

Adding a Mental Health Component To Your Home Visiting Program

HIPPY Pasadena
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Desired Learning Outcomes

Public Health Department

- Describe two (2) key features of Pasadena's HIPPY program's mental health component
- Describe the purpose of Family Support Services
- Specify the segments included in Group Mental Health Consultation meetings



Why Mental Health Matters

Public Health Department

- Priority components of “Social, Emotional and Mental Well-being of Young Children during COVID-19” from U.S. Centers for Disease Control and Prevention (CDC) are:
 - > Change in routines
 - > Break in continuity of care or learning
 - > Break in continuity of health care
 - > Missed significant life events
 - > Loss of security and safety



Why Mental Health Matters

Public Health Department

- Adding a mental health component to your home visiting program can enhance services through:
 - > Supporting the social-emotional development of children
 - > Focusing on the needs of parents/guardians
 - > Offering resources and advocating for self-care
 - > Providing consultation to staff





What is HIPPY?

Public Health Department

- **HIPPY: Home Instruction for Parents of Preschool Youngsters**
- HIPPY provides an evidence-based kindergarten-readiness curriculum for families with children aged 2-5 years old





Background of HIPPY

Public Health Department

- HIPPY Pasadena is an evidence-based home visitation program for families living in **Altadena, Pasadena, and Sierra Madre**
- 30 weeks of curriculum:
 - > Literacy
 - > Math
 - > Science
 - > Motor
 - > Language



Background of HIPPY

Public Health Department

- Evidence-based outcomes include but are not limited to the following:
 1. Parents are more engaged in their children's ongoing school experience
 2. Children are better prepared for school
 3. Parents feel more comfortable in their ability to teach their children
 4. Home Visitors (Parent Specialists) are motivated to continue their career development



Who is in the HIPPY Pasadena team?

Public Health Department

- **HIPPY Pasadena team includes:**
 - > Program Coordinator
 - > Two Home Visitors
 - > Licensed Clinic Social Worker (LCSW)
 - > Maternal, Child & Adolescent Health (MCAH) Director





HIPPY Pasadena's Innovative Component

Public Health Department

- Clinical Family Support Services (CFSS), focusing on the family's health and includes:
 1. FSS for HIPPY families
 - Parent workshops at Learn & Play events
 2. Mental Health Consultation and trainings for staff
 - Consultations with other MCAH programs regarding client families





HIPPY Pasadena's Innovative Component

Public Health Department

- In the role of Clinical Family Support Services (CFSS) Coordinator, the Licensed Clinical Social Worker provides:
 - > Family Support Services (FSS)
 - > Mental Health Consultation (MHC) for staff
 - > Individual and Group MHC for HIPPY
 - > Consultations, as needed, for other staff
 - > In-service trainings and webinars



Clinical Family Support Services (CFSS)

Public Health Department

- CFSS include Infant and Early Childhood Mental Health Consultation (IECMHC)

“IECMHC is a prevention-based approach that pairs a mental health consultant with adults who work with infants and young children in the different settings where they learn and grow, such as child care, preschool, home visiting, early intervention and their home. Mental health consultation is not about ‘fixing kids.’ Nor is it therapy. Mental health consultation equips caregivers to facilitate children’s healthy social and emotional development.”

- Center of Excellence for IECMHC at Georgetown University



Clinical Family Support Services (CFSS)

Public Health Department

- Some of the core values of the Center of Excellence for IECMHC include:
 - > Equity and diversity
 - > Mental health of young children is intertwined with the well-being of their caregivers



Family Support Services (FSS)

Public Health Department

- Family Support Services is one of the two main parts of Clinical Family Support Services, HIPY Pasadena's innovative component
- FSS for HIPY families:
 - > One-on-one sessions between LCSW and HIPY parent/guardian, optional for child to be present
 - > Psychoeducation on topics related to child development, social-emotional growth, mental health, and more
 - > Resources offered
 - > Referrals & linkages offered to community agencies for on-going therapy, events, school programs, etc.
 - > Counseling on a short-term basis



Family Support Services (FSS)

Public Health Department

- Common topics discussed during FSS sessions:
 - > Positive Parenting
 - > Healthier Eating
 - > Toilet Training
 - > Calming Down
 - > Talking about Feelings
 - > Educational Activities
 - > Transitioning to Kindergarten
 - > Self-Care for Adults



*CFSS Coordinator consults with Public Health Nurses, as needed

Family Support Services (FSS)

Public Health Department

- Every HIPPHY family who participates in the program and attends home visits consistently is required to meet with the LCSW at least once for FSS intake
 - > Consent form, family health questionnaire (FHQ) completed to identify areas of strength as well as any possible needs





Family Support Services (FSS)

Public Health Department

- After meeting initial requirements, parents/guardians are offered the option for ongoing FSS sessions with LCSW to address needs of their children and/or themselves in their role as parents.
 - > Must first attend 1-2 sessions with LCSW, discuss feedback from the FHQ, and received related resources (e.g., mental health resources guide, positive parenting handouts, CDC parental resource kit).

Family Support Services (FSS)

Public Health Department

- (Ongoing) FSS sessions are voluntary after intake
 - > Unique opportunity in a home visiting program
 - > Receive one-on-one education and support for a child's social and emotional development needs & family's health and well-being



Family Support Services (FSS)

Public Health Department

- If parent/guardians have no concerns about their child's development, particularly social-emotional, FSS sessions will focus on areas of curiosity and interest of the parents.
- Frequency of sessions are dependent upon both parties' availability and the family's needs.

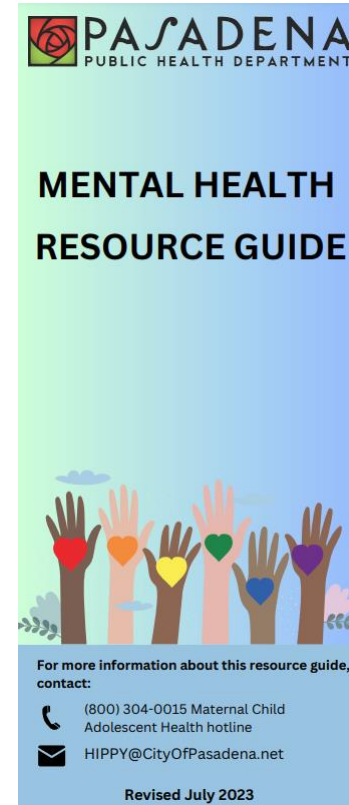




Crisis Support

Public Health Department

- During crises, CFSS Coordinator offers support e.g. conducting a suicide risk assessment, safety planning, contacting emergency services, etc.
- If a HIPPY parent/guardian or child would benefit from on-going therapy (even if not in crisis), referral information is provided for local mental health agencies





Family Support Services (FSS)

Public Health Department

- Mock session
- After several initial sessions:
 - Parent expresses concern about child throwing tantrums
 - Parent also concerned child is a “picky eating”
 - Parent acknowledges feeling stressed (self-care)



HIPPY Learn & Play events, Parent Workshops

Public Health Department

- CFSS Coordinator conducts parent workshops on parenting and wellness topics
 - > Virtual and in-person, weekdays and weekends
 - > Interactive participant evaluation after each session
 - > Focus on parenting and wellness topics including:
 - Positive Parenting
 - Mindfulness
 - Grounding
 - Effective Communication Skills





HIPPY Learn & Play Events, Parent Workshops

Public Health Department

- Positive Parenting Workshop, May 2023



Mental Health Consultation (MHC)

Public Health Department

- Mental Health Consultation (MHC) for staff is the other main part of Clinical Family Support Services, HIPPIY Pasadena's innovative component
- MHC includes:
 - > Monthly Individual and Group MHC session
 - > In-service trainings and webinars
 - > Consultation provided to other MCAH programs



Mental Health Consultation (MHC)

Public Health Department


- Individual and Group MHC sessions provided to staff to engage in Reflective Supervision* practices. Components include:
 - > Self-care activities
 - > Case consultation, Reflection questions
 - > Diversity, Equity, Inclusion & Belonging (DEI&B)






Group MHC Agenda example

Public Health Department

 Marina O.
Clinical Family Support Services Coordinator

Group Mental Health Consultation (MHC) re: HIPPY Families
5/12/2023 Agenda

1. Check-in 10:00-10:10AM
 - a. And, is there anything you want to make sure that we discuss during today's consultation?
2. Acknowledgements 10:10-10:15AM
 - a. This land belongs to "**Hahamona**: Native Tongva People" (shared with MCAH by PHD Health Equity staff)
3. Safe space/Guiding principles (Padlet & Spring special edition review) 10:15-10:25AM
4. Self-care – (Thank you, Stella) 10:25-10:30AM
 - a. Connection to MHC
 - b. Live Webcam & Ocean waves
5. Case review & reflective questions (Highlights from written doc's): 10:30-10:55AM
 - a. Discussion & Reflective questions regarding HIPPY/client families. Include overview of case:
 - i. Step/week family has reached in HIPPY curriculum
 - ii. Background of family, important factors of case
 - iii. Parent & child engagement in program
 - iv. Any identified challenges or needs of the family
6. Diversity, Equity and Inclusion (DEI & the "isms") 10:55-11:15 AM
 - a. Connection MHC
 - b. LA. Times article, related video (Thank you, Stella)
 - i. [Eye-tracking technology shows that preschool teachers have implicit bias against black boys](#)
 - ii. [How US schools punish Black kids](#)
 - c. BIPOC Author (Kennedy Ryan) updates by Marina
7. Upcoming Grp MHC meetings (June 9, July 21, Mon. Aug. 28th etc.) 11:15-11:20 AM
 - a. Next MHC rotation of Self-care, DEI components (articles, resources, activities, etc.) - [Grp MHC rotation sign up for 2023.docx](#)
 - b. In-person? Conference Room
8. Success story moments w/HIPPY, or Hopes moving forward 11:20-11:30 AM



This image is from Pixabay.com

Reflective supervision practices will be woven into our MHC consultations

Revised May 2023

Examples of reflective questions:

- How do I feel about working with this particular family/case? What is influencing those feelings? How do I manage or cope with those feelings?
- What personal attributes or experiences in my background have helped me succeed with a particular case or family?
- What personal attributes or experiences in a parent's background has helped them to succeed in HIPPY?
- What personal attributes or experiences in my background may be contributing to this particular case feeling stressful for me?
- What personal attributes in a parent or experiences in their background may be leading them to struggle with HIPPY?
- What may be triggering for me working with a particular case/family? How do I cope when I feel triggered?
- "What have I learned thus far? What is a challenge? What new approach(es) am I hoping to implement?"
- "How do I increase this family's investment in HIPPY? Am I giving this parent too much space? Am I giving this parent too many chances [if they miss sessions]?"

Revised May 2023



- **Mock session**
 - > Self-care
 - > Case consultation
 - Mock case
 - Reflective supervision practices and questions
 - > Diversity, Equity, Inclusion & Belonging



MHC Trainings for Staff

Public Health Department

- Trainings and webinars support staff professional development and enhances their skill set
 - > Focus on parenting and wellness topics as well as crisis intervention. Virtual and in-person.
 - > Topic examples:
 - Relaxation Skills
 - Suicide Prevention
 - Effective Communication Skills



HIPHY Staff Trainings

Public Health Department

- Calming Creations, August 2022





Questions?

Public Health Department



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