



Nevada Home Visiting Maternal, Infant and Early Childhood Home Visiting

Home Visiting Voice

A New Resource Revisited

Welcome **BACK** to the Nevada Home Visiting newsletter. The Home Visiting Voice will be issued on a quarterly basis. Electronic copies will be e-mailed to all agencies for distribution to staff and families.

Each issue will include news pertinent to home visiting, as well as information, ideas, crafts, or recipes to share with your families. A training and event calendar will be included, as well as a helpful link to the Health Resources and Services Administration (HRSA).

A segment on the ongoing Continuous Quality Improvement (CQI) process will feature benchmark progress, any notable trends, and a SHOUT OUT to local agencies.

Nevada Home Visiting hopes to improve communication with our implementing agencies, by utilizing monthly check-in calls with each agency, and this newsletter.

Nevada Home Visiting staff are always available to address any questions or concerns; please call or email at any time with training and newsletter ideas or requests.

homevisiting@health.nv.gov

775-684-4285



Reading helps develop vocabulary, enhance logical thinking skills and stimulate imagination.

It's great for quiet time too.

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Home Visiting—A Tradition

Home visiting has been part of the landscape of the United States since the late 1800s when home visitors were sent to the homes of the poor to act as exemplars on how to live appropriately. Beginning in the 1960s with the War on Poverty, the home visitor became a catalyst for addressing children's health and development through working with parents. In 2009, the field was estimated to include between \$500 million and \$750 million of state investment and served more than half a million children.

pediatrics.aapublications.org: Sarah A. Avellar, Lauren H. Supplee

Home Visiting & Fathers

WRITTEN BY: JOE DeBONIS, MA, LPCC, IMH-E (IV)

October, 2015—cdd.unm.edu

NMAIMH Competencies Addressed:

Direct Service Skills:

- Responding with empathy
- Advocacy

Working with Others:

- Building and maintaining relationships
- Supporting others/mentoring

Reflection:

- Contemplation
- Self-awareness

After my older son was born, my wife & I made the decision to each work 1/2 days and take shifts caring for Joseph in our home. Being at home with my young son part of the day was a joy and I look back on those days as 'golden'. However, being a father at home during the work week with his young child was not a very common arrangement at the time. One particular day stands out in my memory as the day I was reminded that fathers were not expected to stay at home with their young children.

On this day, when Joseph was about 2 years old, we drove to the local Target one afternoon. I helped him out of his car seat, positioned him in the child seat of the shopping cart, and proceeded towards the store. An older woman was walking in the opposite direction and remarked, "Oh, you must be babysitting today." The statement caught me off guard, but my response came quite naturally, "No, this is my son."

How does one "babysit" their own child? My interpretation of what the woman meant was that it's not a father's role to shoulder the responsibility of caring for his young child. Since that time, I believe more fathers are choosing to be stay-at-home dads, or are sharing child care responsibilities. However, I believe this is still the exception to the rule, as traditional values, attitudes and practices seem to linger in our society around the roles and responsibilities of fathers and mothers. Families need the flexibility to determine what arrangements work best for them, and society needs to support them in their decisions and accept and honor the choices they make.

How does this translate to our home visiting work? One area to explore is our own expectations about fathers & their children. As supervisors, managers, TA support persons, and home visitors, our values, beliefs and past experiences can impact our work. For instance, in my family of origin, child rearing was my mother's responsibility, along with my grandmother's, as she lived with us. Some of

the reasons for this can be attributed to the era I grew up in, as well as our Italian roots. As I offer my contributions to the field of home visiting, I need to have an awareness of these personal experiences & how they may affect decisions I make. Reflective supervision provides me an opportunity to examine these experiences in the context of my work. Some of the questions I might explore include, "Am I keeping fathers in mind in discussions about parent-child relationships, or am I only thinking of mother & child?" Or, "as the professional development team, are we including in our on-line training opportunities for home visitors to think about the particular needs of fathers?"

The same can be true for home visiting supervisors. What are your beliefs about a father's relationship with his young child?

As you provide reflective supervision for your home visitors, are you asking about the father? If the father does not attend the home visiting sessions, in what ways can you encourage home visitors to support mothers in sharing information provided in the visit with fathers? And for home visitors, are they exploring the possibility of conducting a home visit at a time that the father can be present?

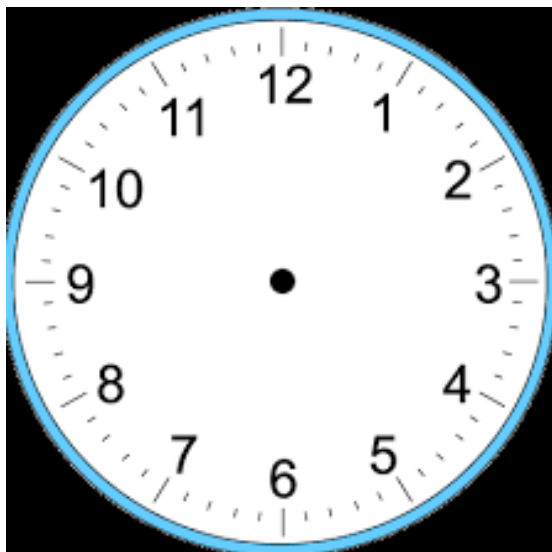
In order to get to a place where we are considering these questions, we have to be aware of our thoughts, values and feelings about the role of fathers in their child's life. This is where opportunities for reflection come in. Through reflection we inform our practice by exploring (and being conscious of) what we bring to the table and how that might impact our actions and reactions. In this way we can increase our effectiveness with families as we collaborate with them along this journey we call home visiting.

QUESTIONS TO ENCOURAGE DISCUSSION:

- *Is there flexibility in your agency to offer weekend or evening home visits to provide opportunities for fathers to participate?*
- *What outreach efforts can you develop to engage fathers?*
- *How do you challenge your home visitors to keep fathers in mind if they cannot attend the home visits?*



Who's Got Time for Time Management?



Your day is important and there is a lot to do. Reports due at work, soccer practice at 5, oil change by Friday and oh yes...the laundry. Don't despair. Taking a few short minutes to break down your day could prove helpful in the long run.

MAKE A LIST: Seeing your day on paper will help organize your tasks.

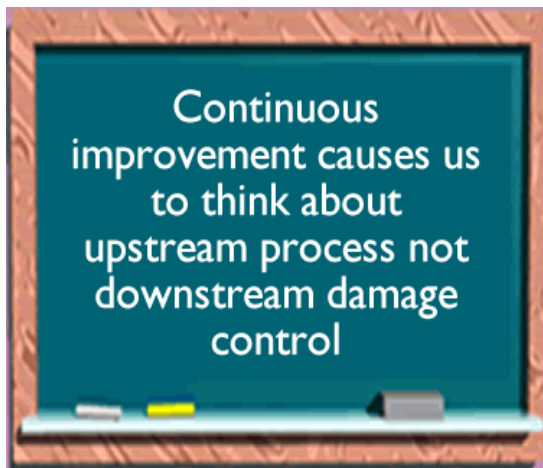
PRIORITIZE: On a list of 10 tasks, choose the 4 that are the most important.

MAKE TIME FOR THE UNEXPECTED: If your day is micro managed to the last minute, there is no room for the inevitable kink in the chain.

KEEP TIME for YOU and YOUR FAMILY: Your time is still yours and making sure there is fun, play and quite time will help keep your sanity. Source: www.mindtools.com

Continuous Quality Improvement

The source of funding for Maternal Infant Early Childhood Home Visiting (MIECHV) is through the Affordable Care Act, and is administered by the Health Resources and Service Administration (HRSA). HRSA is committed to providing quality feedback to Congress in order to justify the authorization of this funding source. The collection of Benchmark Data is a critical component of this feedback, and Continuous Quality Improvement (CQI) is an extension of the Benchmark Report. If Benchmark Data shows unfavorable trends, CQI provides the ability to address the deficiency immediately, preventing reports that show unsuccessful programming. The MIECHV funding is dependent upon the ability of programs to prove better outcomes and show through the Benchmark report that Home Visiting works. Although data may show that your program is successful there is always room for improvement. If not an improvement in data, a more streamlined process, better follow-up on referrals, fewer missed visits, better family engagement. There are many opportunities for improvement.



CHECK IT OUT! <https://www.billionebookgift.org/index.html#create-account>

SHOUT-OUT

Nevada Home Visiting Would like to recognize the following Programs!

CHILDREN'S CABINET—Elko: For their dedication to increasing enrollment.

COMMUNITY CHEST: For achieving *FULL* enrollment.



For Home Visitors

Resource Directory Update

2016 Nevada Home Resource Directory

When: As of January 2016, the process of fully updating the Nevada Home Visiting Resource Directory has begun.

Why Is This Important: An updated directory will allow clients and families access to the services and departments they need to be healthy and successful.

What Does it Do • Users can access basic human services, food, clothing, shelter, rental assistance, utility assistance • physical and mental health resources, medical information lines, crisis intervention, support groups, counseling, drug and alcohol treatment, Medicaid/Medicare, maternal and children's health information, insurance • employment support services, unemployment benefits, financial assistance, job training, transportation assistance, education programs • support for seniors and persons with disabilities, home health care, adult day care, meal services, respite care, transportation, homemaker services • programs for children, youth, and families; childcare, after school programs, Head Start, family resource centers, recreation programs, mentoring, tutoring, protective services • volunteer opportunities and donations • support for community crisis or disaster recovery.

How You Can Help: If you have moved offices, changed phone numbers, added staff or changed contacts, please send updated information to njohnson@health.nv.gov.



STATEWIDE QUARTERLY MEETING for

Nevada Home Visiting and Home Visiting Agencies:

The Statewide Quarterly Meeting will be held in Virginia City NV on WEDNESDAY MAY 18 and THURSDAY MAY 19, 2016.



Welcome to the Comstock!

DATES:

May 18, 2016—May 19, 2016

MEETING LOCATION:

Silverland Inn & Suites

775-847-4484

100 N. E. Street—Virginia City, NV

VIRGINIA CITY FUN FACTS

February 1863: Writer, reporter and observer, Samuel Clemens first used the pen name *Mark Twain*.

Summer 1966: Janis Joplin, Big Brother & the Holding Company, the Grateful Dead and others kicked off the summer at the *Red Dog Saloon*.

October Annually: The *World Champion Outhouse Races* are held on Main St.

Ghost Adventures (Travel Channel) has been to Virginia City TWICE with their most notorious footage taken at the *Washoe Club*.



For Parents

Kids love doing a variety of arts and crafts as a creative outlet and to have some fun. Little do they know it is good for their development as well.



<http://www.busybeekidscrafts.com>

Using things like crayons, paint brushes and scissors allows for the development of fine motor skills.

The opportunity to learn words associated with colors, shapes and actions aids in language development.

Arranging shapes, using colors and stringing beads enhances visual learning and special skills.

Creating a work of art TOGETHER is great for bonding too.

FUN AND EASY ART IDEAS:

- ◆ FINGER PAINTING
- ◆ NOODLE ART
- ◆ CLAY/PLAYDOUGH ART

Check out this link for an easy *SALT DOUGH* Recipe!



Webinars, Events & Helpful Links

<http://mchb.hrsa.gov/index.html>

Early Childhood Nutrition: How To Get Feeding Off To a Positive & Healthy Start

<http://www.healthyeating.org/Health-Wellness-Providers/Professional-Development/Webinars/Childhood-Feeding.aspx>

Nutrition Guidelines and Resources

<http://www.nutrition.gov/life-stages/women/women-pregnancy>

Facts About Child Nutrition

<http://www.nea.org/home/39282.htm>



Nevada Home Visiting

Nevada Home Visiting supports seven programs in six agencies statewide. Every week, dedicated home visitors connect with families, build on strengths, find strategies to overcome challenges, and help families get the services they need. In addition, home visitors also research new resources; learn more about child development to share with parents; conduct assessments to identify problems early; and provide moral support, friendship, and validation to parents that may be isolated or overwhelmed. Research shows home visiting improves outcomes for kindergarten readiness, health, development, and immunization rates. Families that participate in home visiting also show improvement in income and educational status.

Home Visiting Staff

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NATIONAL CELEBRATION DATES!

For a complete listing of National Celebration days, visit: <https://healthfinder.gov/NHO/nhoyear.aspx?year=2016>

MARCH

National Nutrition Month

March 7—11: National School Breakfast Week

March 10: National Women's & Girls HIV/AIDS Awareness Day

APRIL

National Autism Awareness Month

National Child Abuse Prevention Month

Sexual Assault Awareness and Prevention Month

April 3—9: National Youth Violence Prevention Week

April 4—10: National Public Health Week

MAY

Food Allergy Action Month

Healthy Vision Month

National Teen Pregnancy Prevention Month

May 1—7: Children's Mental Health Awareness Week

May 5: Hand Hygiene Day

May 8—14: National Women's Health Week

May 31: World No Tobacco Day



Celebrate
Be inspired
Innovate