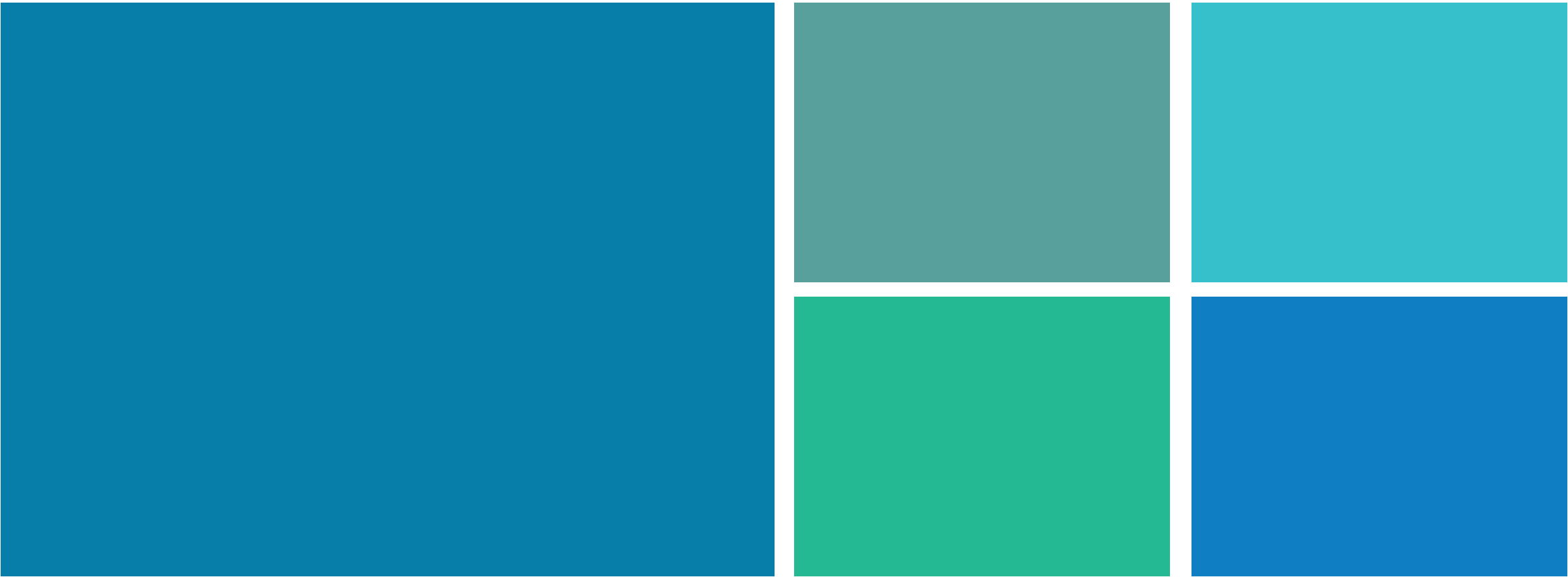
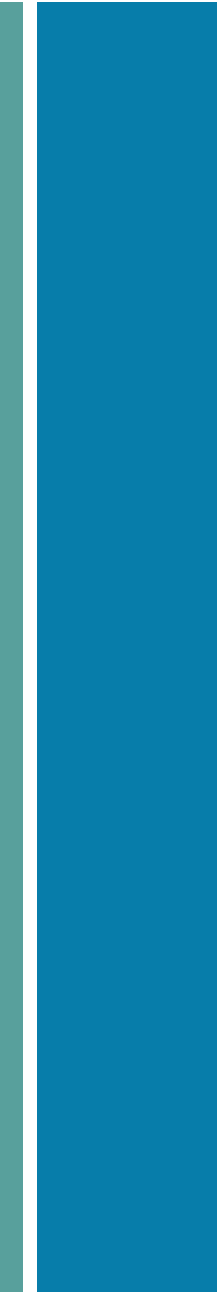




Training in Infant Mental Health-Home Visiting as an Evidence-Based Practice







Practical implementation of video review: Early Relational Health Screening and Promotion

University of Michigan
www.zerotothrive.org

Agenda

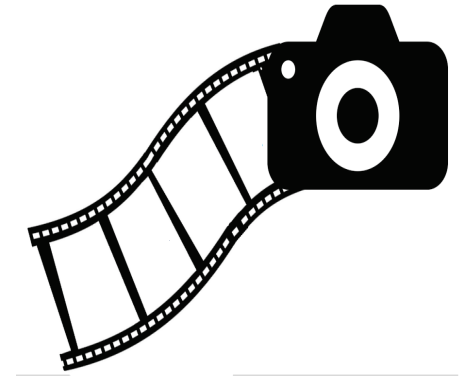
- 9:00-9:30: Introductions
- 9:30-10:20: Video review
- 10:20-10:35: Break
- 10:35-10:55: Noticing and Discussion
- 10:55-11:25: Collaborative questions
- 11:25-11:45: Discussion
- 11:45-12:00: Integrating (Check-out)

Introductions

- When did you go through training and coaching calls? Cohort 1 or 2?
- Where are you currently working?
- What was your favorite movie as a kid?

Video Review

Why Video Review...?



- Video observation and reflection...
 - Recognizes the parent as the expert
 - Allows parent to share own experiences and perspective with the provider
 - Supports reinforcing parent, child, and relational strengths
 - Opens door to understanding and addressing challenges
 - Provides a record for monitoring change
 - Promotes reflective functioning and perspective-taking
 - Can highlight reciprocity & mutual influence- “serve and return”
 - Can be used to engage multiple caregivers and family members

Hold in Mind....

- Challenges can include family – and clinician– reticence (e.g., to be on video, initial discomfort observing self)
- Cultural considerations– cultural humility, the meaning of videotaping, centering around equity and diversity informed practice
- Legal considerations -- protecting family from unintended use
- Referrals – as needs are identified, what are systems of care, resources?

Many Models Use Video Review

- Great empirical evidence to support the power of video review – “seeing is believing”
- Interaction Guidance (Susan McDonough)
- Video-feedback Intervention to Promote Positive Parenting (Alan Mendelsohn)
- Circle of Security (Intensive Model)
- Infant Mental Health- Home Visiting (Rosenblum et al., 2019 IMHJ)
- Early Relational Health Screening (Munson, Moe, Eddy, Condon, & Willis)
- Others...

Process of observing

- Prepare family for recording including watch video at next session
- Create video
- Reviewing the video with Reflective Supervisor
- Then go back to family and discuss



Provider Stance

Importance of a benevolent, collaborative stance

Not to “judge” but to share in observations and reflections

Chance to observe and appreciate the special strengths and characteristics they and their children bring

Goal is to build on these strengths to promote relational health

Empower parents, offer hope

Offer information / guidance with careful intention

Cultural humility, curiosity, collaboration, and diversity informed practice (guided by the IMH Diversity Informed Tenets)

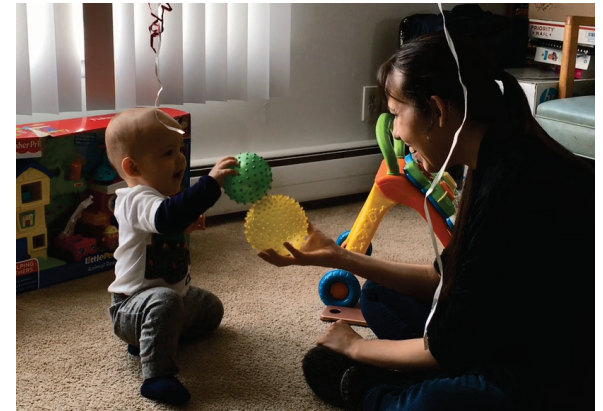


Ideas for “How” to Use Video Effectively

- Can be done at home, in a clinic, classroom, or neighborhood park, during routine care (e.g., feeding)
- Face to face engagement can be particularly powerful
- Incorporate as part of a standard screening protocol (eg HFA CHEERS Check-in or Early Relational Health Screen)
- Important to let the parents know we are not doing this to “judge” them or the infant
- “Making a movie together” offers a chance to step back and observe the special relational strengths and qualities

Introducing Video to Families

- “You are the most important person in your baby’s life.”
- “You are also the expert on your baby.”
 - Video infant-caregiver interactions and review clips to notice moments of enjoyment, confusion, challenge.
- Review clip:
 - Introducing to mother of a 7-month-old baby
 - What did you notice in this clip?
 - What might you do similarly or differently?



- Video of Alyssa introducing ERHS to family

Introducing Videotaping Activity

- Go into Groups and then practice with each other
- Role play introducing video review to a family (1-2 minutes)
 - Think of a family you'd like to record, but haven't yet:
 - What might you say?
 - What are your worries?
 - How can we address those worries?
- Share responses as a large group



Reviewing Clips With Families

- Process of selecting 1-3 clips while recording including:
 - a positive parenting moment
 - a challenge, and
 - a beautiful connection
 - clinician jots down time stamps
- Standard questions to ask the parent after reviewing clips:
 - How typical was this interaction today?
 - Did anything surprise you, concern you, or make you happy?
 - What was the sweetest moment for you?
 - Did you learn anything about yourself or your child while watching this video?
 - Going forward, is there anything you hope to do more of with your baby?



Goal is to help caregivers build on strengths & make the most of their time with their infant.

Video Observation – Provider Strategy

- Goal of the providers' comments are:
 - to be curious, collaborative, and humble
 - to be open -- encourage and support parental observation and insights
 - to lead the parent to discover and own the knowledge



10 Minute Break!

Practice Noticing

- Video to practice observing behaviors from RCT
- What do you notice?

Group Discussion (20 minutes)

- What did you notice about the words you used to describe your impressions of the family?
- What did you notice about what you felt when thinking about the family?
- What did you notice that you were curious about?
- What identities do you share with this person? (e.g., race, gender, background, etc.)
- What identities do you not share with this person (e.g., race, gender, background, parental status, etc.)
- How do your identities impact how you are experiencing the family; what are your reactions and feelings?

Discussion Debrief (5 minutes)

Collaborative Questions

Illustrative Questions to Prompt Collaborative Reflection

- What did you notice? How typical was this interaction?
- What was the feeling while you were interacting? For you? Your child?
- What do you think your child was thinking or feeling? You?
- Was there anything that surprised or concerned you?
- What was the “sweetest moment” for you?
- Does watching this tell you anything about your child or yourself? Your relationship?
- Anything you’d like to try doing differently?
- Are there things you enjoyed seeing yourself do? Your child?
- Things you’d like to do more?

Reviewing a video clip

- Video of example reviewing video clip

Discussion (20 minutes)

Clinicians Reviewing with Families

- What might you add as a clinician, or share as feedback to a clinician as their supervisor?
- What identities do you share with the people in the video? (e.g., race, gender, background, etc.)
- What identities do you not share with the people in the video? (e.g., race, gender, background, etc.)
- How do your identities impact how you are experiencing the people in the video (thoughts and feelings/reactions)?
- How does your identity impact the type of responses you may experience?
- How might the response you are experiencing change, if you are working with a family that is more diverse?
- When with parents, are there moments that are more difficult and that are harder to “sit on your hands” when observing or interacting with the family?

Discussion Debrief (10 minutes)



“Broadening the Frame”...

- Delighting in parent observations:
 - “I really appreciate your sharing that with me...”
 - “I saw that, too!” “I enjoyed that, too!”
- Expanding and/or Reframing
 - “I also wondered if...”
 - “Is it okay if I share with you something that I saw?”
 - “Sometimes I have heard other parents/children...”

Check out