



Project SafeCare®: Prevention of Child Maltreatment

Ericka Lewis, LMSW

Senior Training Specialist

National SafeCare Training and Research Center

Clorinda Merino M.Ed

Project Coordinator-SKCP

Rady Children's Hospital-Chadwick Center

Amber Middleton, MSW

Social Work Supervisor

Shasta County Health and Human Services (HHS), Children's



Topics in this Presentation



-  **Background on SafeCare**
-  **SafeCare Modules**

Employment Opportunity



HELP WANTED

One couple to procreate and raise a child. No experience necessary. Applicants must be available 24 hours per day, 7 days a week, and must provide food, shelter, clothing and supervision. No training provided. No salary; applicants pay \$240,000 over the next 18 years. Accidental applications accepted. Single people may apply but should be prepared for twice the work.

Official License

This official license certifies individual
as an EXPERT in

PARENTING



Humble Beginnings



Project 12 Ways

- Began in 1979 by Dr. Lutzker
- Family unification and preservation program
- Serves families at risk for child maltreatment and neglect
- Initially 12 essential skills taught





Replication

3 Essential Parenting Skills

FIDELITY

EBP

Easy Dissemination



SafeCare®



- In-home parent-training model
- Behavioral, skill-based model, that focuses on three skills:
 - Health
 - Safety
 - Parent-child interactions
 - Structured problem solving taught for other issues
- Highly structured, but flexible in its delivery

SafeCare Overview



- SafeCare® is typically 18-20 sessions
 - Typically, weekly for 1½ hours
- First session usually used to build rapport, obtain consent and provide information about SafeCare®
- Then, each module is conducted over 5-6 sessions

General Format for Each Module



Each module has 3 parts

- 1) Initial assessment using structured checklists
- 2) Skill training
- 3) Reassessment to ensure learning

General Format for Parent Training



Safe Care 4

- Explanation
- Model
- Practice
- Feedback (Positive/Corrective)

Module Overview:



Parent- Child Interaction (PCI)



PCI: Goals for Parents



- Increase positive interactions between parents and children (walking-5 years old)
- Engage children in activities
 - Use effective interaction skills and incidental teaching
 - Decrease challenging child behavior
 - Keep children from misbehaving out of boredom
- Uses a variety of tools, including
 - Planned Activities Training (PAT) Checklists
 - Activity Cards



Activity Cards

Will it Fit?



Materials:

- A variety of unbreakable cups, containers, and bowls.
- A variety of household items, such as small toys, socks, balls, ribbon or cloth, pencils or crayons, paper, books, and small food items such as crackers, grapes, fruit, and bread.
- You can choose any items throughout the house.



Suggestions:

- Place the cups, containers, and bowls in front of you.
- Hold up one container and one household item, and ask, "Will it fit?"
- Match some containers to items that will fit inside that container, and match some containers to items that will not fit inside. Your child will then tell you, "Yes, it will fit" or "No, it won't fit".
- If your child does not know, just show how the items fit or don't fit into the containers.
- Give your child a turn to ask you whether items will fit or not. Give some correct answers, and some wrong answers, and see if your child catches you.

Here's my face



Materials:

- A small hand mirror, or a mirror on the wall

Suggestions:

- Make a face into the mirror.
- Pretend that your face is a mask. Hold up your hands, pretend to take your mask off and put it on the child.
- Ask your child to make that same face.
- The faces you make should show some kind of feeling, such as:



Happy!

_____	Happy	Afraid	Hot
_____	Sad	Lonely	Cold
_____	Angry	Worried	Surprised
_____	Miserable	Bored	Sleepy

- You can also name one of these feelings, and then make the face that matches these feelings.
- Or, you might make a face, and then the other person should guess what feeling you are showing.



Module Overview:



Parent- Infant Interaction (PII)



PII: Goals for Parents



- Increase positive interactions between parents and infants (newborn to walking)
- Increase parent use of skills during daily routines
- Increase age-appropriate, stimulating activities
- Increase parent bonding and infant attachment
- Enhance responsiveness between parents and infants



Activity Cards



Bath Time!!!

Materials:

- Soap
- Washcloth
- Towel
- Shampoo
- Clothes for after bath
- Toys for bathtub



Suggestions:

- Play peek-a-boo with his clothing while undressing and dressing.
- Trickle water from your hand or a cup onto your baby's tummy.
- Talk about washing and drying each body part.
- Imitate your baby's sounds during play.
- Sing bathtub songs ("Row, Row, Row your boat" or "Rubber Duckie")
- Smile and make eye contact with your baby.
- Give your baby a gentle massage on his arms, legs, and back with soapy water during the bath, or lotion or powder after the bath.



Where is Your....?



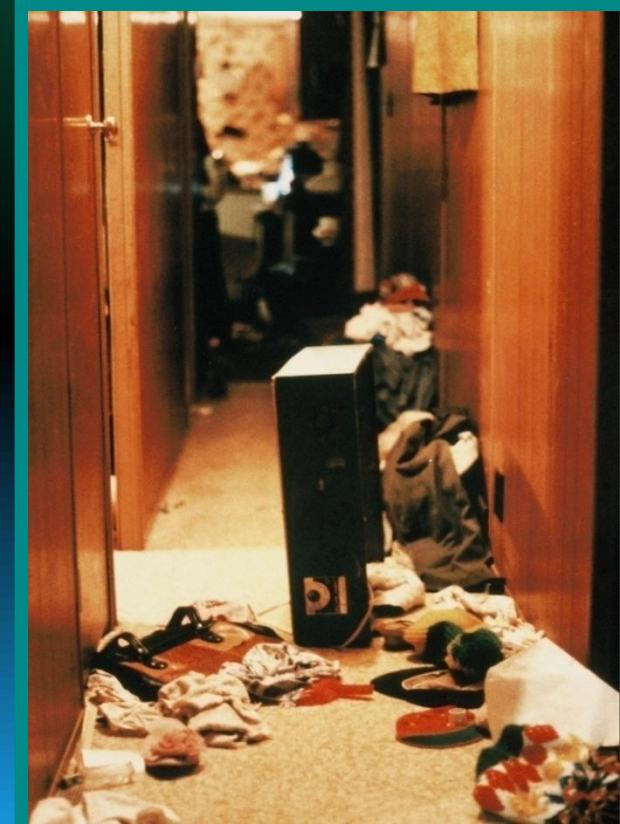
- Sit with your child on your lap facing you
- Hold your child's hands in your own
- Ask questions such as, "Where is your nose?" or "Where is Mommy's mouth?"
- Guide your baby's hands with yours and help him point to each body part while you name it. For older children, have them point by themselves.
- After pointing to and naming each part, say "That's right, that's your _____!" Offer other praise and encouragement.
- Make silly jokes. Point to your stomach and say, "Is this my nose?"
- Smile and make eye contact with your child



Module Overview:



SAFETY



Safety: Goals for Parents



- Parents learn
 - To identify hazards in the home
 - To childproof homes to prevent injuries
 - To reduce risk of asthma and other conditions that have environmental factors
- Training takes place over several home visits
- Training involves looking throughout the house for hazards and areas in need of attention and teaching parents to eliminate the hazards
- The need for supervision is reinforced at each visit

Before SafeCare.....



After SafeCare...



Module Overview:



HEALTH



Health: Goals for Parents



- Keep children as healthy as possible
- Recognize when children are ill or injured
- Use health reference materials
- Keep good records about health and illness



Sample Role-Play Scenario Card



SCENARIO

Your (0-24) month-old baby has been cranky and whiny for a couple of days. Last night, your baby woke up coughing. Your baby's nose has been running, and you notice he/she has been sneezing. Tell me what the problem is and show me what you would do.





Project SafeCare[®]: SafeCare[®] Training and Fidelity Monitoring

Topics in this Presentation



- Overview of Training Model
- Fidelity Monitoring
- SafeCare Training Support

SafeCare Training



- Training is done in a structured manner:
 - ✓ Explain what you are about to teach
 - ✓ Model the skill
 - ✓ Have trainee Practice the skill
 - ✓ Provide positive and corrective Feedback

NSTRC: Training Model



3 levels of training

- HV, coach, trainer
- Minimum is HV and coach
- ~ 1:3 ratio of trainer/trainee

HV training

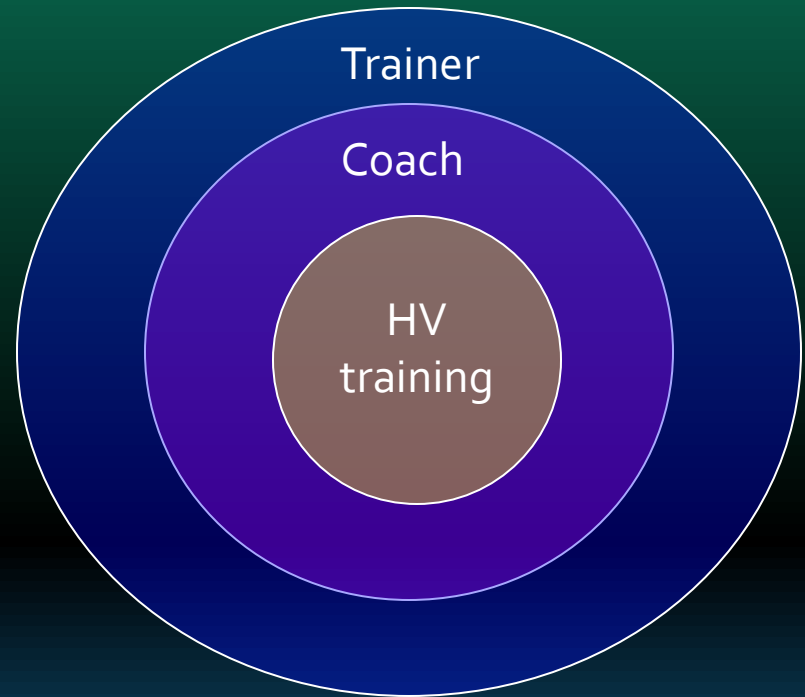
- 5 day workshop + in vivo skills

Coach training

- HV training + 1 day workshop + in vivo skills
- Must match our fidelity ratings

Trainer training

- HV + coach + 2 day workshop + in vivo skill demonstration
- Must do HV + coaching in the field before becoming a trainer



What is Fidelity Monitoring?



- Refers to the process of making sure trainees and staff follow key SafeCare steps
- Assesses that Home Visitors are:
 - * Organized
 - * Following the key steps in the Outline
 - * Using good communication and problem solving skills
- Everything on the fidelity checklist is in HV materials and on HV session outlines

Training Support



About Coaching:

- ✦ It ensures that staff achieve and maintain “fidelity to the model”
- ✦ Each Home Visitor receives coaching or supervision at least once a week (Coaches: at least once a month)
- ✦ Ongoing Coaching is a collaborative, supportive process
- ✦ Most Home Visitors/Coaches really like it because:
 - It provides an ongoing support source
 - It makes things more predictable

What Have We Learned?



FIDELITY + **COACHING** = **SUCCESS**





Project SafeCare[®]:

Implementation and Lessons Learned

Scheduling Conflicts

- ☒ Trainees had additional jobs
- ☒ Management maintained unrealistic time frames for certification and readiness for training

☒ Lessons Learned

- ☑ Establish open communication with sites
- ☑ Set clear and frequent expectations/timelines



Home Safety Invasiveness



- HVs concerned that module would intimidate families



🔥 Lessons Learned

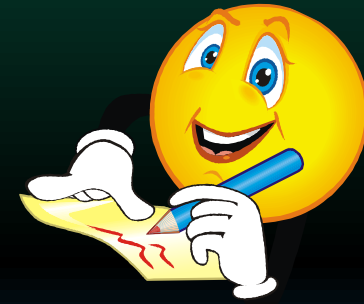
- ✓ Creation of consent form
- ✓ Revamped Home Safety videos



Balancing Case Management and SafeCare Responsibilities



- HVs were anxious about having to choose between providing SafeCare and case management services



■ Lessons Learned

- SafeCare works well with other home visitation programs
- Families may still need case management support

Maintaining Structure



- Sites struggled with balancing the need to maintain the structure of the program versus the need to “make it their own”



🔥 Lessons Learned

- ☑ Use team meetings to maintain fidelity to the program.
- ☑ Stay focused on what you know will be successful in your agency, while maintaining fidelity to the program.

Implementation Delays



- Sites not prepared to implement the program with families



- Lessons Learned

- ☑ Readiness Assessment Form

Cultural Competency



- Inadequate materials for Spanish speaking communities
- Inadequate modifications for parents with intellectual disabilities



■ Lessons Learned

- ✓ Produce translated reading materials
- ✓ Emphasize SafeCare's flexibility

SafeCare = Therapy



- SafeCare was perceived as “therapy” for the parent



- Lessons Learned

- ✓ SafeCare Specifics



Coordinator Role

☯ Coordinator wears many hats



☯ Lessons Learned

- ☐ Request coordinators be employees of the County or housed at the County office
- ☐ Coordinators must possess a unique skill set (ex. organized, creative, supportive, etc)

Resistance



- ☞ No Staff buy-in
- ☞ Resistance to new model



☞ Lessons Learned

- ☑ Help organization pick the right people for the job
- ☑ "Love-In"



What Have We Learned?



Eager Trainees + ***Supportive Management*** =

SAFECARE SUCCESS

