

HVSA PAT PBC Working Group Notes -- Thursday, March 11, 2021

Meeting Objectives:

- *Learn and reflect on the preliminary caregiver survey findings*
- *Reflect on cohesion and dissonance with home visitor findings*

Participants:

- *PAT Leaders: , Ari Fraire, Leo Gaeta, Cynthia Grayson, Tyna Hagood, Cinthia Gutierrez, Jennifer Hooper, Kristi Jewell, Samantha Masters, Mary McCracken, Elizabeth Moore, Aurora Pena, Erin Schrieber, Trissa Schniffer, Alacia Thornton, Kristen Williams, Rynne Zielinski*
 - *State team: Susan Botarelli, Izumi Chihara, Jage Curl Grace Edwards, Minnette Mason, Valerie Stegemoeller, Kathy Tan, Rene Toolson, Ivon Urquilla, Marissa Williams*
-

I. Introduction, Check-In and Purpose

- *The intent of the meeting was to hear the preliminary findings from the caregiver survey which had closed on February 26, learn from those findings and reflect on the similarities and differences with what we learned from home visitors in the fall through focus groups and surveys.*
- *People shared some things they do to enjoy themselves – some great ideas!*
- *The PBC timeline continues to adjust to allow for greater reflection on input and acknowledgement of the limitations placed on all of us from COVID-19. We will spend at least 3 meetings diving into Caregiver Survey results with the hope of narrowing down our outcomes definition by April or May, when we will begin to revisit measurement tools in light of the input we've received.*

II. Caregiver Survey:

- **Process:** *Distributed from February 3-26, we received 208 responses. Of those, 190 were via the electronic Survey Monkey and 18 on paper; 165 were in English and 43 were in Spanish (of the Spanish surveys was paper, 42 were electronic; 17 of the English surveys were paper and 148 were electronic). Seventeen of the 21 HVSA funded PAT programs submitted surveys.*
- **Respondents:** *The presentation slides depict respondent details such as their length of time in the program (most commonly between 1-2 years), age of respondent's children at enrollment and at the time of survey completion, language spoken at home.*
- **Why do caregivers participate?** *When asked to identify reasons with no limit on responses, most respondents shared numerous reasons, with the most common responses: Ideas on activities to do with their child; learn more about their child's development; improve parenting knowledge; and improve parenting skills. When asked the top 3 reasons for participating, the same 4 responses emerged as most common, with improving parenting skills as the topmost response. Only 23 respondents indicated their reason for engaging in the program had changed due to COVID. Meeting chat included comments that these responses were consistent with their experience, but surprised that accessing resources wasn't higher up on the priority list.*
- **How is PAT helpful?** *In the survey, caregivers were also asked to identify from a list the top 2 areas where PAT was most helpful before Covid and during Covid. Before Covid, the top 3 responses align with why they engage in the program: increase knowledge of their child's development; improve*

parenting skills; and improve knowledge of parenting. During Covid, these responses remained the top; however, 3 categories increased notably: lowered stress/worry about their child/their parenting; increased confidence in parenting; and improved relationship/interactions with children

- **Parent Educator Activities Supporting Parenting:** The survey asked caregivers to indicate 5 activities a parent educator does that were most helpful in supporting their parenting. Eight responses categories were noted by 20% of more of respondents, with the top 4 getting 30% or more: Build a strong relationship with you (47%); Listen to your concerns/questions (39%); Listen to your parenting goals, hopes and dreams (37%); Help you think through and solve parenting challenges (30%). Meeting chat comments reflected that these responses were not mostly surprising as the relationship is very important and wonder at the respondents themselves – likely they were more highly engaged in the program, families with more needs may have exited, the virtual setting made relationship development more difficult.
- **Parent Educator Activities Supporting Well-Being (Active Ingredients):** The survey asked caregivers to indicate 5 activities a parent educator does that were most helpful in supporting their well-being. Eight responses categories were noted by 20% of more of respondents, with the top 5 getting 30% or more: Check in with you and ask how you are (60%); Listen to your concerns/questions (39%); Build a strong relationship with you (35%); Listen to your hopes, goals, dreams (33%); Talk with you about your concerns/questions (30%). Meeting chat comments noted the importance of the FAN and checking in and how for many caregivers the home visit may be the only place in their lives this happens.
- Analysis still to come on findings include: Reasons caregivers continue in PAT and understanding the impact of Covid on those reason; Why the top outcomes were meaningful to caregivers; Examples of parent educators' activities that support parenting and well-being; Participants views on approach to screening; and Alignment and misalignment with home visitor engagement findings.

III. Recap of Home Visitor Survey and Focus Groups

- **Process:** Five team meetings and 2 inter-agency focus groups were conducted between September and October which included 45 participants (7 supervisors, 2 data people, and 36 home visitors) from among 10 HVSA funded programs. An on-line survey was also distributed in November where an additional 21 home visitors responded from 10 HVSA funded programs.
- **Why Parents/Caregivers Participate in PAT?** Home Visitors shared their thoughts on reasons for participation as: Learn more about their child and child development; Listening ear/nonjudgmental support; Relationship and reducing isolation; Connections to resources; Gain confidence in parenting; and PAT Incentives.
- **Top Outcomes of PAT.** The focus groups and surveys revealed that the top PAT outcomes as a result of PAT before COVID were: improving participants' Interactions/relationship with their child, increasing confidence in parenting; and increasing knowledge of child development. During Covid, the order of the list changed, with reducing levels of stress and/or anxiety about their child or their parenting rising to the top. In addition to parenting supports, focus group participants also noted the building of the relationship, and offering mental health supports
- **Important Activities influencing parent-child interactions:** Home visitors felt the most important activities were: Listening/talking about concerns and questions; establishing relationship/partnership with caregiver; tailoring the visit content to the family's immediate circumstances; and recognizing, noticing, and highlighting strong parent-child interactions.

- *Important Activities influencing caregiver well-being: Home visitors felt the most important activities were: Checking in with caregiver/family; Communication –listening, talking about concerns and questions; Building awareness of relationship between parent’s and child’s well-being; Focusing on the relationship –building on strengths, supporting, promoting healthy relationships; and Flexibility and adaptability-tailoring visit to the family’s immediate circumstances.*
- **Small Group Reflections:** *the large group divided into 3 smaller groups to reflect on the data provided; how it resonates with their experience, alignment and divergence between caregivers and home visitors; and differences in pre-Covid and during Covid findings.*
 - *Importance of the parent educator relationship with the family*
 - *What is the impact of Covid, virtual interactions, etc.?*
 - *This information would be great conversation with LIA teams of parent educators*
 - *Not surprised addressing stressors during Covid are important.*
 - *The different vantage points of participants and home visitors is revealing.*

IV. Next Steps

- *In April, we will continue analysis of caregiver survey responses and discuss at our next meeting with the hope of informing a process to narrow and refine the PAT outcomes of focus for PBC. We are also hoping to revisit the measurement options, reflecting on these tools in light of the home visitor and caregiver input.*
- *Meeting participants indicated that additional information they would like from the survey analysis included: my reflections from DCYF and looking at the information regionally, by language, and from an Eastern/Western WA perspective.*
- *Next meeting is Thursday April 8th.*

Thank You!