Home Visiting: What is it?

- Family Support Programs
- Federal and State funded
- Occurs in families’ homes
- Seeks to:
  - Improve parent and child health
  - Reduce child abuse and neglect
  - Encourage positive parenting
  - Promote child development and school readiness
Why Services in the Home?

• Natural environment
  – Learn more information about a family and their environment
  – Witness the challenges families face
  – More opportunities to talk with other family members who may care for the child

• Removes barriers to receiving care
  – Lack of transportation
  – Isolation
  – Privacy
Maternal, Infant, and Early Childhood Home Visiting Program (MIECHV)

• Federally funded, with monies distributed across 50 states to local programs
• Programs have to follow an approach or curriculum proven to show positive results for families (Ex: Healthy Families, Parents as Teachers, Nurse Family Partnership)
• Targets families who often lack support, experience, and knowledge of basic parenting skills, and or struggle with bonding with their child
• Voluntary
What May Happen in a Home Visit?

• Support preventive health and prenatal experiences
• Help parents understand their child’s development
• Help build parents’ competence and confidence
• Work with families to set goals around education, employment
• Help families access concrete assistance- housing, jobs, food, clothing, etc...
Home Visiting Data

• MIECHV has served over 160,000 parents in all 50 states, DC, and 5 territories

• Home visits have increased five fold with more than 3.3 million provided over the past four years

• Research shows that home visiting programs have:
  – Reduced health care costs
  – Reduced need for special education
  – Increased family self-sufficiency
The Fussy Baby Network

• Home visiting program since 2003
• Erikson Institute’s first direct service program
• Provides help to families who have infants with feedings, sleeping, and crying concerns
• Developed and uses the FAN Model to assist families
• We have found that families who use our services are more confident around parenting and postpartum depression symptoms go down
Fussy Baby Network and The FAN

Fussy Baby Network® FAN
Facilitating Attuned Interactions

THINKING
- Collaborative Exploration
  - ARC Middle
  - Affect Contained
  - Understanding baby together

FEELING
- Empathic Inquiry
  - ARC Beginning
  - Verbal/non-verbal intense feeling

DOING
- Capacity Building
  - Parent attuned to baby
  - Parent helping baby
  - Parent ready to try a new way
  - Capacity Building Moment
  - Angel moment

CALMING
- Mindful Self-Regulation
  - ARC Pre-contact
  - Visitor feels dysregulated

REFLECTING
- Integration
  - ARC End
  - Insight/discovery “aha” moment

Parents’ Concern

Increase Parental Confidence
Strengthen Parent-Infant Relationship
Promote Healthy Development of Parents & Infant

Erikson Institute Fussy Baby Network
FAN Training

- Six states, plus the District of Columbia are using the MIECHV funding to train their home visitors in the FAN
- FAN Trained home visitors are:
  - More collaborative
  - More empathic
  - Calmer in the face of difficult interactions
  - Experience less burnout
Home Visiting Resources: Where to Find Home Visiting Programs in Your State

- http://www.pewtrusts.org/en/research-and-analysis/fact-sheets/2014/02/03/home-visiting-family-support-programs
- http://homevisitingcoalition.com/what-is-home-visiting/
- HRSA MIECHV Website
- The Association of State and Tribal Home Visiting Initiatives
- The National Home Visiting Research Center
- The Home Visiting Coalition
- The Home Visiting Applied Research Collaborative