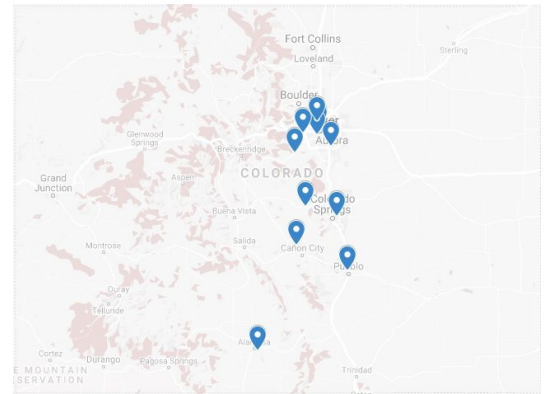


# 2021 ENHANCED HOME VISITING (EHV) PROGRESS REPORT

Parent Possible promotes and supports evidence-based, high-quality programs focused on parents of children from pregnancy through kindergarten.

Parent Possible serves as the lead agency for the Enhanced Home Visiting (EHV) Project, which aims to improve the social/emotional well-being and behavioral health of home visitors, families, and children. As of summer 2021, EHV supports home visitors and supervisors at 12 community based organizations implementing the PAT or HIPPIY home visiting programs across Colorado. Through EHV, over 80 home visitors and supervisors were offered regular reflective consultations, training, and mindfulness support

## [EHV Sites Across Colorado](#)



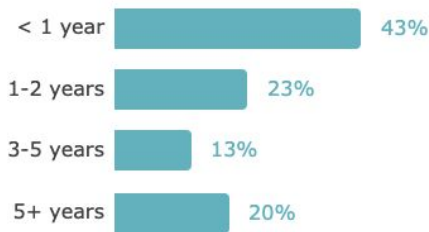
## About the Site Staff

From July 2020 through June 2021, 61 people actively participated and provided demographics.

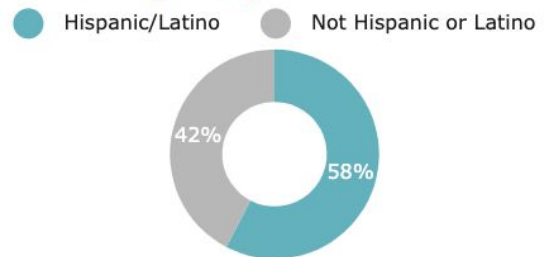
## Home Visitor Demographics

Demographics are based on self-report survey responses at the time home visitors began EHV.

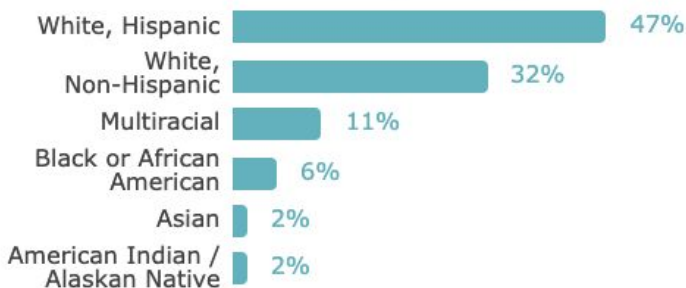
### TIME AS HOME VISITOR (N=60)



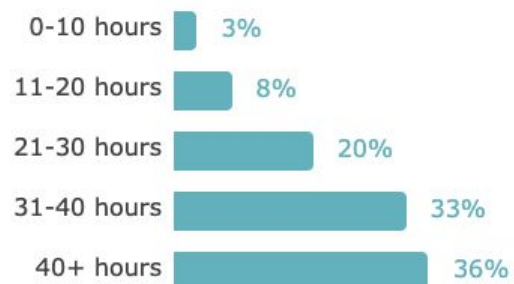
### ETHNICITY (N=59)



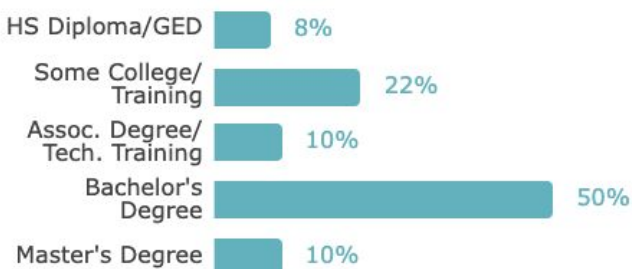
### HOME VISITOR RACE (N=53)



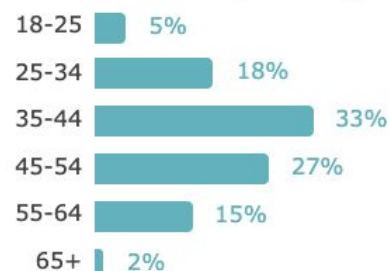
### HOURS WORKED PER WEEK (N=61)



### EDUCATIONAL ATTAINMENT (N=60)



### HOME VISITOR AGE (N=60)



## Individual & Group Reflective Consultations

'20/'21 Scale



Licensed mental health consultants (MHCs) provide home visitors with individual and group-based reflective supervision sessions. The consultants help home visitors increase their ability to support social-emotional concerns, build and apply strategies to cope with secondary trauma, and build their professional self-confidence.

"Through my work with reflective supervision, I was able to connect the dots between some of my own personal history... I've really grown and developed in terms of boundaries, understanding when I get triggered" - Home Visitor

200  
Sessions  
(135 individual  
and 65 group)

## Supervisor Reflection Groups



A separate MHC works with individuals who supervise home visitors to help them build their reflective practice, increase their own self awareness, and increase their confidence in their supervisory role.

"At our agency, the visitation time [EHV] has contributed to a culture where people are more comfortable speaking and sharing their voice." - Site Supervisor

15  
Groups

## Mindfulness Training for Teams



Team members also participate in full-day mindfulness retreats. These retreats address topics such as, "An introduction to trauma-informed care", "Establishing a healthy work-life balance during COVID-19", and "Practical ways to deepen resilience during challenging times."

"Having tools to work with my own nervous system - this is huge."  
- Home Visitor

3  
Retreats  
(29 - 47  
participants per  
retreat)

## Quarterly Wellness Consultations



On a quarterly basis, each home visiting team also receives a two-hour virtual wellness consultation focused on secondary trauma and mindfulness.

"I learned to be more intentional on my personal care, to dedicate time to myself " - Home Visitor

24  
Consults

## Parent Possible Conference

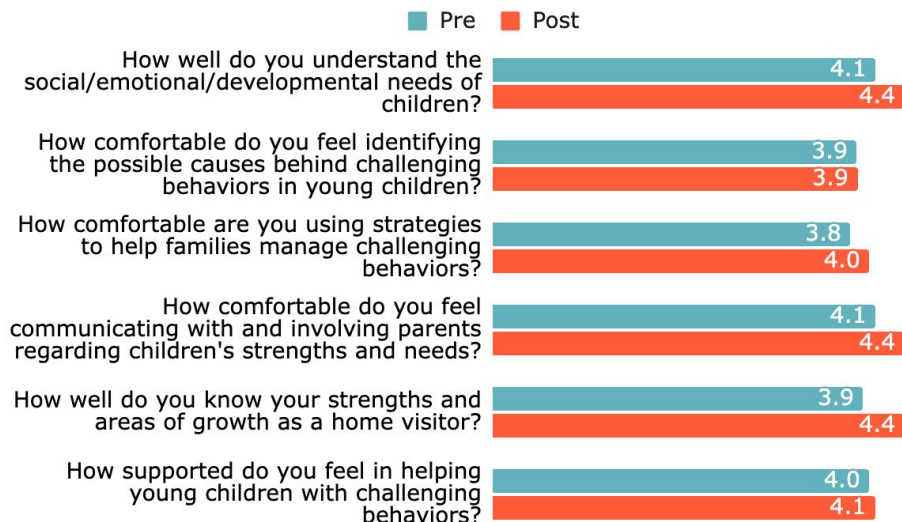


Each year, Parent Possible hosts a Conference that includes workshops on topics like Managing Job Stress, Mindful & Trauma-Informed Care, and Social Emotional Development 0-5. These workshops are offered in both English and Spanish, and are open to participants in the EHV Project, along with those in other Parent Possible programs.

34  
Attendees  
(from the EHV  
project)

## Results: Home Visitor Knowledge (N=16\*)

After participating in the EHV project, home visitors' knowledge increased in five of the six topic areas and stayed the same in the sixth.



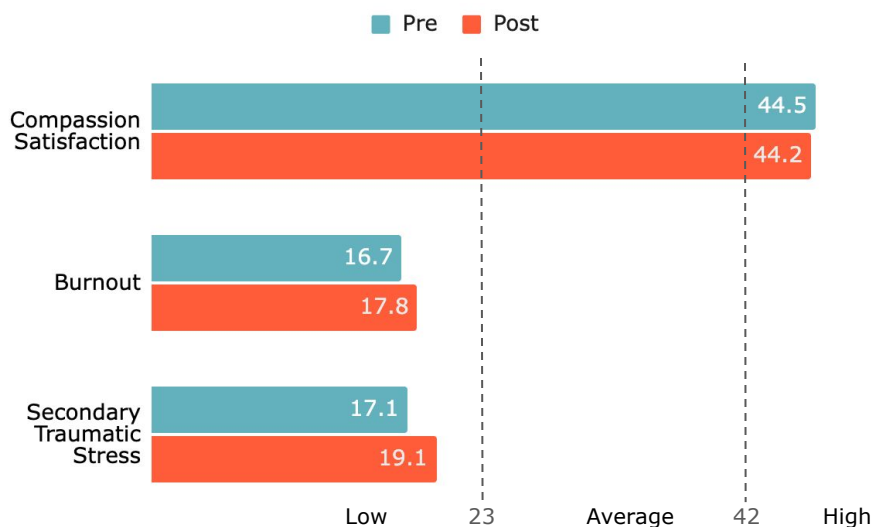
## Results: Work-Related Trauma (N=16\*)

Data collected using the Professional Quality of Life (ProQOL) scale show a slight decrease in home visitors' levels of compassion satisfaction, with mean results remaining "high." In addition, we saw a slight increase in burnout and secondary traumatic stress, though both remained "low." We believe that we're seeing these results because all "pre" responses were collected before the COVID-19 pandemic.

**Compassion Satisfaction:** reflecting the pleasure and satisfaction from being a home visitor.

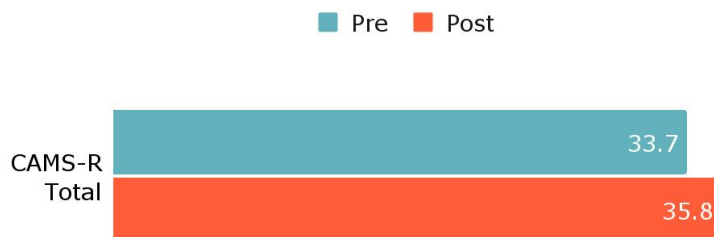
**Burnout:** measures work-related hopelessness and not feeling effective.

**Secondary Trauma:** measures work-related secondary exposure to very stressful or traumatically stressful events.



## Results: Mindfulness (N=52)

In 2021 we began using the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R) to explore changes in mindfulness. Initial results show that home visitors report higher levels of mindfulness after participating compared to before.



\*Results shown here reflect EHV Participants who have been active in the project more than one year, and who completed a post-assessment in 2021. Staff turnover and response rates influence this, resulting in fewer participants completing the post-assessment in 2021 compared to prior years.