

HVSA PAT PBC Working Group Notes -- Thursday, April 8, 2021

Meeting Objectives:

- Continue learning and reflecting on the caregiver survey findings
- Reflect on cohesion and dissonance with home visitor findings
- Set the stage for narrowing outcomes?

Participants:

- PAT Leaders: Heila Blair, Nancy Donato, Leo Gaeta, Cynthia Grayson, Kristi Jewell, Nita Lynn, Mary McCracken, Elizabeth Moore, Aurora Pena, Dianne Trevino, Kristen Williams, Ryanne Zielinski
- State team: Susan Botarelli, Izumi Chihara, Jage Curl, Courtney Jiles, Minnette Mason, Cassie Morley, Gaby Rosario, Valerie Stegemoeller, Kathy Tan, Rene Toolson, Ivon Urquilla, Marissa Williams

I. Introduction, Check-In and Purpose

- *The intent of the meeting was to learn more and discuss findings from the caregiver survey and to continue our reflection on the similarities and differences with the home visitors' input.*
- *People shared some things they love about Spring – light, flowers, warmth!*
- *The PBC timeline continues to adjust to allow for greater reflection and integration of caregivers' input with the hope of narrowing down our outcomes definition at the May meeting, when we will also discuss measurement with this input in our minds.*

II. Caregiver Survey and Comparison with Home Visitor Input:

- **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. 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 time of survey (more than half were between 2 and 4 years); language spoken at home (25% were Spanish), and number of children being cared for (split about 1/3 each to 1, 2, and more than 2 children, with 2% having no children – being pregnant).*
- **Surveys by language and Eastern/Western Region of WA:** *The data presentation will include sub-analyses by survey language and region.*
 - 25% of responses were in Spanish, while 75% were in English.
 - 38% of responses were from eastern WA LIAs, and 62% were from western WA LIAs
- **Comparison with Home Visitor Engagement:** *is based on 5 LIA team meetings and 2 inter-agency focus groups conducted last fall (45 participants from 10 HVSA funded programs) and an on-line survey in November with responses from 21 home visitors from 10 HVSA funded programs.*

- **Why do caregivers participate?** Top reasons for participation in PAT from caregivers to improve parenting skills followed by ideas on activities to do with their child and learning more about their child's development. This was followed by improving parenting skills, having someone to listen and support, and increasing confidence in parenting abilities. Home visitor views on participation included: learning more about their child/child development, getting a listening ear/nonjudgmental support, the relationship-reduced isolation, getting connections to resources, gaining confidence in parenting; and incentives. Among the caregiver survey responses, Spanish respondents are over-represented beyond their 25% among the top 3. The English survey respondents spread their top responses across more reasons. Those from Eastern Washington LIAs were over represented among in their top response of learning more about their child's development, while the other top 3 were more popular among the Western Washington respondents.

Small group discussion of these findings confirmed there was consistency across the 2 groups, but still sounded intrigued by the different views of home visitors and caregivers, particularly on the perceptions on need for support and caregiver desire to learn more about child development. It is clear that the program focus on parenting is received by participants, and that home visitors' focus includes the importance of the relationship.

- **How is PAT helpful before Covid-19?** Responses in the caregiver survey identified the top PAT impacts before COVID as increasing their knowledge of their child's development, improving their parenting skills, and improving their knowledge of parenting. Home visitors identified similar and additional areas of impact: improved interactions/relationship with their child, confidence in parenting and knowledge of child development, followed by parenting skills and tools, the relationship formed with the parent educator, and mental health supports.

Small group discussion of these findings confirms the findings as resonating with their experiences with families. There was curiosity expressed about the variation between caregivers' view of impacts relating to improving their skills and knowledge of parenting and their child's development and the home visitor's view of the importance of the relationship in reducing isolation, addressing stress and anxiety, and supporting connection to other resources.

- **How is PAT helpful during Covid-19?** The top 3 responses remained at the top among caregiver survey respondents when asked about PAT impact during Covid; however, their impact was a bit lower than pre-Covid, less common and 3 other areas increased notably: lowered stress/worry about their child/their parenting; increased confidence in parenting; and improved relationship/interactions with children. Home visitors identified similar and additional areas of impact during Covid: reduced levels of stress and/or anxiety about their child/their parenting and improved interactions/relationship with their child, confidence in parenting and knowledge of child development, and followed by parenting skills and tools, the relationship formed with the parent educator, and mental health supports.

Small group discussion of these findings delved deeply into the different lenses of parents and home visitors – how they define parenting, how they perceive the visit, how Covid impacts their participation capacities. The relationship continues to come to the top for home visitors, while caregivers continue to focus on parenting and child development – is this divergence? But, the rising impact on stress coming to the top was confirmed by both groups. It is likely that the families who were really struggling and had the highest needs were not participating in the survey. It would also be interested in knowing if there are gender differences among respondents, as well as other demographic characteristics that were not collected.

- ***Large Group Reflections:*** After the deep dive into a few of the survey findings and longer group discussion, the meeting reflected overall on what we are learning with the following comments:
 - Covid is likely impacting responses and families' experiences. Is this the right time to make a decision about an outcome with all the unknowns?
 - How will children returning to in-person school impact parenting, parent-child interactions, and parent stress levels? How will the expected increase in homelessness impact our families? How will in-person visits impact things? New Covid variants?
 - Should we survey the participants again next fall to understand more? To account for the impact of Covid?
 - Group Connections occurring virtually with some (but not all) programs are increasing connections and activities between parents (both during and outside of meetings).
 - Several program teams have been looking at the information we've shared so far with enlivened conversations and wonderings.
- 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. Next Steps

- We will continue analysis of caregiver survey responses, particularly focusing on activities that are important to caregivers that support their parenting and their well-being and parent views on approaches to screening. We will discuss these at our May 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.
- Reflections on the meeting process were more positive on a slower approach to sharing data and more small group time because it helped with more deeply understanding the data and hearing the perspectives of others on the data. Several would like to be able to view the data through an ethnic and cultural lens to hear from the different voices across the many populations we serve.
- Next meeting is Thursday May 13th.

Thank You!