

Mental Health Integration into Home Visiting- Promoting Mental Wellness in Our Communities

Presenters:

Rita Lang, LMFT rita.lang@acgov.org

Anna Gruver, LCSW anna.gruver@acgov.org

Presentation Objectives:

- Understand strategies and challenges for creating mental health integration efforts: Learn why mental health integration can be beneficial for home visiting programs
- Learn how mental health consultation can be a beneficial service based on contemporary needs of “high risk” clients needs, trauma and toxic stress loads carried by direct service staff, and learn ways that providing case referral support for specific clients can be an advantage for staff members/teams

Key Takeaways:

- Mental health integration focuses on the health and well-being of the child in the context of dyadic relationship with the primary caregiver/parent/guardian
- Two- generation approach- the focus is on maternal/parental mental health AND the parent-child relationship
- Mental Health integration must include the impact of stress and trauma on families with young children and this includes vicarious trauma for individuals and providers/home visitors
- Clinicians provide: Consultative intervention strategies, training, supports to home visitors integrating reflective practice approach, brief interventions for clients in their homes
- On-going training for home visitors on mental health topics provided by a variety of behavioral health professionals.
- Monthly team case conferences for enhanced training and discuss relevant mental health topics and approaches to specific cases
- One-on-one case consultation by mental health consultant and provides support to home visitors around clients’ complex mental health needs

- Improved screening and referral tools and protocols – including depression and developmental screening – to identify and link clients to needed mental health supports and services

Resources:

Enhancing Home Visiting with Mental Health Consultation

http://pediatrics.aappublications.org/content/132/Supplement_2/S180.full.html

Project LAUNCH website

<http://www.healthysafechildren.org/grantee/project-launch>