

ENHANCED HOME VISITATION

Project Overview 2017-2020

December 2020 | Rachel Breck & Marion Batayte

PROJECT DESCRIPTION

Beginning in 2017, the project aimed to **improve the home visiting workforce** by supporting the social/emotional well-being and behavioral health of home visitors, families, and children. Licensed mental health consultants (MHCs) and a mindfulness consultant provided home visitors:



Trainings in **mindfulness, self-care,** and **trauma-informed practice**



Individual and group-based **reflective supervision sessions**

Reflective supervision sessions helped home visitors:



Observe, assess, and support caregiver and child relationships



Increase confidence and competence around early childhood mental health



Increase self-awareness and reflective practices with families



Make effective and timely referrals for additional mental health services

OUTCOMES AND IMPACT

100%

of home visitors were likely to **recommend meeting with a mental health consultant** to other home visitors

82%

of participants report their **mental health consultant had "a lot" of positive influence on their life**

70%

of participants experienced **"a lot" of positive change in their organizational culture**

Home visitors reported **increased knowledge and confidence in 10 of 12** areas

Home visitors **practice more mindfulness and self-care activities** and share similar strategies with families

Home visitors are **more equipped** with strategies to **handle the stress and secondary trauma** they experience in their work

“ *All of these ideas, thoughts, and practices have changed our practice because we lead with the thought that it's a parallel process....If we are good, we can take our best to the parents we work with and they in turn can be their best for their children.* ”

- Site Director

This report is based on findings from the 2017-2020 Colorado Enhanced Home Visitation Project Evaluation prepared by Parent Possible. For more information, contact Rachel Breck at rachel@parentpossible.org or visit <http://www.parentpossible.org/>



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