



Arkansas Home Visiting Notes

Spring 2019 Newsletter



Issue
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- Upcoming Events & Reminders
- Sharing Your Home Visiting Success Stories!



Arkansas Home
Visiting Network

Welcome, Spring 2019!

Welcome back from Spring Break, everyone! There have been quite a few changes since our last newsletter!

We've wrapped up our annual conference, hurried through the winter holidays, traveled to the National Home Visiting Summit in Washington, D.C., collaborated with one another at the Winter Institute, delivered Valentine's Day cards to kids at Arkansas Children's, pushed through some changes in staffing as a team, and now we're planning our annual Leadership Retreat in April!

To say that home visiting professionals are busy is an understatement! In this newsletter, we are going to touch on all of the changes that have been happening and share some of the amazing success stories that were shared with us over the past couple of months. It's only the end of February, and it's already apparent that 2019 is going to be an awesome year!

So many of these stories show such a commitment to building stronger families and brighter futures in our state. Thank you for everything you do for Arkansas kids and families! Your work does not go unnoticed, and we truly appreciate each and every one of you!

We Want Your Home Visiting Stories!

Do you have a home visiting success story? Do you know somebody who deserves to be recognized? Have you ever seen a story shared on social media and wanted to share your own? Send them our way!

We want to share your good news with the rest of the world! Send us your home visiting news, success stories, and accolades! You might just see them featured on our social media or in the AHVN Newsletter!

Email your stories to: mccurdyce@archildrens.org and be sure to follow us on Facebook, Instagram, and Twitter to stay up-to-date with the latest AHVN news! You can also send them via Facebook Messenger, by tweeting us, or through Instagram!

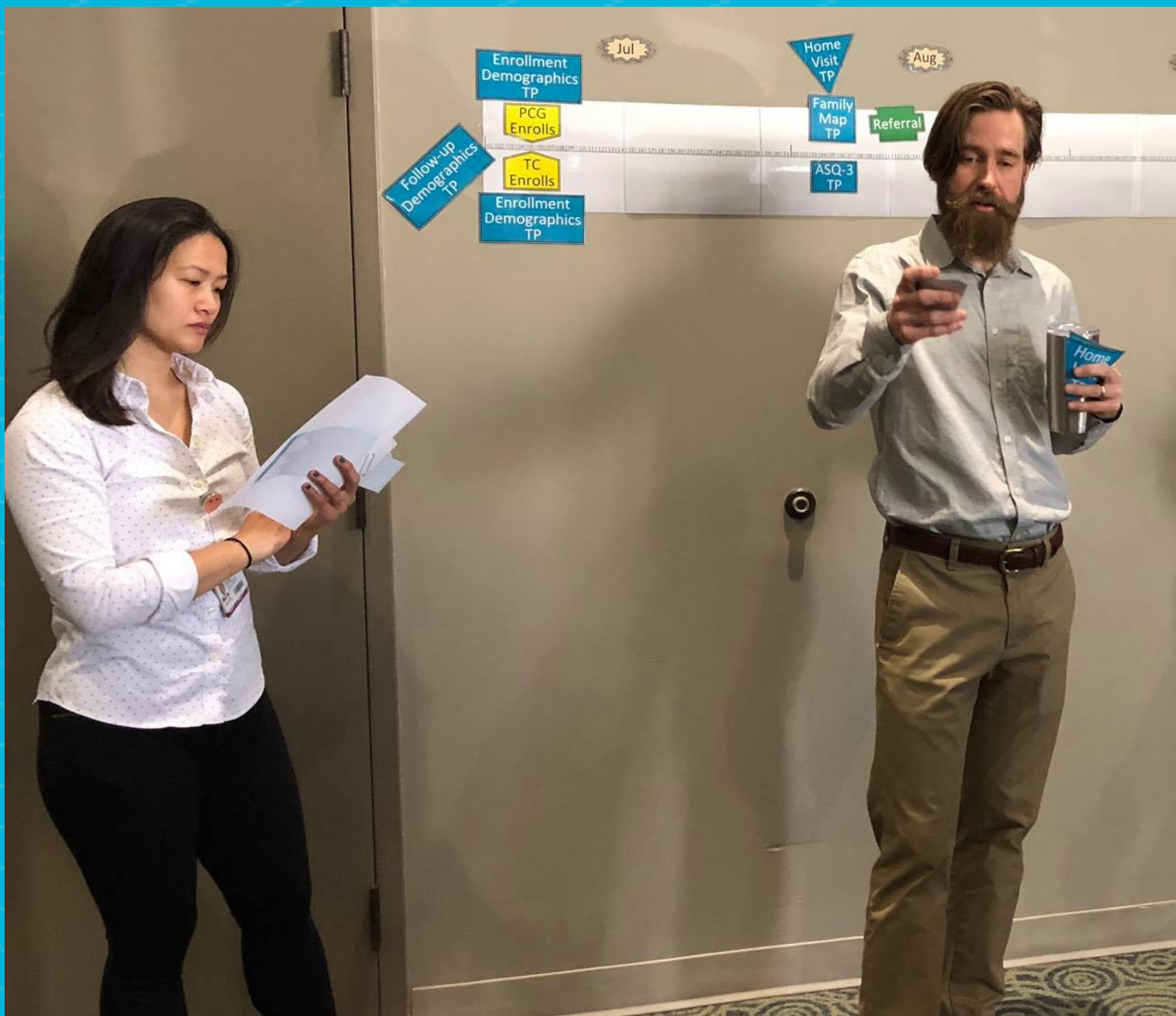


The 2019 Winter Institute

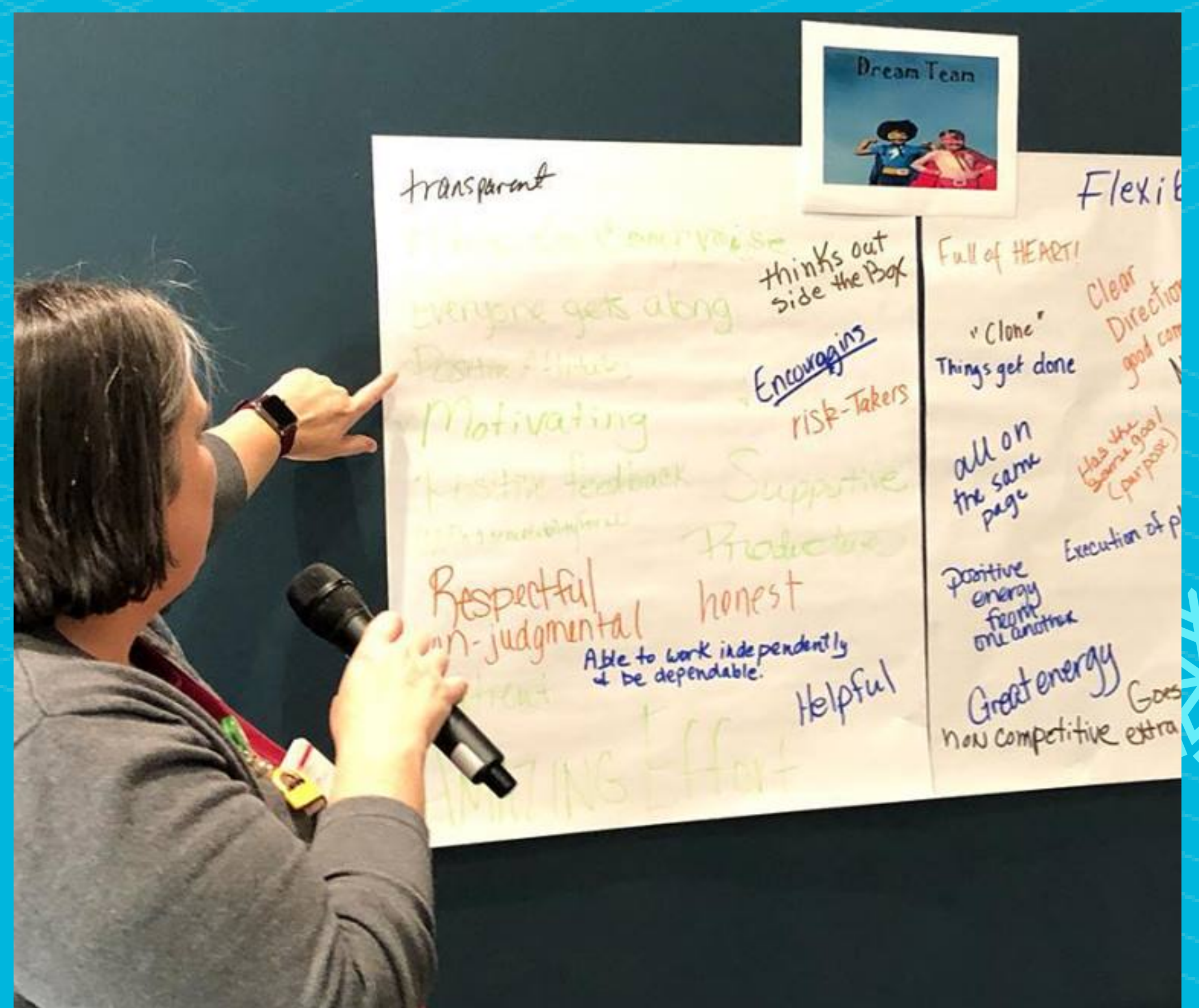
The Arkansas Home Visiting Network held the 2019 Winter Institute on February 12-13 at Arkansas Children's Hospital in Children's Hall.



On the first day of the Winter Institute, Cody Burnett gave a presentation on improving data quality in Efforts to Outcomes (ETO) with Ming Fung and Natha Jolly.



On the second day, we focused on building our "dream teams" and community collaboration between all of our home visiting models with the AHVN Training Institute and Model Leads.



What We Learned At The Winter Institute:

Everyone filled out a sticky note for their "ticket out" letting us know what they learned at the 2019 Winter Institute, and we thought it would be great to share that knowledge!

What I Learned:
I learned that MIECHV and ABC can serve the same families!

My Ticket Out:
I learned that each model needs the others to succeed in following the overall goal to best provide for our families

Coordinated intake is important, and learning the names and faces of those in different programs and counties other than my own was very helpful!

I learned that families with different aged children cannot be served by MIECHV programs at the same time, even if the ages don't overlap.

I didn't know that **FBBH** served families up until the child turns three until today!

Ticket out:
I learned that DCFS has to refer to SafeCare, but I also learned that SafeCare can refer to us.

Winter Institute 2019:
I learned that there is an NFP program that serves Stuttgart in Arkansas County.

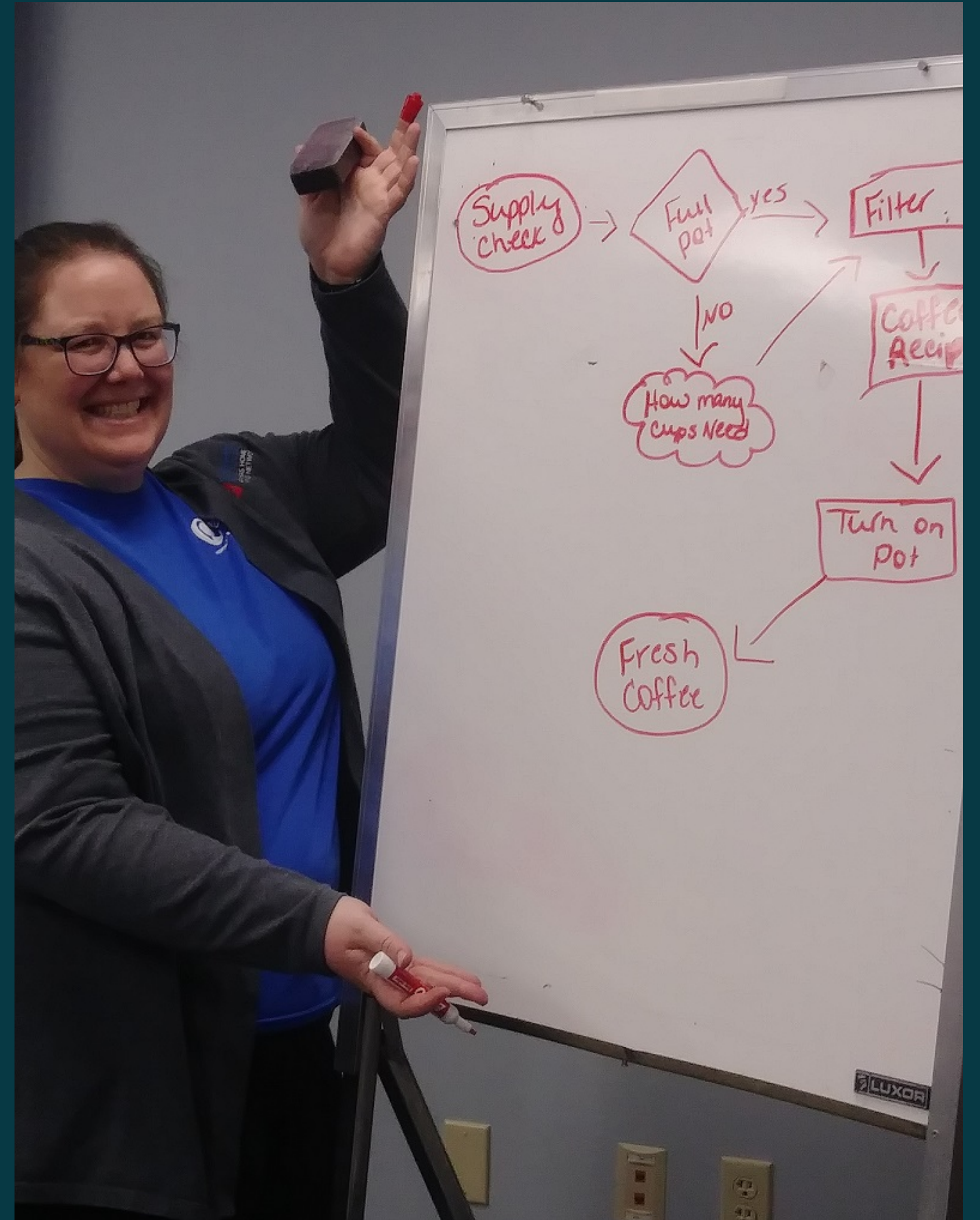
Making Connections:
I made great connections and got a lot of contact information from other models!

I learned the four types of team players: Communicator, Contributor, Challenger, and Collaborator!

I found out that there is a **HIPPY** program in Earle County

State Model Leads Working To Improve Our CQI Process!

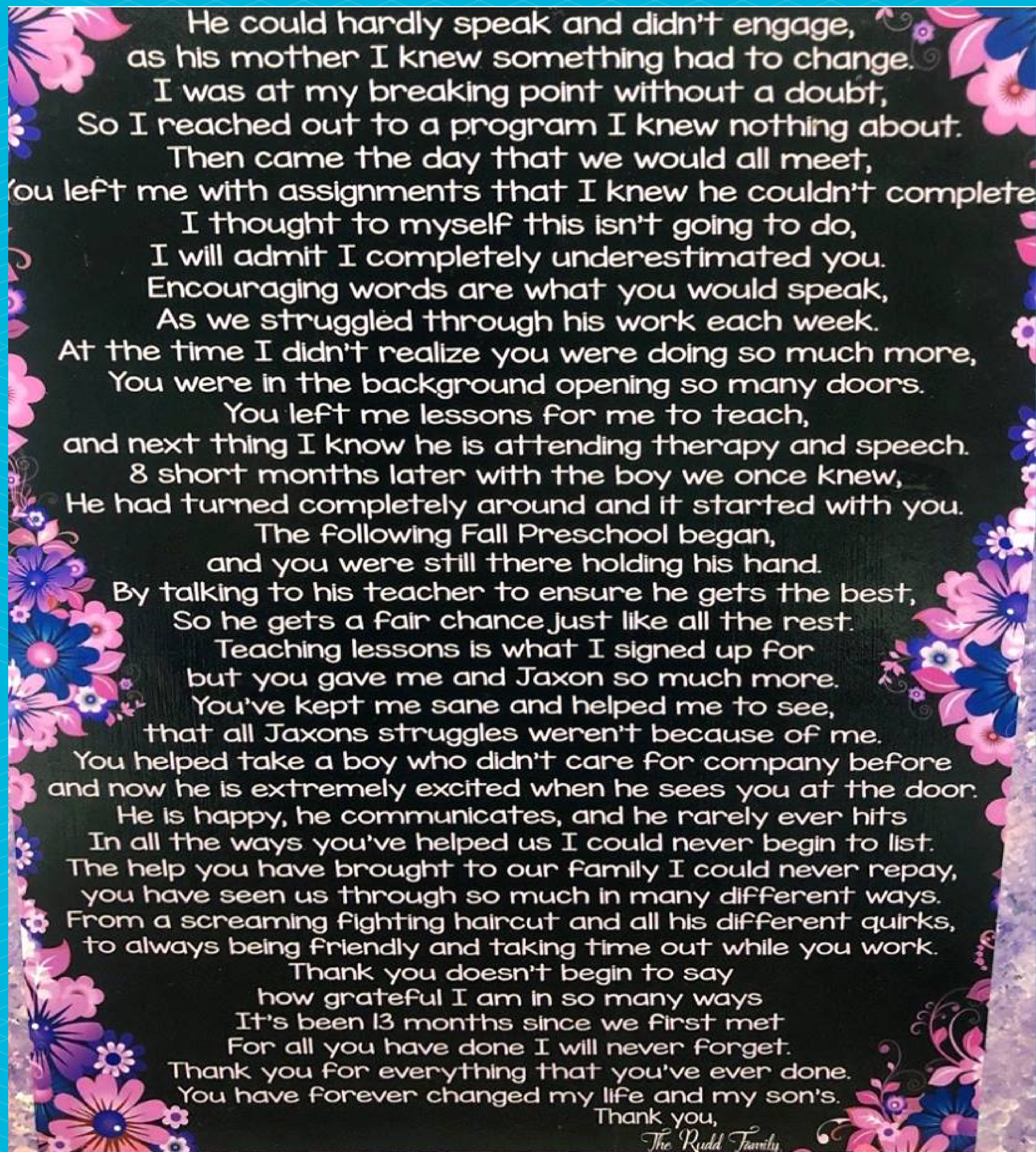
Process maps are used to examine existing system processes, identify deviations in processes from what was intended, and determine where and how change strategies can be tested to improve those processes. This can help programs identify processes that are not working so we can make changes to improve our systems.



These photos show high-level process maps, which give us a birds-eye view of a specific process. The maps are used as the first step of a CQI project when our team needs to know the basic steps. More details can be added later to identify parts of the process that need improvement.

A Poem From A HIPPY Parent

We could not wait to share this story with you all! Cheryl Gookin serves as a HIPPY home-based educator in the Piggot/Rector area. She recently received this poem from one of her parents, Nina Rudd. With Nina's permission, we want to share this story: Nina's son, Jaxon, will be tested for autism soon. She wrote this poem for Cheryl to thank her for all the support and help given to the Rudd family through home visiting. Kathaleen Miller sent it in to remind us of the impact home visiting can have on individual families. #HomeVisitingWorks!



He could hardly speak and didn't engage,
as his mother I knew something had to change.
I was at my breaking point without a doubt,
So I reached out to a program I knew nothing about.
Then came the day that we would all meet,
You left me with assignments that I knew he couldn't complete.
I thought to myself this isn't going to do,
I will admit I completely underestimated you.
Encouraging words are what you would speak,
As we struggled through his work each week.
At the time I didn't realize you were doing so much more,
You were in the background opening so many doors.
You left me lessons for me to teach,
and next thing I know he is attending therapy and speech.
8 short months later with the boy we once knew,
He had turned completely around and it started with you.
The following Fall Preschool began,
and you were still there holding his hand.
By talking to his teacher to ensure he gets the best,
So he gets a fair chance just like all the rest.
Teaching lessons is what I signed up for
but you gave me and Jaxon so much more.
You've kept me sane and helped me to see,
that all Jaxons struggles weren't because of me.
You helped take a boy who didn't care for company before
and now he is extremely excited when he sees you at the door.
He is happy, he communicates, and he rarely ever hits
In all the ways you've helped us I could never begin to list.
The help you have brought to our family I could never repay,
you have seen us through so much in many different ways.
From a screaming fighting haircut and all his different quirks,
to always being friendly and taking time out while you work.
Thank you doesn't begin to say
how grateful I am in so many ways
It's been 13 months since we first met
For all you have done I will never forget.
Thank you for everything that you've ever done.
You have forever changed my life and my son's.
Thank you,
The Rudd Family

March is National Nutrition Month!

Nutrition education has come a long way since we were growing up! Just take a couple of minutes to think about some of the food rules you learned as a teenager, or maybe even as a child. Carbs are bad? No eating after 4 pm? Be sure to clean your whole plate? How many fad diets did you try as a teenager, or even now as an adult?

Nutrition is a tricky business with a lot of misinformation floating around on the internet. During National Nutrition Month, we've decided it's time to get educated and help crush some of those false claims being made on social media.

Anorexia nervosa is a life-threatening disorder due to the effects of weight loss and starvation on the body and the brain. It has the highest mortality rate of any psychiatric disorder.

Did you know that putting children or teenagers on a diet and monitoring their food intake creates an environment of food scarcity, which can result in a lifelong struggle with food? It can lead to a lifetime of eating disordered behavior, including anorexia, bulimia, orthorexia, or binge eating disorder.

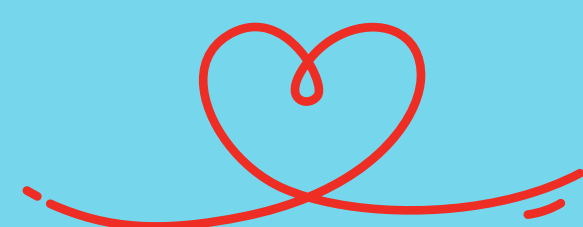
As parents, we also need to be models of body positivity for our children. If you complain about your own body, or criticize the bodies of others, your children are going to hear it and soak it up like the little sponges they are. If you can learn to accept, appreciate, and love your own body, your children will learn to do the same. Hate is something we learn, but so is self-love

If you're worried about a child's weight, the best thing you can do is teach positive reinforcement and healthy habits instead of focusing on changing your child's diet and body. Human brains are wired to become more and more fixated on food the more we diet. The best way to prevent childhood obesity is to practice intuitive eating. We are born knowing how to eat wisely.

Meal times should be about enjoyment, family time, and about nutrition. Encourage your children to eat foods that make their bodies feel good. When a parent makes a comment like, "This is going to go straight to my thighs!" or "I can't believe I ate all of that; I'm so bad today!" it only reinforces that food can be negative or positive, and reinforces diet culture

Flexibility goes a long way! As parents, we tend to want to plan for the future, including our meals. When we have a busy lifestyle, it's easy to get caught up in the week. Plan ahead by buying healthy snacks that you can grab and go! Encourage snacking because it promotes a healthy metabolism, cuts down on fast food stops, and saves money.

Another way to encourage healthy meal habits is by cooking meals together as a family. Eating at home is one of the easiest ways to celebrate National Nutrition Month! When your whole family gets involved with planning the menu, preparing the meal, and enjoying it together, the nutrition cycle comes full circle. Cooking a healthy meal together can nourish your bodies and feed your soul!



Milestones and Shout-Outs!



SafeCareAR state model lead LeCole White and Following Baby Back Home state model lead Carmen Irby (seen here pictured with Clark County Go Red Luncheon Mistress of Ceremony Ms. Caroline Derby, 2018 AHS Homecoming Queen and 2018 Miss Southwest Arkansas' Outstanding Teen) attended the Go Red Luncheon to promote heart health awareness targeting residents living in rural communities in Clark County.

Brandy Ivy, a Parents as Teachers Coordinator at ASU West Memphis, was recently recognized by Arkansas State University Mid-South as a 2019 NISOD Excellence Award Recipient! The NISOD Excellence Awards have a 25+ year history of honoring and recognizing the extraordinary work of faculty, administrators, and staff whose service to their students, colleagues, and community deserve special recognition. Way to go!

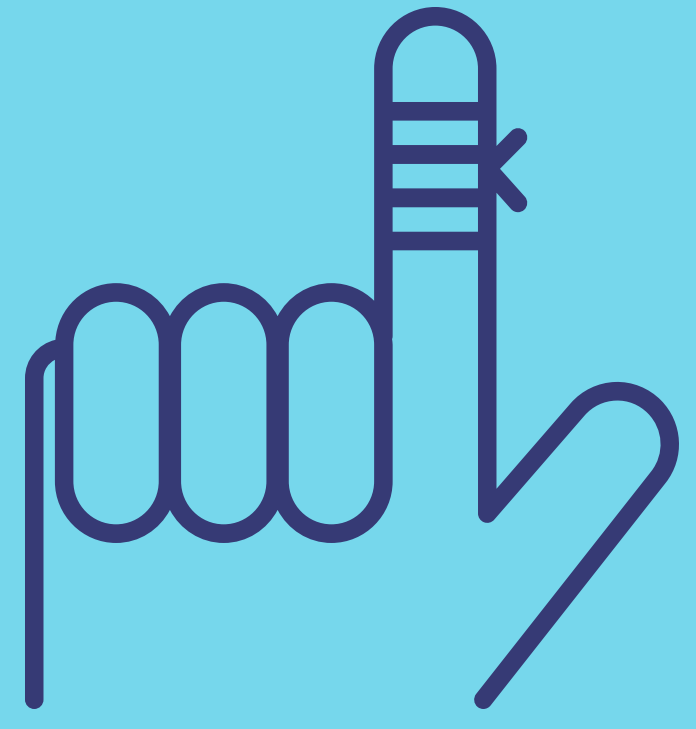


Bentonville Schools Parents As Teachers

Bentonville Schools Parents As Teachers (PAT) program has partnered with the Sunshine School Development Center PAT program and Child Care Aware NWA to offer Parent University through generous funding from the United Way of Northwest Arkansas. Parent University provides monthly parent education sessions targeted to specific age groups on topics of interest to families. Topics include Budgeting for Success, Discipline and the Young Child, Emergency Preparedness and Healthy Nutrition among others. While parents attend the training, children are being cared for at Kiddie College. Kindergarten readiness skills are being taught to those who will enter kindergarten in the fall. In addition, a meal is served to families and each family leaves with a children's book to build a home library. Educational door prizes are also offered.

Social events are planned to help parents build a network of support. Some of these include a Family Night at the Amazeum Children's Museum, a Family Fun Picnic, a Summer Community Carnival, and an opportunity to experience farm animals at Farmland Adventures. Teamwork and collaboration has allowed us to accomplish much more that we could have ever accomplished individually!





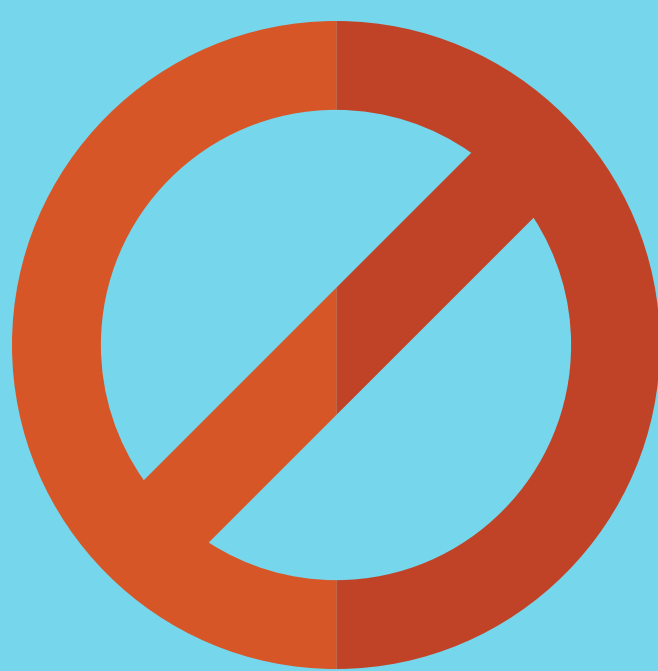
Reminders & Upcoming Events:



The AHVN Annual Leadership Retreat is next week on April 1st and 2nd! We will see everyone who registered by the March 12th deadline Monday evening at Lake DeGray! Registration and room check-in begins at 4 p.m. When you register, you will be given a True Colors assessment to complete! We're excited and we hope you are too!



As you all most likely know, we have had many changes in staff. In November 2018, Kathy Pillow-Price resigned as director of the AHVN. In February 2019, our long-time administrative assistant Diane Chaney retired and therefore will not be here to help us with April's contract renewal process. Things will be extra busy and we ask that you please bear with us as we figure everything out!



Next month is National Child Abuse Prevention Month! National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect and promotes the social and emotional well-being of children and families. This year's theme is "Strong and Thriving Families," which aligns with the 21st National Conference on Child Abuse and Neglect.



The April meeting of the Leadership Book Club is almost here! The Leadership Book Club meets quarterly in January, April, July, and October on the third Thursday of the month from 11:30 to 12:30 p.m. For more information, visit our homepage by clicking [HERE](#)!

The Call For Proposals is OPEN!



Stronger Families. Brighter Futures.

ARKANSAS HOME VISITING NETWORK

2019 Arkansas Home Visiting Network Conference

The Annual Arkansas Home Visiting Network Conference provides training opportunities for those working in home visiting programs throughout the state of Arkansas. Participating home visiting programs include, but are not to be limited to, Following Baby Back Home (FBBH), Healthy Families America (HFA), Home Instruction for Parents of Preschool Youngsters (HIPPY), Nurse-Family Partnership (NFP), Parents as Teachers (PAT), and Safe Care Arkansas. These programs promote high quality and evidenced-based home visiting services to Arkansas' families during pregnancy and until children enter kindergarten. They strive to build stronger families and brighter futures for the children of Arkansas by improving school readiness, increasing positive health outcomes, and decreasing child maltreatment.

November 6-7, 2019

Hot Springs, Arkansas

Hot Springs Convention Center

CALL FOR PROPOSALS NOW OPEN

To submit a proposal [CLICK HERE](#) to complete a short survey.

*At the end of the survey don't forget to select **SUBMIT**.*





stronger
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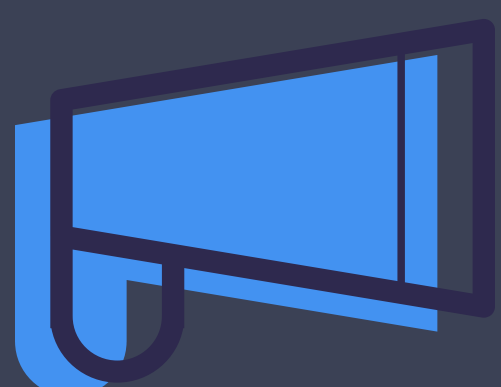
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