

# Thanks for joining the PAT Performance Based Contracting (PBC) Work Group

January 14, 2021

Please make sure your first and last name show on your video  
*(click on the upper right corner 3 dots of your picture and rename yourself)*  
**and if you've called in your phone number is associated with your video.**

*Please chat in your name and organization and  
your favorite breakfast while we wait for all to connect .*



# Today's Purpose

- Learn and reflect on the *preliminary* home visitor survey and focus group findings
- Provide input on caregiver survey process and timeline

# Parameters

- Today is a mix of listening and discussion
- **Please use the chat frequently** to help us stay connected to you
- If comfortable, please **unmute and use video** for a fuller dialog in small groups

# Today's Agenda

1. Introduction  
*Check-in, PBC, Timeline*
2. Home Visitor Survey and Focus Groups –  
*Learn and Reflect on Preliminary Findings*
3. Caregiver Engagement –  
*Update on Progress and Discussion of Next Steps*
4. Check-in/Reflection

# 1. Introduction and Check-in

*please chat in...*

- Name
- Program Name/Organization
- Role
- *Favorite Breakfast*



# PBC

- PAT

*Define a precise outcome*

*Identify and Test Measurement Options*

*Develop Milestones and Incentives*

- Other Models

*NFP: Learn from Healthy Birthweight Outcome and Adjust*

*Portfolio Programs: Begin Outcomes Planning*

- Communication and Publishing Results

*PBC Dashboard*

*Annual Reporting to DCYF Advisory Board*

# Work Group Schedule/Topics *continued to modify to a slower pace*

Month	Anticipated Agenda Topics
August	Orientation & Caregiver/Home Visitor Engagement Planning
September	Engagement Planning & Study Measurement Tools
October	Reflect on Input from Caregivers/Home Visitors & Study Measurement Tools
November	Reflection on Tools Discussion & Plan To Pilot Measurement Tool(s)
January	Reflection on Input from Home Visitors Discussion of Caregiver Input Process
March	<i>If available:</i> Reflection on Caregiver and Home Visitor Input and <i>Possible Decision Point: PAT Precise Outcome</i> Discuss Communication of Outcome
April	Learning: PAT Specific Elements Using the Precision Home Visiting Lens Discuss Measurement/Tools and Piloting – <i>potential decision point?</i>
May	<b>Reflection on FY21 Performance</b> <b>Plan for FY22 Contract Elements/Milestones</b>
June	Communicate/Integrate PBC Elements Of SFY22 Contract



## 2. Home Visitor Survey and Focus Groups

*Preliminary* learnings from

- Surveys
- Focus Groups

Approach – Organized by topic areas:

- Process Description
- Why Parents Participate in PAT
- What and the Primary PAT Outcomes (pre Covid and now)
- What activities influence Parent-Child Interaction Outcomes
- What activities influence Caregiver Well-Being Outcomes



# Process

## PAT Home Visitor Surveys

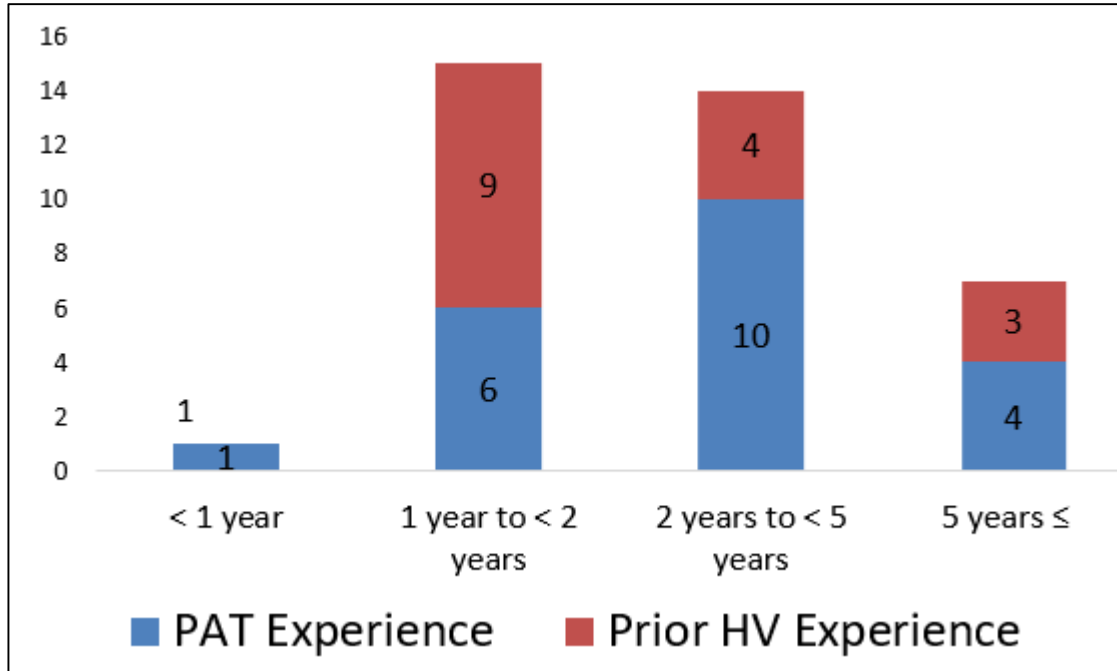
- On-line Survey (December)
- 21 respondents: home visitors
- 10 HVSA funded programs

## PAT Home Visitor Focus Groups and Team Meetings

- 5 team meetings and 2 interagency focus groups (September-October)
- 45 participants (7 supervisors, 2 data people, and 36 home visitors)
- 10 HVSA funded programs

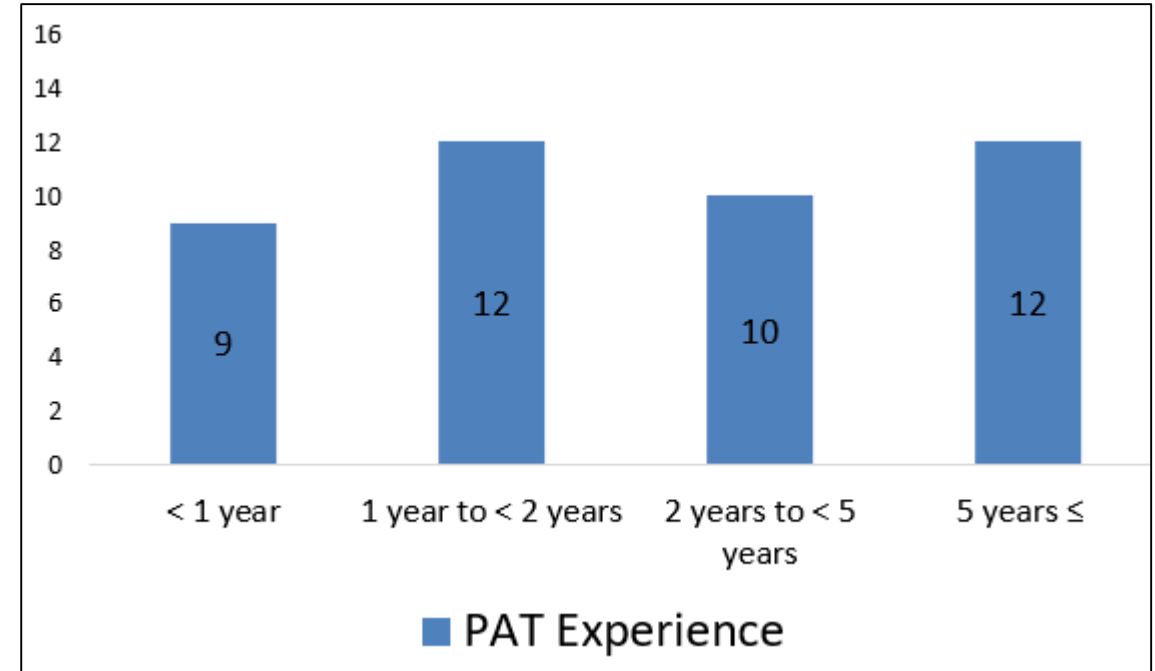
# Respondents' Experience as a PAT Home Visitor

## Surveys



N=21, Survey data only

## Focus Groups



N=43 of 45 focus group participants

# Why Do Parents/Caregivers Participate in PAT?

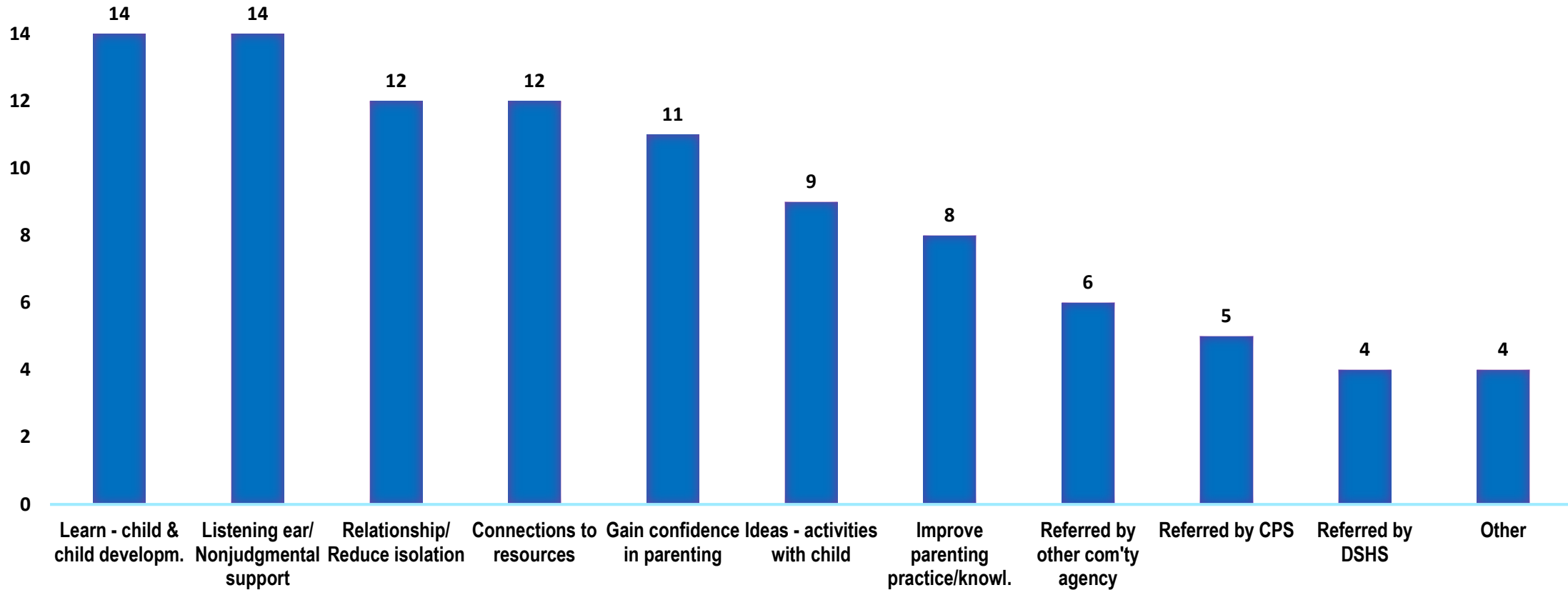
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# *HV Survey:* Why Parents/Caregivers Participate in PAT

- Learn more about child/child development (14)
- Listening ear/ nonjudgmental support (14)
- Relationship/ reduce isolation (12)
- Connections to resources (12)
- Gain confidence in parenting (11)

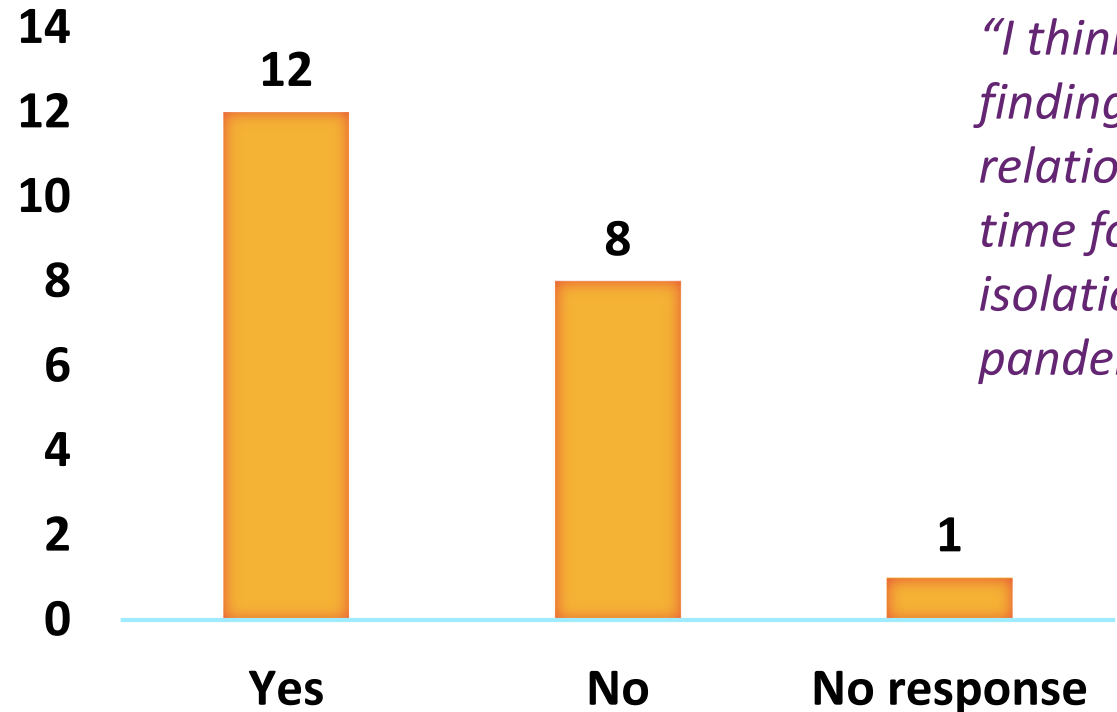
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# HV Survey: Why Parents/Caregivers Participate in PAT



N=21, Survey data only

# HV Survey: Impact of COVID On Why Parents Participate



*“I think that the initial reason is the same however I am finding that our contacts have much of a dependable and relationship aspect during such an unprecedented and scary time for some. Helping also to further reduce a feeling of isolation that has been exacerbated by nuances of the pandemic.”*

N=21, Survey data only

## *Focus Groups: Why Parents Participate – What would parents say?*

- Incentives
- Resources
- Parent validation and confidence building
- Relationship, social support, connection
- Child Development information and activities

# What are the Impacts of PAT?

N=21, Survey data only

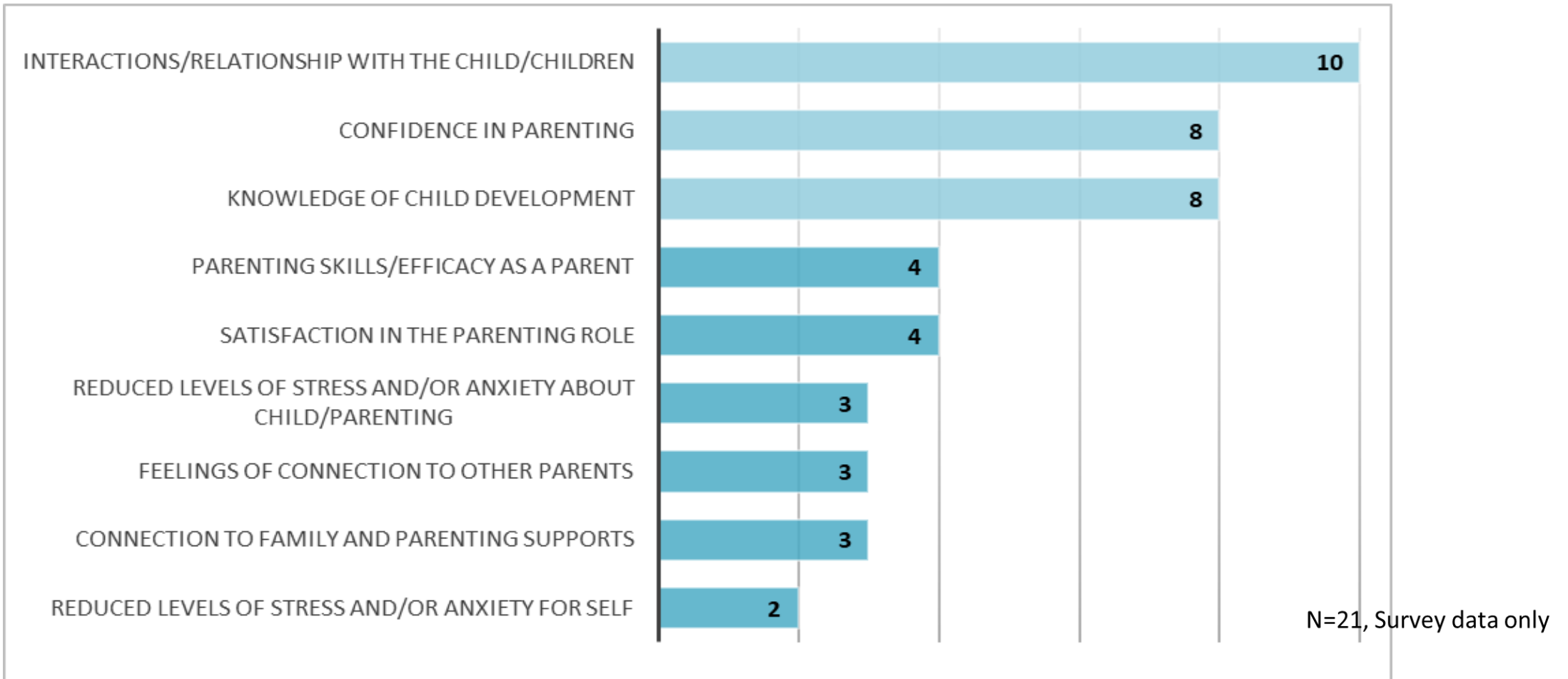


## *HV Survey: Top 3 PAT Impacts (before COVID)*

- Interactions/relationship with the child/children
- Confidence in parenting
- Knowledge of child development

*All the outcomes were important, to varying degrees, but when forced to choose the top 3, these rose to the top*

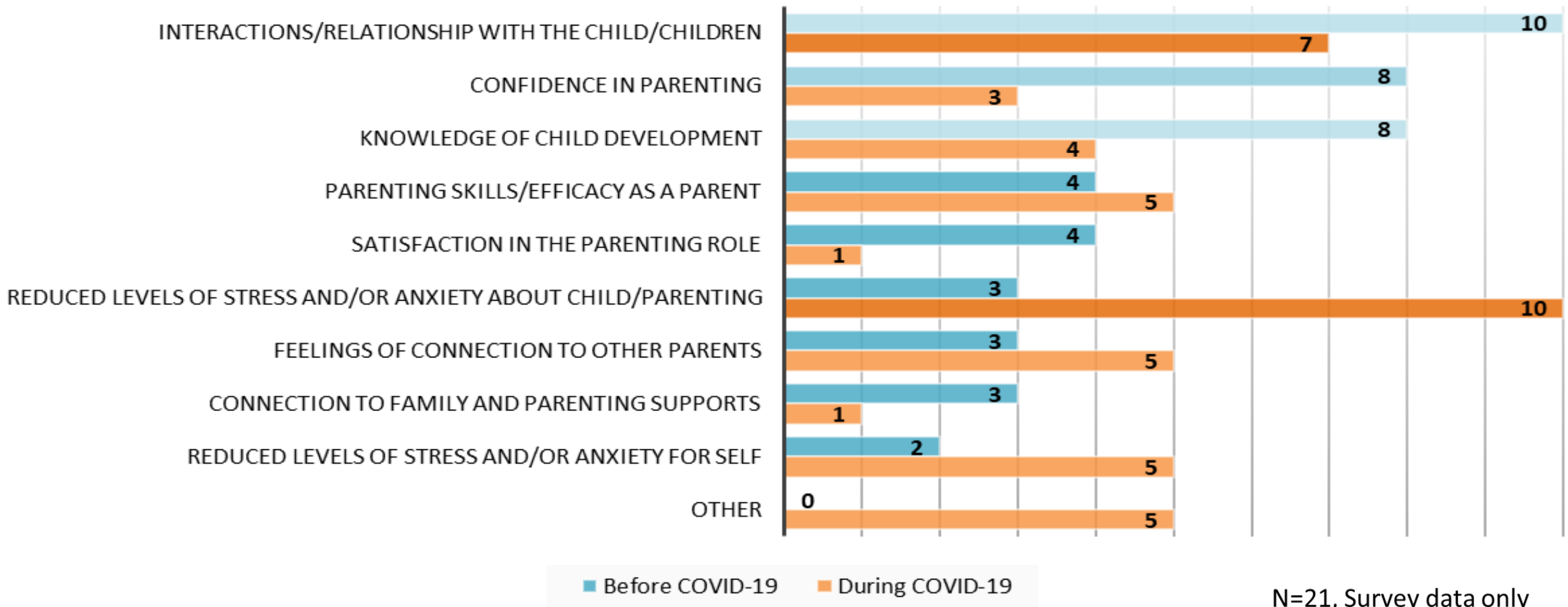
# HV Survey: Greatest PAT Impact Before COVID



## *HV Survey: Top PAT Impacts (during COVID)*

- Reduced levels of stress and/or anxiety about child/parenting
- Interactions/relationship with the child/children
  - *Connection to family and parenting supports*
  - *Reduced levels of stress and/or anxiety for self*
  - *Parenting skills/efficacy as a parent*

# HV Survey: PAT Impacts: Before and During COVID



# *HV Survey: Changing PAT Impacts (before to during COVID)*

## *Increased:*

- Reduced levels of stress and/or anxiety about child/parenting

And to a lesser degree...

- *Connection to family and parenting supports*
- *Reduced levels of stress and/or anxiety for self*
- *Parenting skills/efficacy as a parent*

## *Remained important*

- Interactions/relationship with the child/children

## *Decreased:*

- Confidence in parenting
- Knowledge of child development

# *Focus Groups: What Parents Get from Participating*

- Parenting skills and tools
- Child development knowledge and relationship to parenting
- Parental validation, confidence building
- Relationship, trust, connection, attuned interactions
- Parent-child interactions
- Mental health supports

## *Focus Groups: Top PAT Impacts (no COVID reference)*

- Confidence in parenting
- Caregiver stress and/or worry about parenting
- Caregiver mental health
- Parent Child Interaction

# What PAT Activities Influence Parent-Child Interactions? *(active ingredients)*

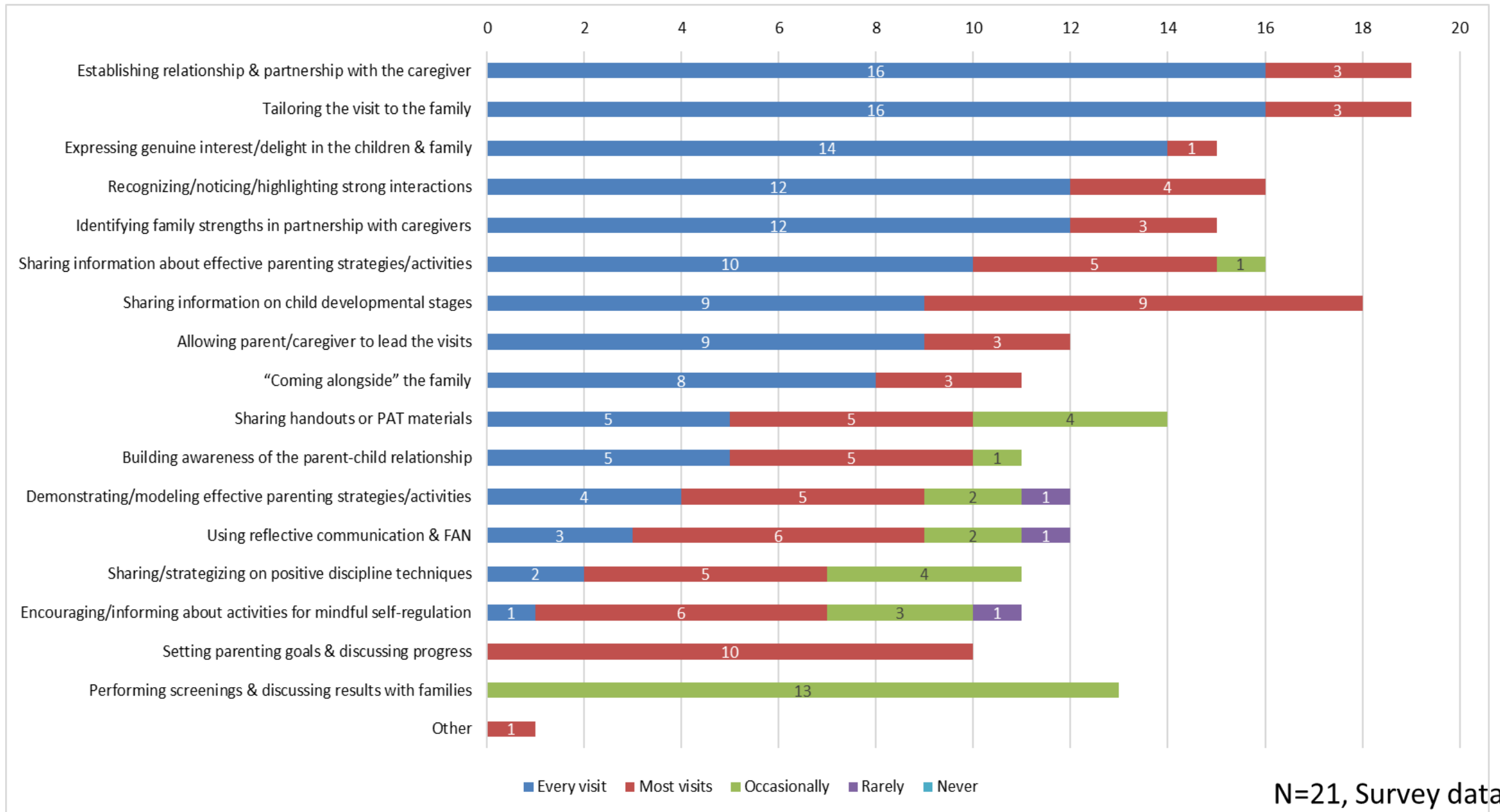
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# *HV Surveys: Top 7 Activities* Influencing Parent-Child Interactions

- Listening and talking about concerns and questions
- Establishing relationship and partnership with the caregiver
- Tailoring the visit content to the family's immediate circumstances
- Recognizing, noticing, and highlighting strong parent-child interactions
- Identifying family strengths in partnership with caregivers
- Sharing information about effective parenting strategies and activities
- Sharing information on child developmental stages

# HV Survey: Specific Activities Influencing Parent-Child Interactions



# Focus Groups: Specific Activities Influencing Parent-Child Interactions

## unranked

- Notice, affirm, validate parenting strengths
- Partner with parents, come alongside, follow their lead
- Check in on their experiences with parenting, their child's progress
- Flex and adapt visit content to the parent, the needs of the day
- Offer materials and activities
- Communications approaches that incorporate the FAN, attending, listening, self-regulation
- Goal setting and following up
- Model, teach, guide

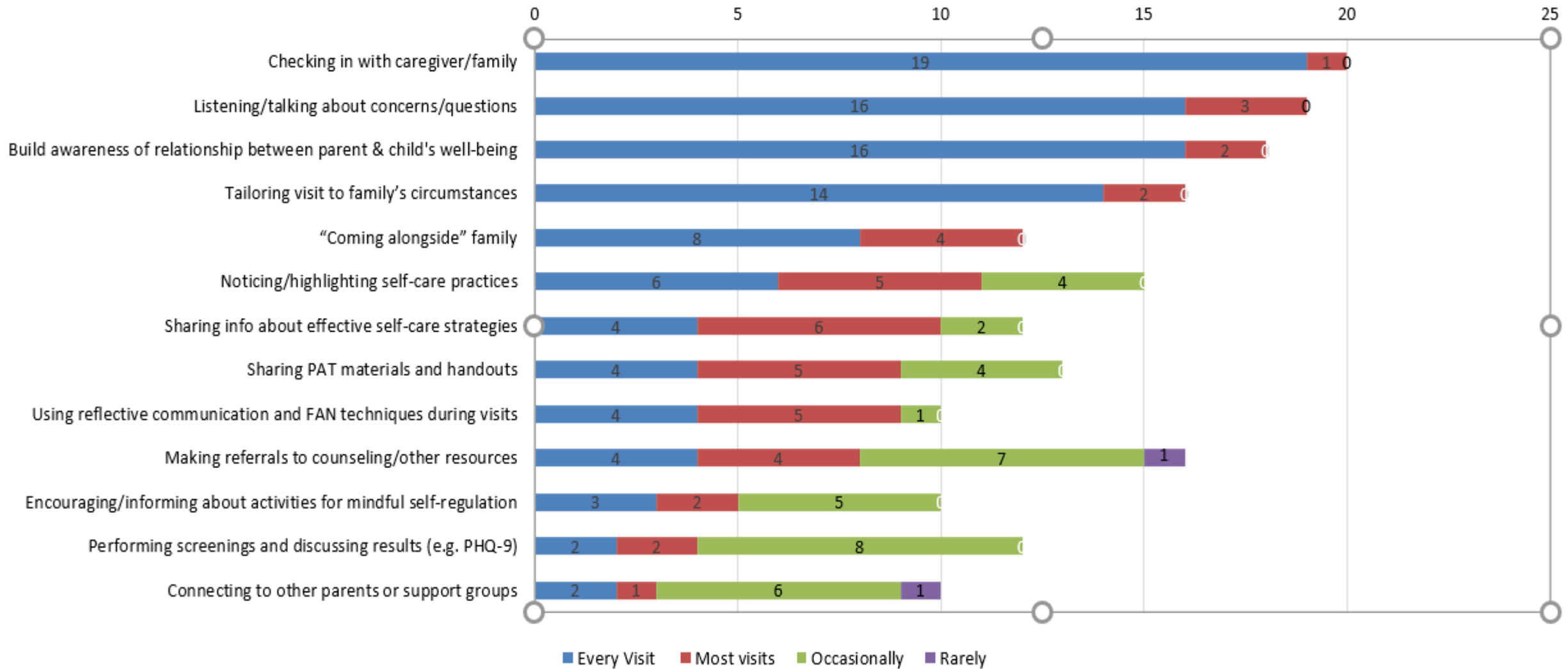
# What PAT Activities Influence Caregiver Well-Being? *(active ingredients)*

N=21, Survey data only

# *HV Surveys: Top Activities* Influencing Caregiver Well-Being

- Checking in with caregiver/family and asking how they are doing
- Listening and talking about concerns and questions
- Building awareness of the relationship between the parent's well-being and the child's well-being
- Tailoring the visit content to the family's immediate circumstances
  - *“Coming alongside” the family*
  - *Recognizing, noticing, and highlighting self-care practices*

# HV Survey: Specific Activities Influencing Caregiver Well-being



# Focus Groups: Specific Activities Influencing Caregiver Well-being

## unranked

- Check in – asking how they are
- Listen (and reflecting, understanding, following up)
- Connect to resources and supports, especially IPV
- Tailor the visit, conversation to the caregiver at the moment
- Build the relationship (including being flexible with timing)
- Support, encourage, guide, answer questions to promote healthy relationships, healthy parenting
- Self-care as the focus of activities and goals
- Build on strengths

# *Focus Groups:* Changing strategies pre-COVID and now

- Listening and whole attention
  - Coming alongside
  - Following parent's lead
  - *Observing the natural environment*
  - Supporting parent-child interaction
  - Customizing, adapting and flexing
  - Offering in-home activities and resources
  - Checking in, including mental health check and coping
  - *Offering support and basic resources*
  - *Using virtual technology*
- Challenges:
- Loss of fluidity
  - Observing parent-child interactions



# Overarching Takeaways

- Home visitor engagement in focus groups and surveys was high. **THANK YOU!**
- The top PAT outcomes that resonate with Home Visitors:
  - Parent/caregiver – child interactions
  - Understanding child development
  - Parenting skills/confidence
  - *During COVID*, reduce stress and anxiety
  - *During COVID*, increase connections/support

# Overarching Takeaways

**Activities** influencing outcomes include:

- Checking-in
  - Noticing strengths
  - Really listening
  - Tailoring, flexing and adapting visit/encounter to the family's immediate circumstances
  - Partnering with the family
  - Connecting family to resources
  - Offering PAT curriculum and materials
  - Connecting parent activities to child behavior
  - Connecting parent well-being to child well-being
-

# Questions

Any questions about the data before we go to discussion?

# Small Group Discussion

- Do these findings resonate with your experience of implementing PAT – before COVID and now?
- What are your key takeaways? What meaning do you make from the findings far?
- How do the different responses pre-Covid and during Covid influence our understanding of PAT impacts going forward beyond Covid?

# Small Group Report

- Do findings resonate – before COVID and now?
- What are your key takeaways?
- How pre-Covid and during Covid responses influence our understanding of PAT impacts going forward beyond Covid?

# 3. Caregiver Survey Discussion

- Update on Process and Survey
  - *Development*
  - *Piloting*
  - *Translation*
- Discussion on Timing
  - *Program/Home Visitor Capacity*
  - *Impact of COVID on what we will learn?*



# Polls

*Please be honest -- we need to know what's doable!*

*Please Chat in any comments*

1. Do your parent educators have capacity **now through end of February** to seek 10 completed participant surveys per site (either paper or electronic)?
2. How much time does your team need to complete 10 surveys for your site?

# Group Discussion

- How much do you think that COVID's effects on families will be impact their survey responses?
- Will those findings be relevant a year from now if the pandemic is in our rear view window?



# Group Report

- Impacts of COVID on families survey responses?
- Relevance of survey responses collected now when the pandemic is in our rear view window?

## 5. Check-In/Reflections

*Please chat or voice in*

- *1-2 takeaways from today's meeting?*
- *Unanswered questions?*
- *How can our meetings be improved?*

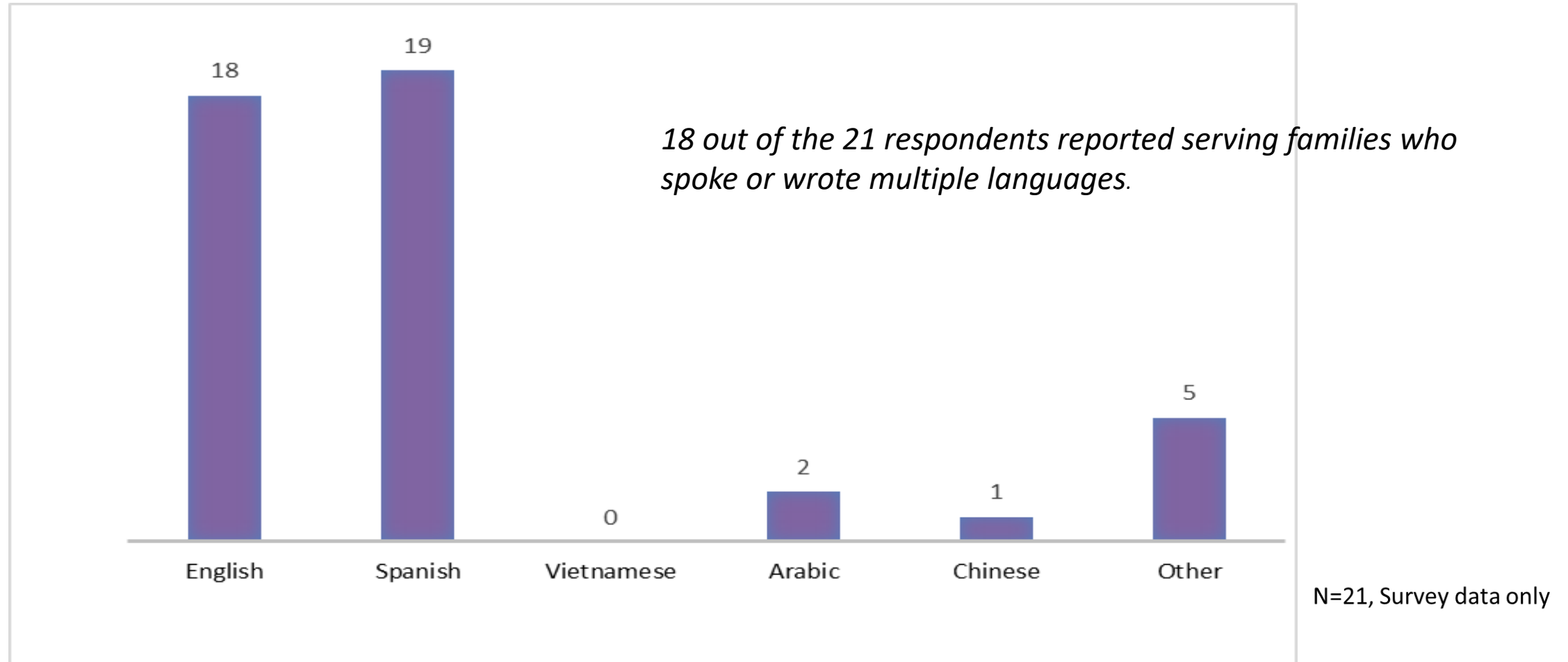


# THANK YOU!!!

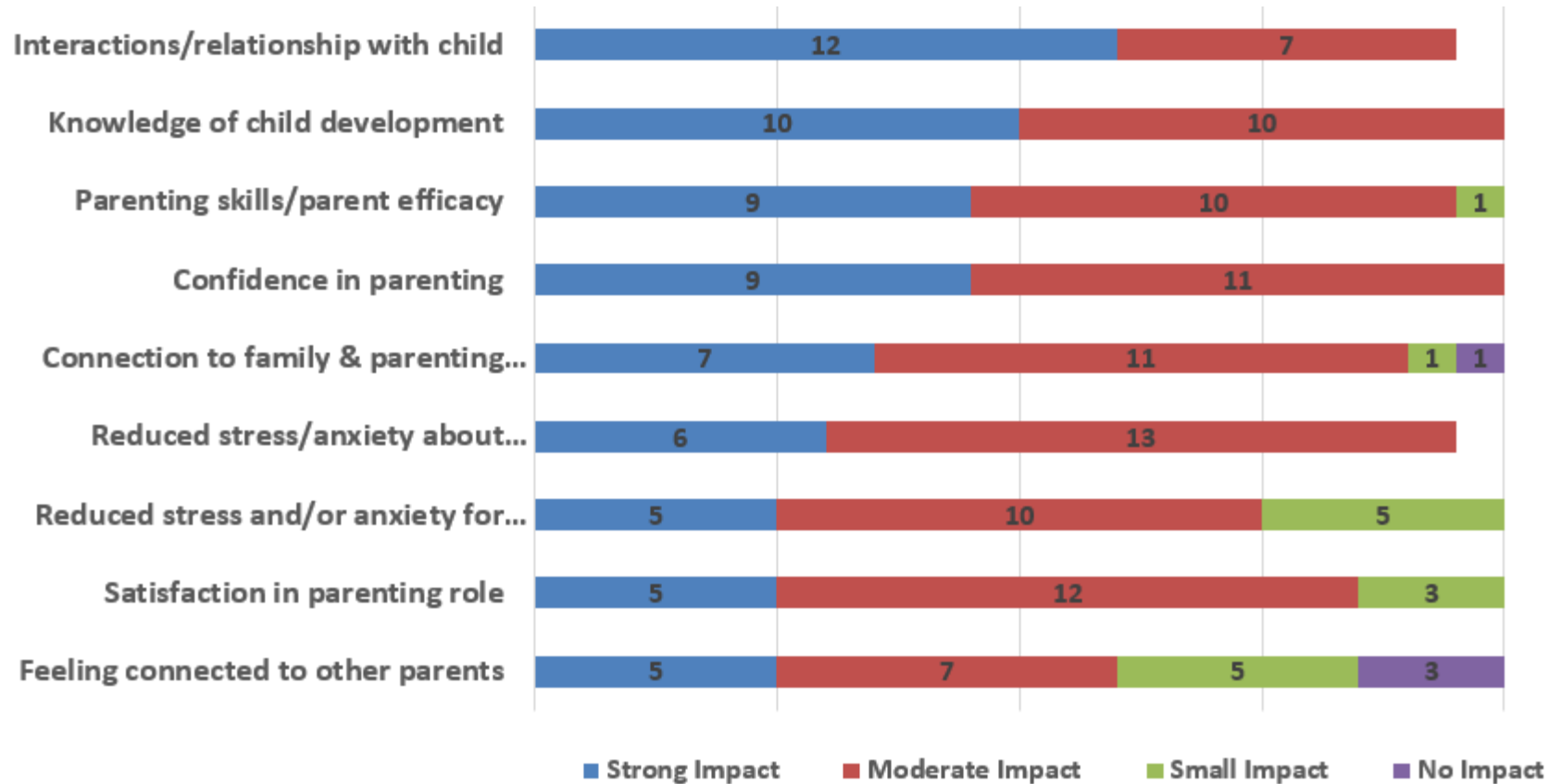
*For more information*

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# HV Survey: Languages spoken/written by families served



# HV Survey: Before COVID, Degree of Impact of PAT



N=21, Survey data only



Other: n = 3

- Strong connection with community resources
- Home visitor familiarity with family
- Resource connection

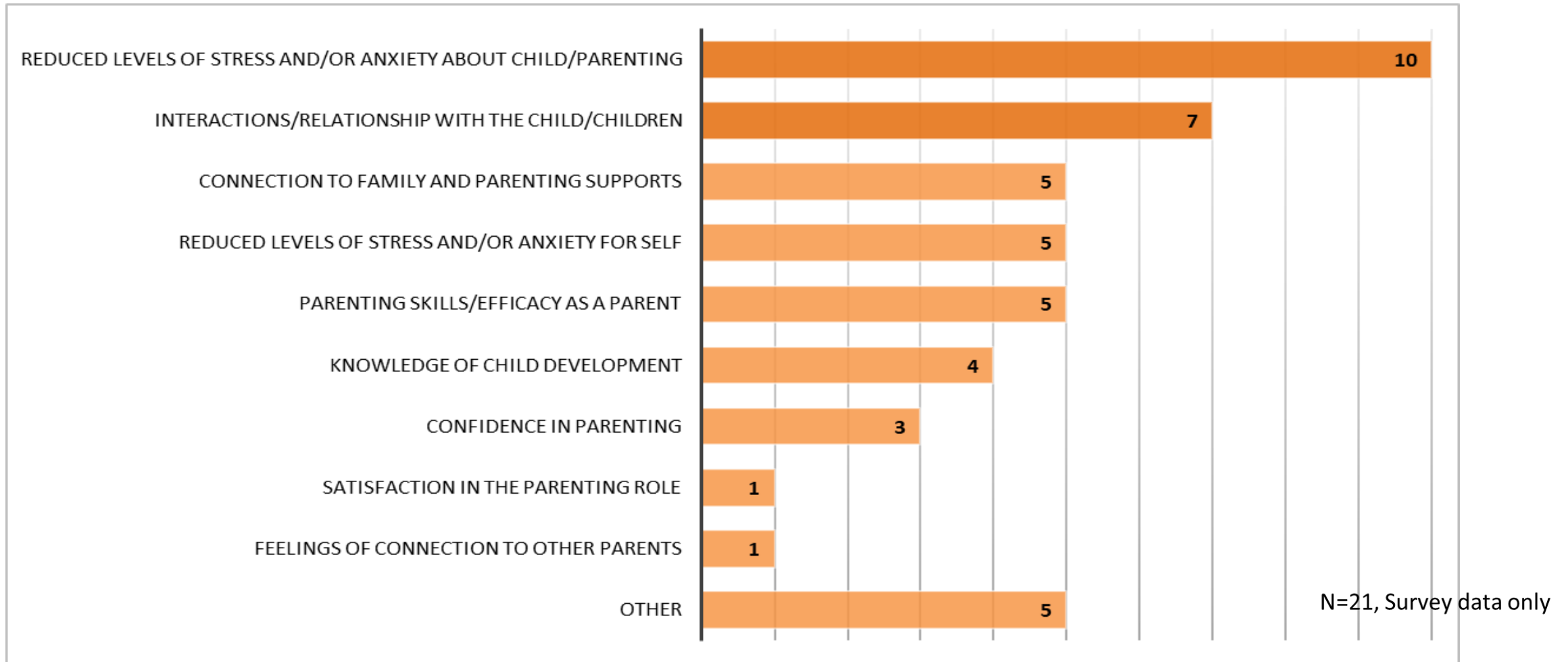


Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

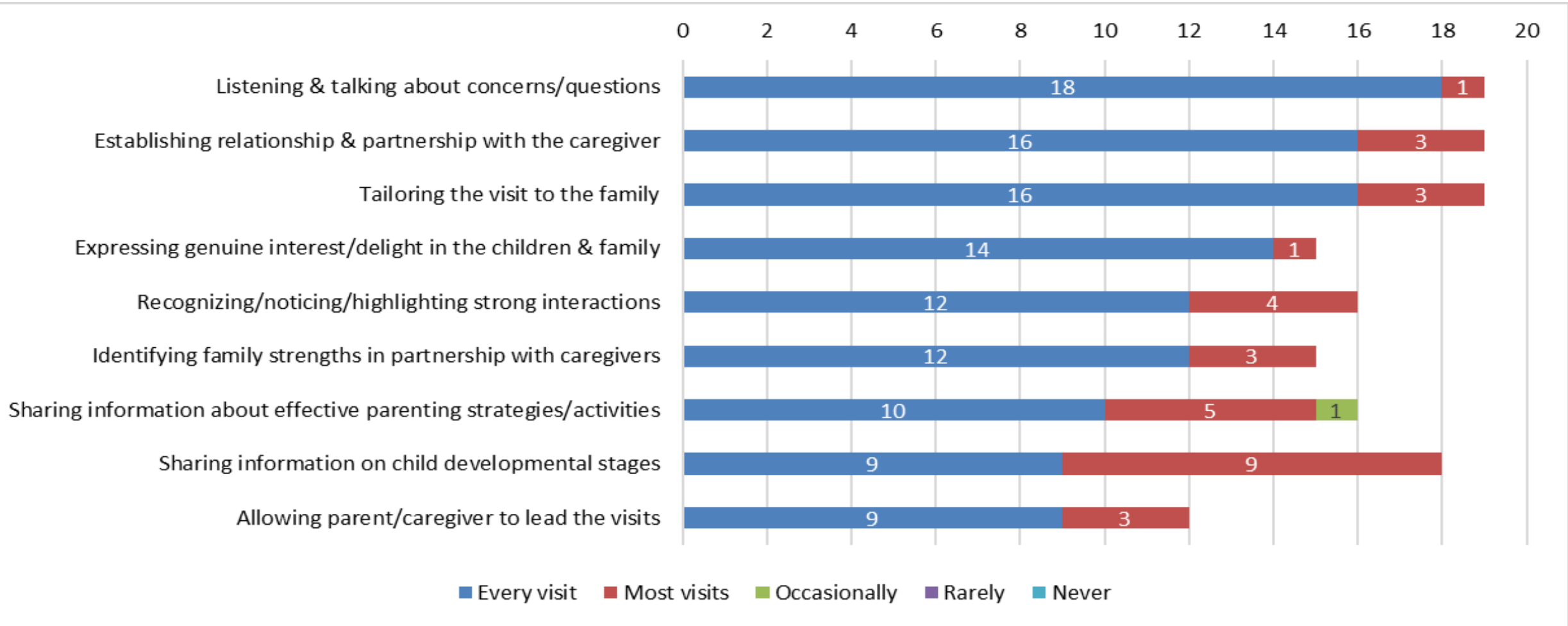


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# HV Survey: During COVID-19 : Greatest Impact



# HV Survey: Specific Activities Influencing Parent-Child Interactions



# HV Survey: Specific Activities Influencing Parent-Child Interactions

