

Impact of Mental Health Consultation in Home Visiting Programs

Due to California Project LAUNCH

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Outcomes for Home Visitors



☆ Increased support and self-care strategies to combat home visitors' stress and burnout

☆ Increased knowledge about mental health topics and about accessing mental health resources to help home visiting families



☆ Increased skills and strategies to help home visiting families with mental health needs

☆ Change in the desired direction for all three sub scales (Compassion Satisfaction, Burnout and Secondary Traumatic Stress) of the Professional Quality of Life Scale, ProQOL-5



☆ Statistically significant change in Burnout and Secondary Traumatic Stress on the Professional Quality of Life Scale, ProQOL-5

Impact on Families

- ✦ Brief therapy in times of need
- ✦ Improved and increased linkages to outside mental health services
- ✦ Innovative therapy and wellness groups (Attachment Vitamins, Movng Beyond Depression, Family Cafes)
- ✦ Increased capability of their home visitor around mental health issues

Impact on HV Programs

- ✦ Improved case conferencing and new individual case consultation opportunities
- ✦ Improvements in addressing the secondary trauma of staff members
- ✦ Increased reflective supervision and reflective practice opportunities
- ✦ Increased focus on cultural competencies
- ✦ Improved strategies, skills and language to help families with mental health needs connect to counseling

