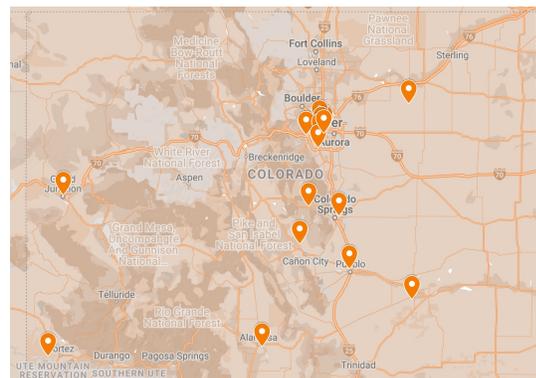


# 2022 ENHANCED HOME VISITING (EHV) PROGRESS REPORT

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. Between July 2021 and June 2022, EHV supported home visitors and supervisors at 18 community based organizations implementing the PAT or HIPPIY home visiting programs across Colorado. Through EHV, over 145 home visitors and supervisors were offered regular reflective consultations, training, and mindfulness support.

## EHV Sites Across Colorado



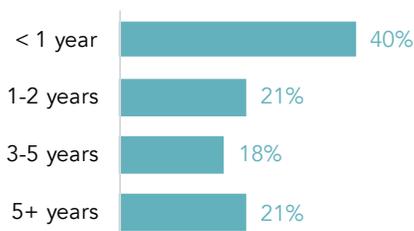
## About the Site Staff

From July 2021 through June 2022, 113 people actively participated and provided demographics.

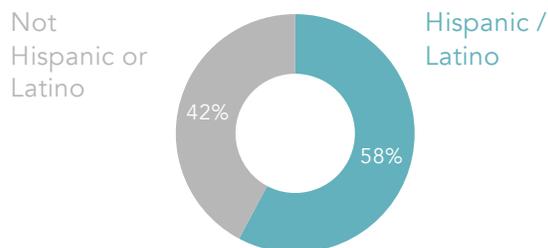
## Home Visitor Demographics

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

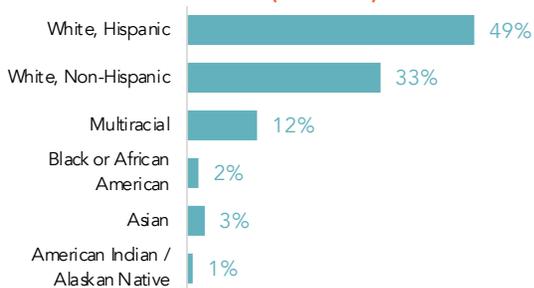
### TIME AS HOME VISITOR (N=108)



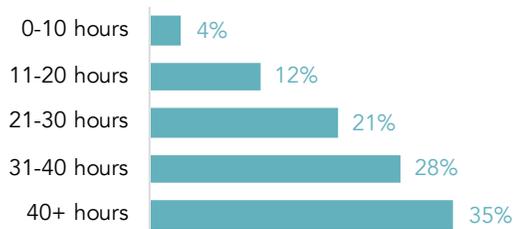
### ETHNICITY (N=109)



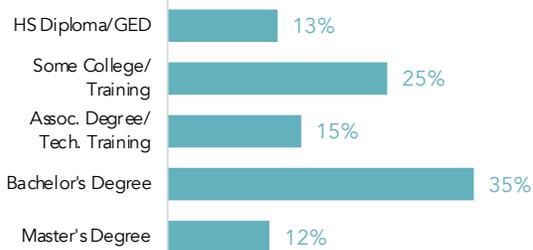
### HOME VISITOR RACE (N=100)



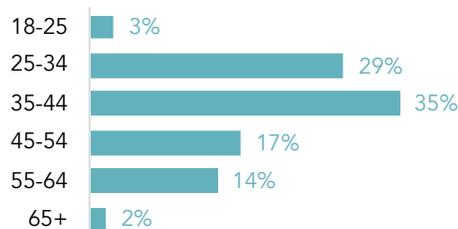
### HOURS WORKED PER WEEK (N=113)



### EDUCATIONAL ATTAINMENT (N=112)



### HOME VISITOR AGE (N=111)



## Home Visitor Reflective Consultations

'21/'22 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.

*"It's actually helped to build a better rapport with a couple of my families. I've passed techniques like they were saying to the family, which I think kind of brought a better connection between us, to be honest." – Home visitor*

**364**  
**Sessions**  
(173 individual  
and 191 group)

## Supervisor Reflective Consultation



A separate MHC provides individual and group-based reflective sessions with individuals who supervise home visitors to help them build their own reflective practice, increase their own self-awareness, and increase their confidence in their supervisory role.

*"I really have been appreciating the space for supervisors to meet with somebody. I think that has been really good for me, being a new supervisor, just being able to talk about some of the challenges and shared experiences in that space." – Supervisor*

**81**  
**Sessions**  
(53 group and 28  
individual)

## Professional Development Training for Teams



Over the past year, EHV sites participated in 4-hour trainings focused on providing education and strengthening attendees overall social-emotional wellness. These trainings addressed topics such as, "An Introduction to Trauma-Informed Care", and "The Impact of Trauma on Early Attachment and Relationship Building".

**7**  
**Trainings**

## Quarterly Mindfulness & Wellness Consultations



On a quarterly basis, each home visiting team also receives a two-hour virtual wellness consultation focused on secondary trauma and mindfulness. These sessions provide psychoeducation while focusing on skill-building activities for home visiting teams.

*"I've used it not only for my work purposes, but also for my home life. I mean, it's just really changed the way I think and the way I reflect on things. I really appreciate it." – Home visitor*

**76**  
**Sessions**

## Parent Possible Conference

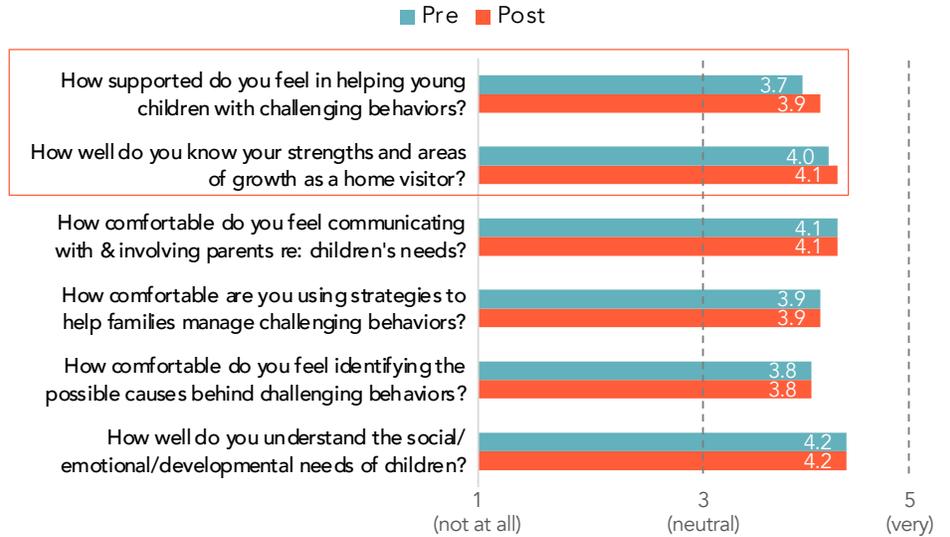


Each year, Parent Possible hosts a Conference that includes workshops on topics like Self Care and Resiliency, Trauma-Informed Leadership, and Motivational Interviewing as a Self-Care Tool in working with Trauma & to Prevent Burnout. These workshops are offered in both English and Spanish, and are open to participants in the EHV Project, along with those in other Parent Possible programs.

**110**  
**Attendees**  
(from the EHV  
project)

## Results: Home Visitor Knowledge (N=71)

After participating in the EHV project, home visitors' knowledge on average increased in **two** of the six topic areas and remained the same in the other four.



## Results: Work-Related Trauma (N=71)

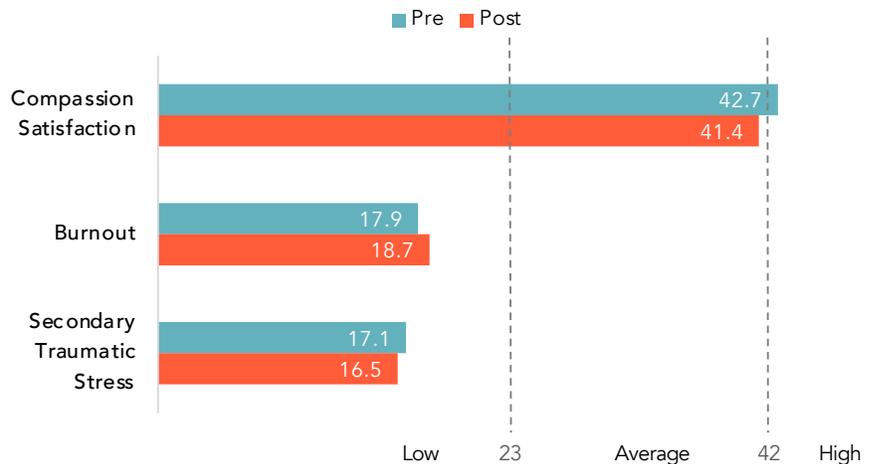
Similar to last year, data collected using the Professional Quality of Life (ProQOL) scale show a slight decrease in home visitors' levels of compassion satisfaction, with mean results remaining "high." Also similar to last year, we saw a slight increase in burnout. We believe this trend could be as a result of the lingering effects of the COVID-19 pandemic. Unlike last year, however, secondary traumatic stress decreased slightly after participating in EHV.

### Compassion Satisfaction:

reflects 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=69)

In 2021 we began using the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R) to explore changes in mindfulness. This year's results show that **39%** of visitors report higher levels of mindfulness after participating compared to before.

# 39%

Participants reporting higher levels of mindfulness