

Home Visitation Leadership Advisory Coalition

July 15, 2015

10:00 a.m. to 12:00 p.m.

ODSH Room 806

Minutes

In Attendance:

Sarah Ashmore, Smart Start Oklahoma
Mindy Bellack, McClain Garvin
Patricia De Moraes, LCDA
Tiffany Holmes, OSHD/FSPS
Renee Hoover, CDSA/Smart Start
Amy Huffer (Presenter)
Monica Inciarte, LCDA
Diane Juhnke, CDSA/PAT
Jan Justice, NOYS
Vicki Land, Smart Start OKC
Vicki Long, OSDH/Children First (Garvin Co)
Yolanda Lucero, PAT-MIECHV

Sarah Njuguna, Parent Promise
Jennifer Paulley Micue, OCCHD
Carla Ponce, OCCHD
Markesha Robinson, OKC Indian Clinic
Kim Rumschlag, OSDH/parentPRO
(Jackson County)
Sherie Trice, OSDH/FSPS
Mindy Turner, PAT
Janice Williams, Positive Parents
Susan Williams, Parent Promise

VideoConference Attendance:

Logan: Angela Stout

McCurtain: *Recorded for later viewing.*

Tulsa: LouAnn Beuke, Amanda Burgan, Michelle Coonfield, Sheri Davis, Donna Holladay,
Ruby Le, Jackie Miller, Lena Redmond, Cathy Sullivan, Brandie Vellella

Woods: Kathy Gordon, Brenda Rose

Western Technology Center: April Davis, Emma Shandor

Announcements

- **House Bill 2157 Was Passed!** Children; enacting the Family Support Accountability Act.
 - ➔ An Outcomes Development Plan will be developed by January 1, 2016.
 - ➔ It will present information about data collecting and reporting.
- Several conferences are coming up in the next few months:
 - ➔ **Turning Point Conference** will be September 2-3, 2015
 - ➔ **OICA Conference** will be September 9-10, 2015
 - ➔ **Shifting Child Sexual Abuse Paradigms: Primary Prevention Symposium featuring Vincent J. Felitti, MD** will be October 8-9, 2015 (sponsored by Empowering Adults/Protecting Children in Tulsa)
- The **CAP Action Committee** is now available for participation via Video Conference, when available. If you are interested in becoming a part of CAP Action, but can't make it to Oklahoma City on a regular basis for a meeting please contact Sherie Trice @ sheriet@health.ok.gov to get registration instructions. Meetings are on Fridays at the OCCHD NE Health and Wellness Campus... upcoming meetings are September 11th, October 23rd and December 4th. All new members welcome and encouraged to join!

- **Upcoming Tulsa Community Baby Shower:**
WHEN: September 22, 2015 from 5:30 pm- 8 pm
PLACE: Greenwood Cultural Center
322 N Greenwood Ave Tulsa, OK 74120
- **parentPRO Spanish materials are now available!**
Request your supply by emailing tiffanyh@health.ok.gov.

Presentation: TAKING CARE OF OURSELVES SO WE CAN CARE FOR OTHERS

The Importance of Self Care in Home Visitation

- How Stressed are you?
- Common Sources of Stress
- How does your body react to stress?
- What does stress look like?
- Change the way that we think about stress.
- I want to Manage Stress better, but HOW? And who has the TIME?
- Benefits of Mindfulness
- Reflective
- What all Home Visitors need?
- Create a Stress Management Plan

(Please refer to attached Power Point for specific details on presentation)

Meeting Adjourned at 11:30 am

Taking care of ourselves so we
can care for others

The Importance of Self Care in Home Visitation

How stressed are you?

The Workplace Stress Scale™

Reflection

- What did this inventory tell you?
- Did you know you were stressed?
- How could you tell?
- What is the impact of the stress on your day to day functioning?
- When faced with stressful situations, what is your internal monologue?

Common Sources of Stress

- Limited resources in our agencies
- Limited resources in the homes we are visiting
- Differences in management styles
- Family issues
- Noise level of the homes
- Time pressure
- Illness
- Unsafe homes/neighborhoods
- Isolation of field-based work
- Traffic and long drives

How does your body react to stress?

What is stress?

- The stress response is the body's way of protecting you.
- At some point, however, stress stops being helpful and starts causing major damage to health, mood, productivity, relationships, and quality of life.
- As stress levels rise, attitudes throughout the company become tense, work becomes sloppy, and costly mistakes are made.

What does stress look like?

- ### Bodily Reactions to Stress
- Fatigue
 - Headache
 - Heart racing/rapid pulse/palpitations
 - Rapid, shallow breathing
 - Muscle tension and aches
 - Sweaty hands/feet
 - Rashes, hives, itchiness
 - Shaking, tremors, twitches, tics
 - Stomach discomfort and digestive problems
 - Dry mouth
 - Grinding teeth
 - Talking fast

- ### Symptoms of Stress
- Nervous habits
 - Eating too much or too little
 - Loss of interest in sex
 - Problems sleeping
 - Increased use of alcohol, tobacco, drugs
 - Cranky, angry, hostile, impatient
 - Worried or anxious
 - Panicky
 - Difficulty concentrating, problems with memory
 - Feeling overwhelmed
 - Difficulty seeing the humor in things

Kelly McGonigal
Health Psychologist

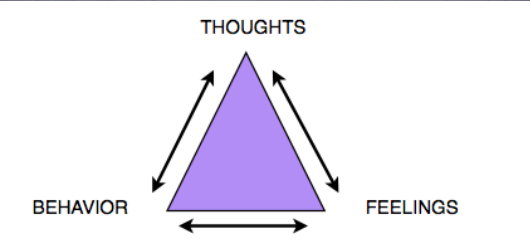
Ted Talk ~ June 2013
http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Change the way that we think about stress.

Change your beliefs about stress

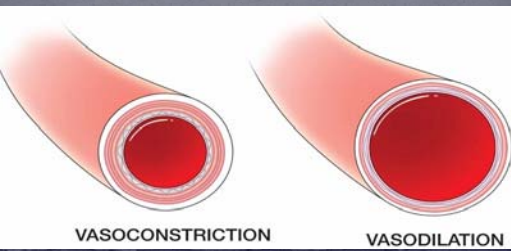
- Those that believe stress is bad for you die at a much higher rate.
- While people who are under more stress but don't believe that stress is negative, live longer.

Cognitive Triangle



Two Cardiovascular Profiles

Those that believe stress is bad for you experience vasoconstriction



Reach Out to Others

- When we reach out to others, the hormone OXYTOCIN is released.
 - Motivates you to seek support
 - Helps you recognize when others in your life need support
 - It also protects the heart from the dangerous physiological changes to the heart that stress can manifest.

Another Take Away from Kelly

- One thing we know for certain is that chasing meaning is better for your health than trying to avoid discomfort. And so I would say that's really the best way to make decisions, is go after what it is that creates meaning in your life and then trust yourself to handle the stress that follows.

Potential Risks



I want to manage stress better but HOW? And who has the TIME?

Incorporating Kids into Stress Relief

- Daily meditation or mindfulness practice
- Yoga
- Clay Play
- Physical Exercise
- High/Low Game
- Freestyle art/writing
- Music
- Guided imagery
- Progressive relaxation

Mindfulness

http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes

- Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

Benefits of Mindfulness

- Mindfulness meditation can help ease psychological stresses like anxiety, depression, and pain
- Functional MRI scans showed stronger connections in several regions of the meditators' brains—especially those associated with attention and auditory and visual processing

Yoga for Children

- Develop strength, flexibility and coordination – of both body and mind
- Improve focus
- Raise self-awareness
- Build self-esteem
- Release stress
- Relax completely
- Breathe well
- Cultivate healthy habits
- Generate a sense of inner peace and contentment they can share with the world



Clay



- Developing Perceptual Skills
- Fine Motor
- Large Motor
- Emotional Strengths
- Cognitive Skills
- Problem Solving
- Communication
- Social Skills
- Self Esteem
- Artistic Skills

Other Strategies

- Attunement and Awareness
- Work on positive relationships with coworkers and supervisors
- Build current relationships with friends and family by making time and planning enjoyable activities
- Increase social support with others through community groups, support groups, exercise groups, or religious groups.
- Seek out reflective consultation.
- Seek out therapeutic services.

Reflective Practice

Reflective thinking is...

“an active, persistent, and careful consideration of any belief or supposed form of knowledge in the light of the grounds that support it and the further conclusions to which it tends.”

--- John Dewey, 1939

Defining Reflective Practice

- Thoughtful Consideration
- Applied Knowledge
- Deliberate Pause to Examine
 - Beliefs
 - Experiences
 - Responses
 - Goals
 - Practices



Resulting in actions that improve outcomes for those we work with.

Defining Reflective Practice

It involves talking with each other openly about...

- What we do
- What it touches in us
 - How we feel
 - How it works
 - Why we do it

What all home visitors need?

- Regular reflective practice facilitation from an experienced and well seasoned supervisor
- Informal support from peers & colleagues
- On-going assistance with professional boundaries
- On-going training and opportunities for scenario-based learning
- Interdisciplinary case conferencing

What all home visitor's need, con't...

- Accessible mental health consultation
- Safety protocols for both crises and day-to-day situations
- Help with managing an appropriate ratio of extremely intense and high needs cases along with low intensity "easy" cases
- Appropriate breaks, timeouts, retreats, opportunities for celebrating their hard work
- Peer and supervisor support—a place to calm down at the end of the day and to "vent" with trusted colleagues about the day's stressors can be crucial in staff retention and is an important part of organizational support that is generally overlooked

Create a Stress Management Plan

- Think about the strategies that may work best for you
 - Make a List and Pull together needed items
- Set short and long term goals
 - REACHABLE GOALS
- Make a plan for how and when you will use the strategies
 - Be specific about when to use the plan, what you want to accomplish and how you know it worked.

