



RAPID RESPONSE
VIRTUAL HOME VISITING

Creating a More Holistic Practice Through Mindful Self-Compassion

May 18, 2022

RR-VHV Resources

Institute
for the Advancement of
Family Support Professionals

Your Dashboard All Modules Your Compass Hi Red

RAPID RESPONSE VIRTUAL HOME VISITING

The Rapid Response-Virtual Home Visiting collaborative (RR-VHV) will provide best practice principles and strategies to support all home visiting professionals in maintaining meaningful connection with families during this time of increased anxiety and need.

Through collaboration, the RR-VHV will leverage the extensive resources and expertise that exists across home visiting organizations to support the development and distribution of cross-model, cross system approaches and guidance.

Providing immediate support for our front-line home visiting staff and the families they serve is our highest priority.

The RR-VHV is committed to creating processes to facilitate collaborative content development and shared decision making.

Resources

Frequently asked questions

Want to help?

If you would like to support our efforts, please let us know!

Contact the RR-VHV for more information

Available Webinars



Home Visiting Models and COVID 19 Response
(Friday, April 3, 2020)

If you are having difficulties accessing the webinar, click here to download the video.

Learn how HRSA and national home visiting models are responding to the COVID 19 crisis. The discussion will explore needs and priorities from the field, model guidance, resources available to support current efforts and responses from federal, state and local levels.



Virtual Visit Readiness

Learn the basics of using different types of technology to connect with families.

Available Resources:
Readiness Reflection (pdf)
Troubleshooting Tips (pdf)

Guiding Principles

Accessible:

- All materials will be provided free of charge and made accessible to providers through the website and other platforms.
- All information and resources shared will be designed to meet the needs of all home visiting professionals.
- All materials developed as a result of this project will remain available to support future needs of the field.

Strength-based:

- Include as many provider networks as possible in content and resource development.
- All providers bring unique and important views. Expertise will be sought based on content area and specific needs.
- Every effort will be made to be as inclusive as possible. However, it is important to remember that no one individual or organization is expected to have expertise in every area. Please assess your own areas of strength and capacity to determine those areas in which you believe it is most important to be involved.

Shared Responsibility

- The RR-VHV will create a shared process for information gathering and sharing that is inclusive of all providers.
- It will be up to each provider network to determine the most efficient way for inclusion in rapid decision making and content review.
- To maintain a rapid response framework, we

Webinar recordings, slide decks, and supporting documents are available at:

<https://institutefsp.org/covid-19-rapid-response>



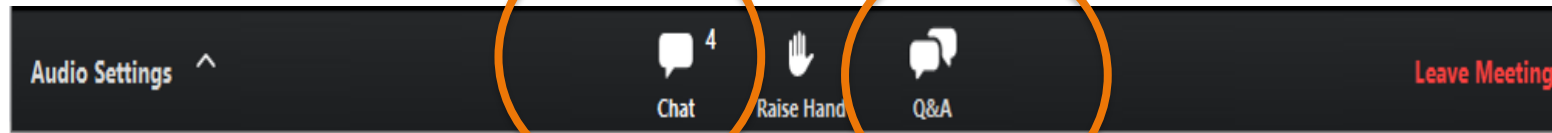
Chat Feature

Q&A Feature

Please use the chat box to respond to questions that we ask you!

Please use the Q&A box to submit your questions.

Thank you!



Objectives

- Reflect on creating time and space for mindful self-compassion practices.
- Explore some individual and group mindful self-compassion practices.
- Learn some strategies to support a more holistic work-life balance.

National FSP Competencies

- Domain 7: Relationship-Based Family Partnerships
 - Dimension 25-Respect and responsiveness
 - Dimension 26-Positive communication
 - Dimension 27-Collaboration
- Domain 8: Cultural and Linguistic Responsiveness
 - Dimension 28-Cultural competency
 - Dimension 29-Cultural humility
- Domain 10: Professional Practice
 - Dimension 35: Reflective practice
 - Dimension 36: Professional development
 - Dimension 37: Professional boundaries



Shayla Collins
Rain or Shine Consulting



Invitations for the Hour

- Take care of yourself!
- Get comfortable!
- Do what is best for you!

I Am Here, I Have Arrived



The Power of the Pause

The power of the pause...checking in with our bodies

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

- Respond
- React
- Do nothing



-Viktor Frankl

Photo by Brett Jordan:

<https://www.pexels.com/photo/wooden-scrabble-tiles-on-white-background-8500468/>



Regulate Own Bodies

“How are we showing up?”
Both for ourselves & others.

- Stressors
- How our bodies respond

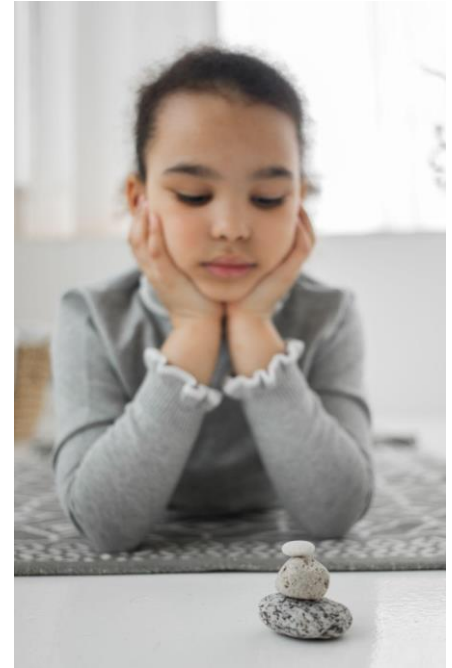


Photo by Monstera:
<https://www.pexels.com/photo/cute-ethnic-kid-with-hands-at-chin-looking-at-rocks-stack-on-floor-7352812/>



Rollercoaster Breath

- A short practice that is tactile too
- Can be adapted for accessibility; Rolling Hills or Waves
- Children enjoy it!
- Additional: Alligator Breath



Photo by Angie: <https://www.pexels.com/photo/roller-coaster-ride-66143/>

Body Scan

- Stuffy Nose or Tooth Ache
Example
- Can be done formally if you have the time or informally (a few moments)
- Can be woven into what you're already doing: such as on your way to sleep.

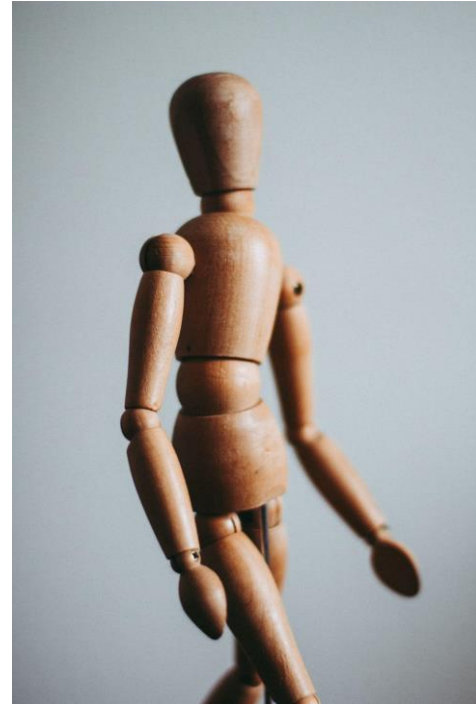


Photo by [Kira auf der Heide](#) on [Unsplash](#)



3-2-1 Scan

- Can be used to ground yourself first
- Share with your family & those that you serve. It's accessible
- Body & Sensory: Connection with the world around you
- Often people (especially children) can “feel” your energy

Questions



Credits

We extend a special thank you to the team that created this webinar:

- Casey Amayun, Rapid Response Virtual Home Visiting
- Shayla Collins, Rain or Shine Consulting
- Joelfre Grant, Brazelton Touchpoints Center
- Eva Rivera, Brazelton Touchpoints Center

