

Oregon Home Visiting
Professional Development Meeting 2020



October 28th & 29th, 2020 Portland, OR

Meeting Theme

Joy in Work & the Parallel Process: Promoting home visitor and family resiliency

Meeting Goals

- ❖ To facilitate shared professional development opportunities that reflect the needs and desires of Oregon home visiting professionals.
- ❖ To provide networking opportunities and build relationships across home visiting programs to promote a shared field of practice as part of a broader comprehensive early childhood system.

Agenda

Note: Below agenda repeats on 10/29

9:00-12:30 **Being Culturally Responsive and Promoting Racial Equity in Our Work with Families**

(this session runs the length of the meeting each day, with a break from 10:30 - 11:00am)

2020 has unleashed intense challenges for all of us. Racial and other types of inequality have risen to the surface for all to see. How do we stay sane and provide sensitive and supportive services during this? Join presenters Gilda Montenegro-Fix, founder and senior consultant of Celebrate Diversity! Cultural Agility consulting and training, and Angel Harris, RN, BSN, President of Corvallis NAACP, for an interactive and dynamic workshop and walk away with deeper clarity and tools you can apply at work and in life.

9:00-10:30 **Strategic Resilience: Your Essential Guide to Wellbeing and Vicarious Trauma Prevention**

Resilience is now recognized as the key to lasting personal and professional wellbeing, as well as the primary tool for vicarious trauma prevention. Strategic resilience is a process of using specific personalized set of tools consistently which results in a sustainable state of health and wellness. This session, led by vicarious trauma prevention expert Olga Phoenix, is packed with essential tools for your

personal and professional lives, designed to inspire and empower you to strategize resilience, enhance your wellbeing, and flourish.

Family Coaching, Goal Setting and Self-Sufficiency

Join Dr. Amy Stoeber, licensed psychologist, trainer and consultant, for an engaging discussion around setting goals and creating self-sufficiency through a strength-based lens. We will discuss how to meet the needs of families in a virtual climate, guiding principles on collaborative work and how to build resilience in families. There will be plenty of time for discussion and brainstorming about the best way to build resilient families while identifying needs through a family strengths-based outlook.

10:30 Break

11:00- Perinatal Mental Health

12:30pm Wendy Davis, PhD, Executive Director of Postpartum Support International (PSI), will facilitate a workshop about the important role of Home Visitors in supporting families through this vulnerable and challenging time. We will discuss how to identify mental health concerns, including postpartum depression, anxiety, and loneliness. We will explore how we use our strengths of listening, reflecting, and identifying tools and approaches to help families move forward. We will also share how the work of supporting families affect you, and how to understand your role, boundaries, and tools for self-care.

Virtual Screening in Home Visitation

The provision of child screening and assessment is a critical component of home visitation models. Fitting screening opportunities into home visitation sessions can be challenging and can delay the course of the intervention. Utilization of virtual technology, including web-based apps and video-conferencing encounters is a viable solution for home visitors and allied professionals to provide developmental screening. This training workshop, led by Dorian Traube, associate professor in the Suzanne Dworak Peck School of Social Work and developer of Parents as Teachers @ USC Telehealth and Angela Rau, Director of Program Innovation and Professional Development with Parents as Teachers, will share outcomes from the Parents as Teachers Virtual Child Development Screening Project.

Presenter Biographies

Gilda Montenegro-Fix is a Costa Rican woman, mother, wife, adventurous world traveler and global citizen. In the 90's, Gilda represented her country in two Olympic Games (Barcelona '92 and Atlanta '96), in the sport of whitewater slalom kayak. She was the only woman from Latin America to compete in this discipline. This Olympic experience was the culmination of 10 years of outdoor leadership work. She studied Psychology at the University of Costa Rica, worked as a bilingual/bicultural family advocate with multicultural low-income families for 10 years in Hawaii and Oregon, and later became a certified trainer in Cultural Competency. Ms. Montenegro-Fix is the founder and senior consultant of Celebrate Diversity! a Cultural Agility consulting and training company. Having worked in early childhood education, family support services, cross cultural communication and Equity, Diversity, and Inclusion, she is passionate about facilitating understanding, cultivating harmony, and building bridges that connect us all.

Angel Harris, RN, BSN is the President of the Corvallis-Area branch of the NAACP. She has served there since 2014 in leadership roles including the chair of the Community Coordination Committee. As a Registered Nurse and mother of 3, Angel assists in the support, growth, and development of those she encounters. She has been a strong voice of social change within the Corvallis School District, helping with the District Equity Leadership Team Advisory (DELTA). Angel is a key leader within her church and the community where she resides with her husband. Originally from Mississippi, Angel attended Oregon State University and graduated in 2001 from Linfield College School of Nursing with a Bachelor of Science degree. Angel has also taught Zumba Fitness classes and enjoys helping people learn and grow together as agents of change.

Olga Phoenix Olga Phoenix is an internationally recognized wellbeing strategist, resilience expert, vicarious trauma prevention author and sought-after speaker. Olga is the creator of the Self-Care Wheel, translated in several languages and featured widely in media outlets. In April of 2020 she released a new wellbeing enhancement tool called Resilience Wheel, in response to unprecedented physical and mental health challenges posed by worldwide pandemic. Her keynotes, trainings, the online academy, and books empower individuals and organizations to grow and thrive via unique, sustainable, evidence-based tools which foster resilience and wellbeing.

Dr. Amy Stoeber is a licensed psychologist with a private practice and provides training, consultation and education to parents and professionals. She works with parents and professionals to create resilient children and thriving families by training about healing stress and trauma through connected relationships. Dr. Stoeber was a statewide trainer for The Department of Human Services, serves as an adjunct faculty member for Portland State and has worked with Children's Health Alliance to promote wellness for children of all ages in pediatric settings. Her current work is promoting resilience within pediatric medical homes and school systems through partnership and collaboration. When she's not working to promote family resilience, you can find her with her family on their small hobby farm in Newberg, Oregon.

Wendy Davis, PhD, is the Executive Director of Postpartum Support International (PSI) and lives in Portland Oregon. She began her career as a psychotherapist in 1987 and started specializing in perinatal mental health after recovering from postpartum depression and anxiety in 1994. She founded Oregon's first perinatal mental health support organization Baby Blues Connection in 1994. She works with providers, public health systems, schools, communities, and hospitals to develop and provide perinatal mental health training curriculum and services. Wendy provides consultation and training to develop perinatal support services, building models that utilize the strengths and address the needs of diverse communities.

Dorian Traube is an associate professor in the Suzanne Dworak Peck School of Social Work. She developed Parents as Teachers @ USC Telehealth, the first partnership of its kind between a national home visitation model and a university-based telehealth clinic. In doing this she also established the first virtual home visitation program, offering an entire home visitation model with fidelity via video conferencing technology. This program was chosen as a Named Commitment by the Clinton Global Initiative and was selected as the winner of the Gary Community Investment/OpenIDEO Early Childhood Innovations Prize. In four years, the program offered over 17000 home visits and trained 25 home visitors in virtual service delivery strategies. This research laid the foundation for a national effort to make virtual home visitation available nationally during the COVID 19 crisis. Her research agenda focuses on the utilization of technological solutions to provide early childhood health, education, and parent support services. She has expertise in children's mental health, child maltreatment prevention, family support interventions, and home visitation. Her research has been funded by the National Institutes of Health, the Parsons Foundation, Queenscare Foundation, and the Overdeck Foundation. Dr. Traube sits on the board of directors of Child 360 and the California Emerging Technology Fund.

Angela Rau has been with Parents as Teachers, 1990 and now holds the position of Director of Program Innovation and Professional Development. In this capacity, she assists, advises, and guide efforts toward the professional development and innovative home visiting and parent education approaches. She guided and co-directed the implementation of the first virtual Parents as Teachers affiliate (Parents as Teachers @ USC Telehealth). In 2018, Angela led the Virtual child development screening project which received the Gary Community Foundation award as one of top early childhood innovations.