Adult Mental Health Training

A training provided by Virginia’s Home Visiting Consortium

Virginia’s Home Visiting Consortium is pleased to offer the Adult Mental Health training for home visitors in programs serving pregnant women and families with children from birth to age 5. See Page 2 for a description of the training and the Learning Objectives.

Please note important information about the target audience:

This is the same training that has been offered in the past. It is a core training module and is designed for home visiting staff members who have not attended the Adult Mental Health training in the past. If space is available, others may attend as a refresher course. The training is free, but you must register on-line to attend the training (instructions are attached). If you have not pre-registered, you will not be able to attend the training. The schedule is available at:

https://aceware.jmu.edu/wconnect/ShowSchedule.awp?&Mode=GROUP&Group=COMHVC&Title=Home+Visiting+Consortium.

This training is intended for home visiting staff members who are currently employed by one of the following Virginia home visiting programs:

1. BabyCare  
2. CHIP  
3. Early Childhood Special Education (ECSE)  
4. Early Head Start/Head Start home based services  
5. Healthy Families  
6. Nurse-Family Partnership  
7. Parents as Teachers  
8. Part C Early Intervention  
9. Project Link  
10. Resource Mothers  
11. Virginia Healthy Start

When you have completed your registration, you will receive a “Confirmation of Registration” email from JMU Outreach. Print this confirmation and present it at the registration table to be admitted to the training.

*If you have questions, contact:
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Virginia Home Visiting Consortium

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Ann Childress, DSS, Child Abuse and Neglect Program (CAN)  
Bonnie Grifa, VCU, Early Childhood Mental Health  
Consuelo Staton, VDH, Resource Mothers  
Laurel Aparicio, VDH, MIECHV Project  
Lisa Specter-Dunaway, CHIP of Virginia, Parents as Teachers State Office  
Vacant, VDH, Healthy Start/Loving Steps

Virginia’s Home Visiting Consortium is a collaborative effort of all the early childhood home visiting programs which receive state funds and serve families of children from pregnancy through age 5. Seeking to increase the quality and effectiveness of home visiting services, the Consortium has identified a core set of 12 modules as the common basic training for all home visitors.
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This training is presented in a classroom setting with large and small group discussion. The training facilitators, who have experience in adult mental health, will lead you through the steps to recognize women and families at risk, develop a plan for referral, and support families with mental health and/or substance use disorders. This is one of the core training modules for early childhood home visitors.

LEARNING OBJECTIVES
As a result of this training, home visitors will:

1. Identify different types of mental health disorders, particularly perinatal depression, and understand how trauma, abuse and/or violence affect a person’s mental health.

2. Recognize behaviors that indicate strengths as well as dysfunction in an individual and in family members.

3. Identify their personal feelings and stigmas associated with mental health disorders and how these beliefs impact the families with whom they work.
   a. Perceptions of stigma and societal views of mental health disorders
   b. Feelings and concerns individuals have when they have been diagnosed with a mental health disorder
   c. Develop sensitivity for individuals with mental health disorders.

4. Recognize how mental health dysfunction and/or substance use can affect a parent’s ability to parent a child.
   a. The challenges mental health disorders and/or substance use presents for the individual
   b. The impact of parental mental health disorder and substance use on the family

5. Recognize behaviors and symptoms in adults that may indicate a need for referral to a mental or behavioral health professional.

6. Develop positive strategies to use when interacting with individuals and families affected by mental health disorders and substance use.

7. Identify strategies that are effective in engaging participants in the referral process for mental and behavioral health treatment.

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