



# Supporting Mental Health - Yours, Mine and Ours

August 25, 2021

# 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 guidelines, 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:

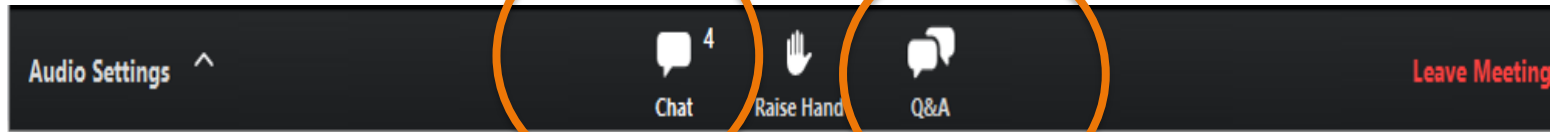
<https://institutefsp.org/covid-19-rapid-response>



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

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

Thank you!



# Objectives

- Explore how we define mental health and secondary traumatic stress
- Consider barriers and obstacles faced by home visitors in accessing mental health support
- Learn strategies for supporting home visitor's mental health



# National FSP Competencies

- **Domain 5: Family Health Safety and Nutrition**
  - Dimension 18-Mental health
  - Dimension 19-Physical health
- **Domain 10: Professional Practice**
  - Dimension 35-Reflective practice
  - Dimension 37-Professional boundaries



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CEO at Parenting Solutions  
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Family Connections - Project  
Director  
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# What is mental health?



# What is mental health?

## **Emotional, Psychological, Spiritual, and Social Well-being**

Includes our thoughts, feelings, behaviors

Ability to understand and express a range of emotions

Ability to self-regulate/maintaining balance

Ability to have close and positive relationships

Ability to explore and learn

All within the context of culture





# Chat

What comes to mind when people hear the words mental health?



Image by [Gerd Altmann](#) from [Pixabay](#)

# Factors that Impact our Mental Health and Resilience

- Significant increase of people experiencing depression & anxiety
- Increased stress
- Loss
- Impact on Black, Indigenous, People of Color
- Loss of connections, cultural ceremonies and rituals
- Lack of agency

Self-care is not about  
self-indulgence, it's about  
self-preservation

Audre Lorde



# CHAT

What might be reasons people chose/choose not to seek MH support or treatment?

# Recognizing Secondary Traumatic Stress

- Feeling depleted and/or chronically exhausted
- Anger and/or cynicism
- Inability to listen, avoidance of families
- Minimizing situations

# Recognizing Our Stress Response

Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.

Fred Rogers

May I learn to accept myself as I am.



# Strategies to Support our Mental Health

- Reflective Consultation
- Emotional Container
- Self-Care
- Self-Regulation





# Emotional Container



# Questions



# Wrap-up and Reflection



# Credits

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

- Casey Amayun, Rapid Response Virtual Home Visiting
- Jeanna Capito, Rapid Response Virtual Home Visiting
- Heidi Roibal, Parenting Solutions
- Debby Sosin, Brazelton Touchpoints Center
- Joelfre Grant, Brazelton Touchpoints Center
- Eva Rivera, Brazelton Touchpoints Center

