

Home Visiting Best Practices in Rural or Tribal communities



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The information in this presentation was developed from materials created by the:

- **Johns Hopkins University-** Center for American Indian Health
- **Family Spirit Home Visiting Program-** Leech Lake Band of Ojibwe Health Division-Nursing
- **U.S. Department of Health and Human Services**
- **Center for American Progress**



Home Visiting Best Practices: Objectives

- After attending this session, Participants will be able to:
 - ✦ Define an "Evidence Based Home Visiting Model" that best meets the needs of a Rural or Tribal Community in Northern Minnesota
 - ✦ Discuss the "Culture of Safety"
 - ✦ Describe the impact of a "Home Visiting Program" on the family, school, community, and society in general



Family Spirit



Mission

Family Spirit envisions a future where every community, regardless of socioeconomic status, will have access to an evidence-based, culturally competent strategy for promoting optimal health and well-being for parents and young children.

Vision

To empower families to promote healthy development and positive lifestyles for mothers and their young children across the lifespan.

LLBO Family Spirit Mission Statement

The LLBO Health Division Family Spirit Program is a Johns Hopkins University evidence based program which consists of professional Home Visiting Educators with a commitment to the principle that Infant Mortality is of utmost importance to the Leech Lake Band of Ojibwe Nation.



LLBO Family Spirit Vision Statement

The Family Spirit will be the Leech Lake Band of Ojibwe's premier provider of innovative professional development for accomplished education of pregnant women from 28 weeks gestation into the 3rd year of the child's life.



LLBO Family Spirit Goals

- The first priority of the LLBO Family Spirit Program is to assist and educate the mother as she faces/deals with pregnancy, with the result of a healthy birth outcome.
- Participants will receive accurate information about pregnancy, fetal development, lifestyle issues, and related concerns.
- Will provide support needed for the mothers to bring her baby to a healthy term.
- Will provide ongoing high quality professional education opportunities that support and prepare pregnant women for child birth and creating a healthy family.
- Will regularly assess the quality of the professional development experiences of the Home Visitor Educators through surveys, interviews, home visits, and participant input.
- Will foster collaborative partnerships with Tribal, local, state, and national organizations also interested in advancing and promoting the importance and accessibility of the LLBO Family Spirit Program's goal of a healthy pregnancy outcome, a healthy child, and a healthy family.

Family Spirit History

The Johns Hopkins Center for American Indian Health was established in 1991 with a focus on addressing infectious diseases. In doing this kind of field work, staff noticed a need for an intervention in the tribe's youngest and most vulnerable families. As a result, the Share of Our Strengths project began in 1995. Curriculum was developed to address maternal and child health topics and served mothers and babies to 6 months post-partum.

*Now services mothers & babies to 3 years.

Executive Summary from Congress

Home visiting programs support healthy family functioning by helping expectant families and families with young children provide stimulating early childhood learning environments and nurturing relationships for their children.

These factors, in turn have profound effects on children's physical, social-emotional, and cognitive development.

Home Visiting Best Practices

1. Program Approach
2. Program Structure
3. staffing



Program Approach



- The program adheres to a set of principles that are clear and in writing.
- Services provided reflect the program's principles as well as its mission, goals, and outcomes.
- Relationships are recognized as the cornerstone of home visiting services.
- Families are respected; the program identifies and builds on the family's strengths.

- The program demonstrates flexibility, working to achieve program goals while at the same time addressing family-identified needs.
- The program empowers the family to be better able to meet its own needs.
- The program has a clear understanding of its "theory of change" that describes the impact of program services on families.
- The program uses interventions that have been proven effective based on theory, research, or outcomes measured by the program.

Program Structure



- The program has a well-defined mission and goals that are in writing and are understood by staff and families.
- The program has a clearly defined target population in alignment with its mission and goals.
- The home visiting program is part of a system of services and provides access to a comprehensive array of services, either directly or through referrals.

- The program provides home visitors with access to a multidisciplinary team to confer on cases.
- The program works collaboratively and creatively to identify and stretch scarce resources to meet client needs.
- The program is flexible and evolves in response to changes in the community and system of services.
- Services are culturally competent and responsive to the backgrounds of the families served.
- Caseloads are a manageable size to allow for sufficient intensity and duration to achieve program goals.

- The program has an ongoing method of assuring the quality of its services.
- The program measures its impact on families in a variety of ways.
- Family input is sought for program development and improvement, and program improvement is responsive to family input and feedback.



Staffing



- Home visitors receive initial training on how to work with families and on the program principles, mission, goals and outcomes.
- Home visitors are able to forge and maintain supportive but professional relationships with families.
- The home visitor understands and respects personal and professional boundaries.
- Home visitors receive ongoing training in their area of expertise (such as early literacy, child development, or family violence) and support.

- Home visitors receive structured ongoing supervision.
- Home visitors can describe the desired program outcomes including the specific positive outcomes anticipated to occur within the family, such as connection to local resources or improved mental health.
- Home visitors are competent in intervening with families to achieve the program's goals and objectives.
- Home visitors are culturally competent and responsive to the backgrounds of the families served.

Working with Tribal Participants:

1. Provide language and cultural training for staff.
2. Hire Staff that is from a 1st Nation culture or at best a language and culture coordinator.
3. Purchase parenting items that are traditional to the Tribe and incorporate them into the Home Visiting education curriculum
4. Promote community involvement activities to staff and participants.
5. Create strong network of Tribal community supports for staff and participants.
6. Most of all: DO NOT be afraid to ask a Tribal member a question.

Safety: Create a "Culture of Safety"

- Create safety policies and procedure that are regularly updated, easily accessible to all staff, and regularly reviewed with all staff.
- Provide initial and refresher trainings.
- Partner with local law enforcement and other agencies with specific safety knowledge.



• In addition to general safety procedures and crisis intervention, training should include:

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| 1. Animal safety | 11. Drug safety |
| 2. Driving safety | 12. Insects |
| 3. Communicable diseases | 13. Mental illness |
| 4. Gang safety | |
| 5. Homicidal Participants/clients | |
| 6. Weapon safety | |
| 7. Domestic violence | |
| 8. Intoxication | |
| 9. Suicidal Participants/clients | |
| 10. Threats of self-harm by participants/clients | |

Impacts of Home visiting

1. Improved pregnancy outcomes
2. Improved SID/SUIDS rates
3. Improved health (immunizations, well child visits, pre and post partum care)
4. Improved parental life-course
5. Improved child abuse and neglect rates
6. Improved compromised caregiving
7. Improved children's social and emotional problems
8. Improved school readiness



Ojibwe Cultural Beliefs about women

FEMALES -- ARE THE CREATORS OF LIFE, FUTURE, AND DESTINY WITH GREAT RESPONSIBILITY TO INSURE THE CIRCLE OF ALL LIFE CONTINUES UNENDING.

- YOU HAVE THE BEAUTIFUL GIFT OF BEING THE PARTHWAY AND THE VESSEL OF ALL HUMAN SPIRITS ARRIVING HERE, IN ORDER, TO INSURE THE FUTURE OF ALL GENERATIONS/NATIONS ARE ABLE TO BRING THEIR GIFTS TO ALL MANKIND.
- YOU ARE THE FIRST TO EVER TOUCH LIFE!
- YOU ARE THE FIRST TEACHER/INSTRUCTORS OF ALL NATIONS!
- YOU HAVE THE AWESOME AND GREAT RESPONSIBILITY, TO MAKE SURE FUTURE IS NEVER HARMED!
- YOUR RESPONSIBILITY IS TO KEEP YOUR BODY AND WOMB CLEAN!
- YOU INSURE A STRONG FUTURE FOR YOUR CHILD, YOURSELF, YOUR FAMILY, YOUR COMMUNITY, AND YOUR NATION!!!

Ojibwe Cultural Belief About Men

MALES -- YOU ARE THE PROTECTORS OF ALL LIFE, FUTURE, AND DESTINY

- YOU ASSIST THE FEMALE BY PROTECTING HER. YOU MAKE SURE HER PATH IS CLEAR AND NOT BOTHERED BY HARMFUL SPIRITS AND THIS INCLUDES ALCOHOL AND DRUGS.
- YOU KEEP YOUR EYES AND EARS OPEN FOR LEARNING, AND PROTECT THE FUTURE AND MAKE SURE IT HAS THE PROPER TEACHINGS.
- YOUR RESPONSIBILITY IS TO KEEP YOUR SPERM PURE AND THAT YOU LEAVE IT IN A CLEAN HOUSE/WOMB/WOMAN WHO WILL GROW, PROTECT, AND TEACH YOUR BABY IN A GOOD WAY.
- YOUR RESPONSIBILITY IS TO ALWAYS PROTECT THE NEW SPIRITS AS THEY GROW. YOU INSURE THAT THEIR FUTURE IS NOT HARMED! YOU WALK BESIDE YOUR WOMAN! HELP YOUR WOMAN AND THE COMMUNITY TEACH YOUR BABY AND ALL BABIES OF THE COMMUNITY! YOU INSURE THE NATION IS STRONG!!!



**CHII-MIIGWECH!
BIG THANK YOU!**

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