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 self-awareness and reflective practices with families
- Increase confidence and competence around early childhood mental health
- 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 rachell@parentpossible.org or visit http://www.parentpossible.org/

This project was funded by Community First Foundation and overseen in partnership with Parent Possible.