





Supporting Families' Mental Health Part 2

July 22, 2020

RR-VHV Resources



Webinar recordings, slide decks, and supporting documents are available at: <https://institute4sp.org/covid-19-rapid-response>





Q&A Feature

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

Chat Feature


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

Thank you!

Poll

Did you attend the Rapid Response webinar on mental health on July 8?



Presenters



Jayne Singer, PhD, IECMH-E®
Clinical Psychologist
Director, Developmental and Relational Health
Brazelton Touchpoints Center



Dawn Kimmes, BSN, RN, CLC
Prenatal Case Manager Home Visitor
Eagles' Nest Prenatal Program
Oklahoma City Indian Clinic




Amanda Wheeler, MSW, LCSW
Program Director
Parents as Teachers of Greater Williamsburg



Learning Objectives

- Participants will learn strategies to support parent and child mental health that can be engaged in virtually.
- Participants will learn specific strategies for supporting the breastfeeding mother-infant dyad and emotional well-being during the increased stress of the pandemic.
- Participants will learn specific strategies to strengthen the mother-infant relationship in service of parental mental health.



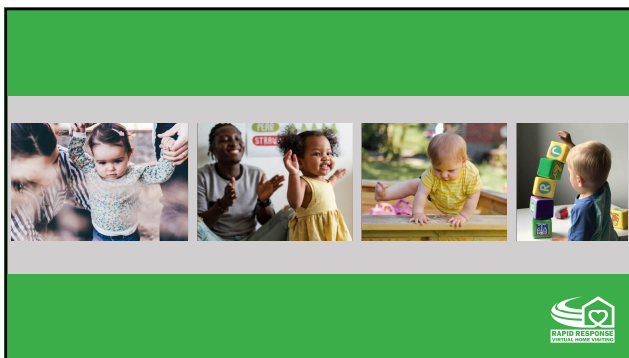
National FSP Competencies

- Domain 3: Parent-Child Interactions
 - Dimension 11 - Influences on parenting
 - Dimension 12 - Parent-child relationship
- Domain 4: Dynamics of Family Relationships
 - Dimension 14 - Healthy family functioning
 - Dimension 15 - Influences on family well-being
- Domain 5: Family Health, Safety, and Nutrition
 - Dimension 18 - Mental health
- Domain 7: Relationship-Based Family Partnerships
 - Dimension 25 - Respect and responsiveness
 - Dimension 26 - Positive communication
 - Dimension 27 - Collaboration
- Domain 10: Professional Practice
 - Dimension 36 - Professional boundaries



Questions from the field

- Privacy
- Social-emotional well-being of young children
- Tangible resources for families



Relationships...

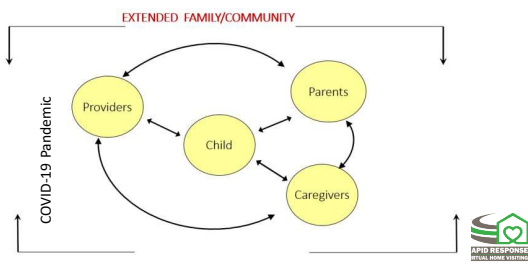
Are the source of building development



And the source of building resilience



A Systems Approach to Mental Health



Emotional Competence = Foundation of Mental Health

- Ability to trust and connect in relationships
- Self-regulation and co-regulation
- Sense of self and esteem



Poll

What type of mental health supports, or activities, do you engage in, or use with families virtually?



A Virtual Approach to Engaging with Families



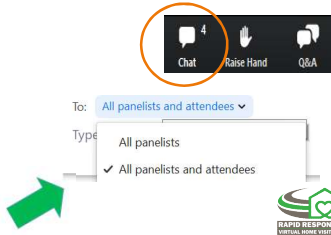
Eagles' Nest Prenatal Program
Oklahoma City Indian Clinic



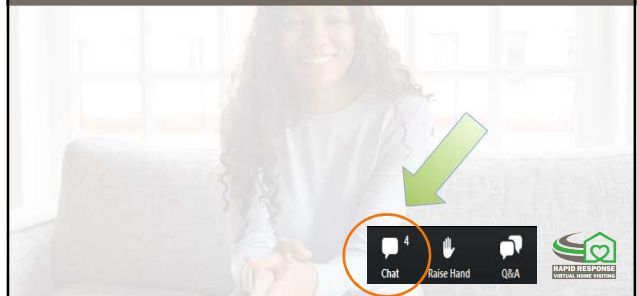
Chat

What strategies have you found effective in addressing privacy concerns?

Please use the chat box to respond!
Select "All panelists and attendees."



Your Turn



A virtual approach to Engaging with Families



Parents as Teachers of
Greater Williamsburg



Questions



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Credits

- We extend a special thank you to the team that created this webinar:
- Joelfre Grant, Brazelton Touchpoints Center
- Stephanie Harris, Oklahoma City Indian Clinic
- Dawn Kimmes, Oklahoma City Indian Clinic
- Laura Shoaf, Healthy Families Virginia
- Amanda Wheeler, Parents as Teachers Greater Williamsburg
- Alex Rooke, Early Impact Virginia
- Jayne Singer, Brazelton Touchpoints Center

