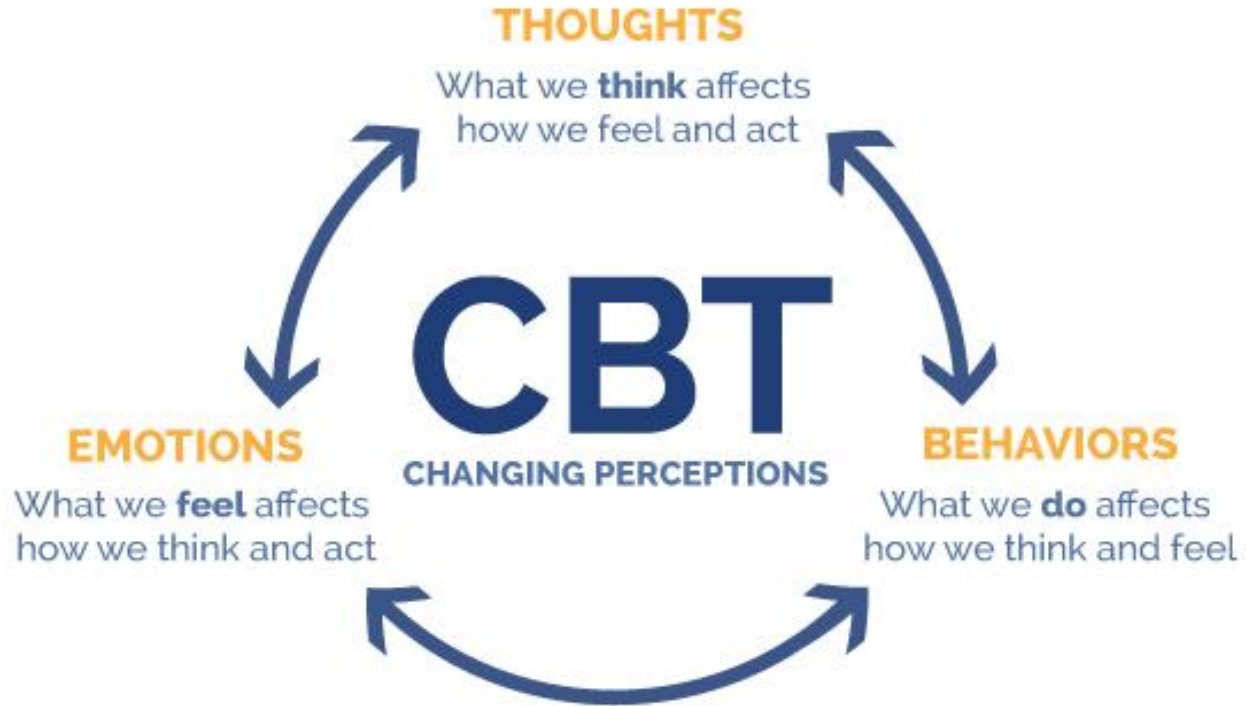
DATE:	MON	TUE	WED	THU	FRI	SAT	SUN
BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1



What Does Self-Care Look Like?

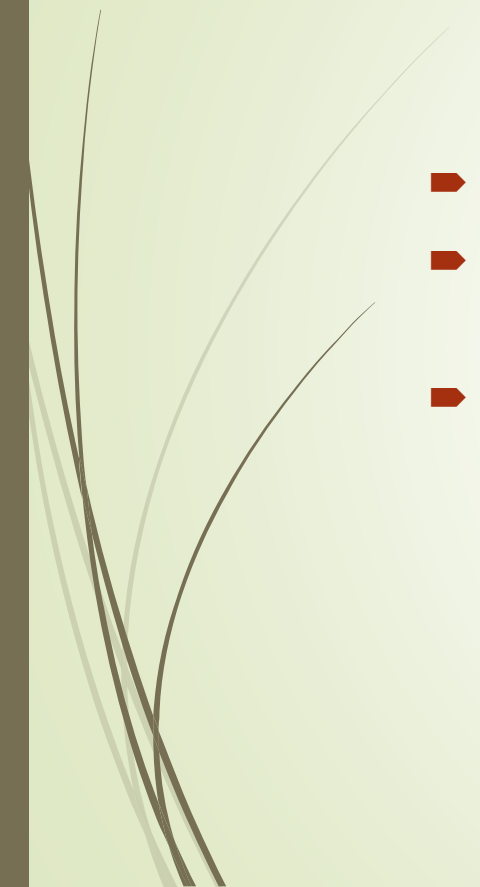
- ▶ Cognitive-behavioral framework can be useful in thinking about ways to engage in self-care
 - ▶ Cognitive = thoughts
 - ▶ Behavior = our actions and relationships with other people

Cognitive-Behavioral Framework





Self-Care Strategies: Pleasant Activities

- ▶ Can be done alone, with other adults, or with children
 - ▶ Can be brief, no/low cost, and part of everyday routines
 - ▶ Even a small activity can help improve our mood and reduce stress
- 

WORKSHEET 2.4: WHAT DO YOU LIKE TO DO?



INSTRUCTIONS

1. Write down pleasant activities you like to do by yourself or with other adults on the top and things you enjoy doing or will enjoy doing with your baby on the bottom. *Start with ones that are simple and do not cost a lot of money.*
2. Continue adding to your list throughout the week whenever you think of anything you enjoy doing. Write down as many pleasant activities as you can come up with! Even though you won't do some things on a regular basis, it is good to be thinking about all the things possible. That way when you have the time to do a Pleasant Activity but are not sure of your options, you will have a big list of things to choose from!

Write down activities you enjoy doing by yourself or with other adults.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Also think about activities that you enjoy doing with your baby, or that you will enjoy doing with your baby when s/he is born. Write them down here.



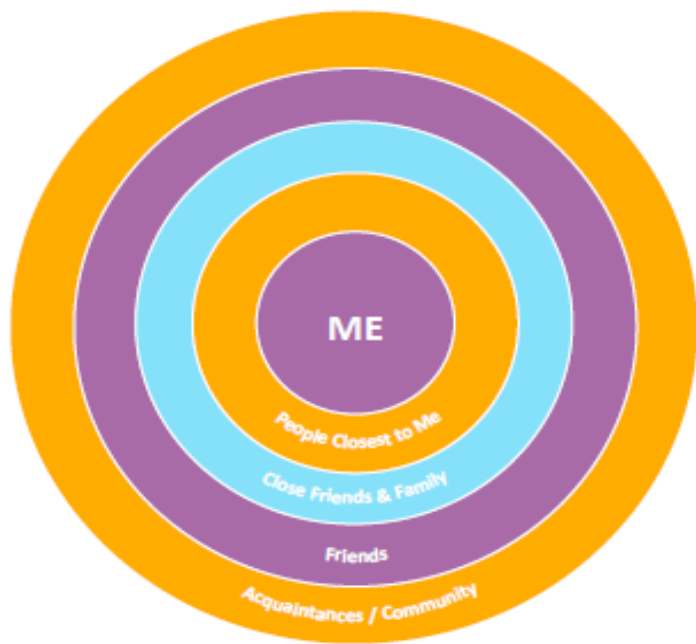
1. _____
2. _____
3. _____
4. _____
5. _____



Self-Care Strategies: Building One's Support Network

- ▶ Stress can be exhausting and the many demands in our lives require us to seek out support from others
- ▶ Supportive people can help provide meaningful breaks from the stress you have in a given day/week
 - ▶ Home visiting supervisors
 - ▶ Friends, family, neighbors

WORKSHEET 8.1: THE PEOPLE IN MY LIFE



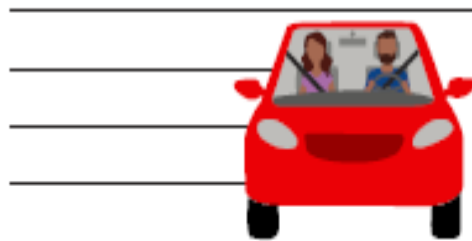
Instructions: Write the names of people who are part of your support system in the circle that best describes your relationship with them.

- **People Closest to Me:** are people whom you can share your most private thoughts and feelings with
- **Close Friends & Family:** are people you feel you can talk to but maybe not about everything
- **Friends:** are people who you enjoy doing things with (like going to the movies) even though you don't share personal details about your life with them
- **Acquaintances:** are people you see whom you nod or say hi to

PRACTICAL SUPPORT

Whom will you ask to:

- drive you to the hospital?
- call to lend you something you need?



ADVICE OR INFORMATION

Whom will you ask for advice / information:

- when you don't feel well?
- when you don't understand how to do something?

COMPANIONSHIP

Whom will:

- walk around the park with you?
- spend the afternoon with you?

EMOTIONAL SUPPORT

Whom will you look to:

- for encouragement?
- for understanding?
- for help when you're feeling down?





Contact Information

Center for Community Health
Northwestern University
750 N. Lake Shore Drive
Chicago, IL 60611

mothersandbabiesnu@gmail.com

www.mothersandbabiesprogram.org





RAPID RESPONSE
VIRTUAL HOME VISITING

Connect

rapidresponse@nationalalliancehvmodels.org

www.institutefsp.org