



Home Visitors' Alliance Monthly Resource Bulletin January 2025

Highlights:

- Home Visitors' Alliance Summit! Don't Forget to Register!
 - Speaker Highlight
 - Breakout Session Highlight- Participants will choose the breakout session they want to attend on the day of the summit.

Upcoming Events:

- **Home Visitor ECHO Series:** This series is all about supporting the home visiting workforce in adapting best practices, promoting equity, and increasing client engagement and retention. Registration link below!
- **Tools for Working with Families Series:** The Family Services Training Center (FSTC) at the UAA Center for Human Development, in collaboration with the Alaska Department of Health's Division of Behavioral Health, is excited to offer this upcoming training opportunity.

See Resource Sections Below for Families and Home Visitors!

[Click Here](#) - Help Me Grow AK Developmental Screening Training: A Tool for Family Engagement and Tracking Healthy Growth

Have something that you want to highlight or celebrate in the monthly HVA Bulletin? Please send them to: hva@a2p2.org or rqueja@a2p2.org

NEW THIS MONTH:

AK HOME VISITORS' ALLIANCE SUMMIT 2025

JANUARY 24, 2025 | 9 AM - 4 PM | VIRTUAL

REGISTER TODAY



Together for Families. Together for Growth.

FREE TO PARTICIPATE

QUESTIONS?
CONTACT REANNE HONEMANN-QUEJA
AT HVA@A2P2.COM OR
907.885.4012.



ALP
Alaska Infant Learning Program



Help Me Grow
Alaska



STATE OF ALASKA
DEPARTMENT OF SOCIAL SERVICES



ALL ALASKA
PEDIATRIC
PARTNERSHIP



ALASKA DIVISION OF
Public Health



UAA

Child Welfare Academy
UNIVERSITY OF ALASKA ANCHORAGE

Alaska Home Visitor's Alliance Virtual Conference January 24, 2025 9:00-4:00pm

We are excited to announce the Home Visitor's Alliance Virtual Conference, on Friday January 24, 2025, from 9:00 AM to 4:00 PM! Our conference theme is *"Together for Families. Together for Growth."*

Join us for sessions on "You Matter", "The 5 C's of Home Visiting", Wellness Moments, Behavior Supports, Supervision Supports, and more! Special guest speakers include Gwendolyn Gabbert, Melissa Pickle, LaVerne Demintieff, David Westlake, Chris, Strum, Angela Rau, and others! The afternoon sessions will have various presentation options to choose from! Zoom links to all sessions will be available prior to the summit.

Register Today!

2025 ALASKA HOME VISITORS' ALLIANCE SUMMIT

Topic :

Together for Families,
Together for Growth

 Friday, 24th January, 2025

 9.00 AM - 4.00 PM AKST

100% ONLINE **100% FREE**

Register now at :

www.a2p2.org/homevisiting

THE SPEAKER LINEUP

LAND ACKNOWLEDGEMENT



Gwendolyn Gabbert

Registered Nurse
Nutaqsiivik Program, SFC

MORNING KEYNOTE



Melissa Pickle

Early Childhood Coach and
Consultant
Founder of Firmly Flourishing

SPEAKER



Chris Sturm

Clinical Director, Behavior Analysis
Training & Support
UAA Center for Human
Development

AFTERNOON KEYNOTE



**Dr. LaVerne
Demientieff**

UAF Professor of Social Work
Community Wellness Practitioner

SPEAKER



David Westlake

Guide and Facilitator
Turiya of Alaska

2025 ALASKA HOME VISITORS' ALLIANCE SUMMIT

Hosted in partnership by:

Division of Public Health, All Alaska Pediatric Partnership, Help Me Grow Alaska, and the Infant Learning Program, and is coordinated by UAA Child Welfare Academy.

Summit Planning Committee

Reanne Honemann-Queja, All Alaska Pediatric Partnership
Shannon Parker, Women's, Children's and Family Health, State of Alaska
Pamela Conrad Nelson, Nurse Family Partnership, Providence Medical Center
Jeanne Holifield, Nutaqsiivik/Nurse Family Partnership, Southcentral Foundation
Susan Kessler & Andria Semmler, Infant Learning Program, State of Alaska
Heather Foxworthy & Christine Mojica, UAA Child Welfare Academy

AFTERNOON BREAK OUT SESSION SPEAKERS



SPEAKER

Elizabeth O'Brien

Psychotherapist specializing in Maternal and Early Childhood Mental Health



SPEAKER

Angela Rau

Home Visiting Leadership Coach
Author



SPEAKER

Coming Soon!

Speech, & Language Pathologist



SPEAKER

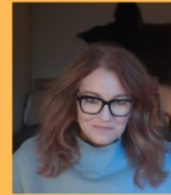
Coming Soon!

Board Certified Behavior Analyst

HOME VISITOR ALLIANCE CO-CHAIRS



Reanne Honemann-Queja



Shannon Parker

Questions? Please reach out to Reanne at rqueja@a2p2.org

LIVE ●



AFTERNOON BREAKOUT SESSION

ANGELA RAU

Angela Rau, MAT, is a Leadership Coach in Home Visiting, an author of *Coaching in Home Visiting*, and a 35-year Hope inspired leader in the Home Visiting field. In her words, the antidote to compassion fatigue is hope. By practicing intentional self-care and fostering supportive social connections, home visitors can build and sustain compassion resilience .

Register at [www.https://a2p2.org/community/resources/home-visitors/](https://a2p2.org/community/resources/home-visitors/)

Nurturing Collective Hope in Home Visitors Speaker: Angela Rau

Session description:

Home visitors play a vital role in supporting families through their triumphs and challenges. Their days often include celebrating family successes while also navigating difficult circumstances such as complex family dynamics, sudden homelessness, developmental delays, health crises, and unsafe environments. The emotional toll of engaging with diverse families facing such challenges can lead to compassion fatigue, a common and natural response to the stress of caregiving.

The antidote to compassion fatigue is hope. By practicing intentional self-care and fostering supportive social connections, home visitors can build and sustain compassion resilience. Join Angela Rau, MAT in this session to rediscover the transformative power of hope and strengthen your capacity to support families while caring for yourself.

This workshop will:

- Identify the symptoms of compassion fatigue and the factors that contribute to it.
- Define the concept of compassion resilience and its importance in sustaining the well-being of home visitors.
- Explore hope-filled mindsets and actionable strategies to nurture resilience.
- Inspire participants to commit to cultivating hope in themselves and their teams.

LIVE ●



AFTERNOON BREAKOUT SESSION

ELIZABETH O'BRIEN

Elizabeth has over twenty years of clinical experience as a psychotherapist and is a recognized expert in women's well-being, specializing in Maternal Mental Health and Early Childhood Mental Health. She has contributed to articles in The Washington Post and Atlanta Magazine, and has been featured on podcasts, and an ebook. In 2017, she founded the award-winning Postpartum Support International Georgia Chapter (PSI-GA) where she served as president becoming a national leader recognized for fundraising, innovative training courses, and mentorship of other PSI chapters. Additionally, Elizabeth is a nationally recognized leader and the 2019 winner of the Carolyn Wetzel Continuum Award honoring her role as an agent for positive change for the health and wellbeing of Georgia families. Currently Elizabeth co-chairs the Georgia Perinatal Task Force and is one of the national trainers with Postpartum Support International and through her own business.

Register at <https://a2p2.org/community/resources/home-visitors/>

Perinatal Mental Health Support: Tools and Strategies for Home Visitors Speaker: Elizabeth O'Brien

Session Description:

This training equips home visitors with essential knowledge and practical strategies for supporting families impacted by perinatal mood and anxiety disorders (PMADs). Participants will learn to recognize the signs and symptoms of PMADs, gain confidence in having challenging conversations about mental health, and explore how to advocate within the family system when a parent is struggling. We'll review the importance of screening for PMADs and discuss how to improve screening practices. Additionally, we will introduce the *Centering YOU Postpartum Edition* card deck as a therapeutic intervention, providing concrete tools for engaging families during home visits to promote emotional well-being and healing.

LIVE ●



AFTERNOON BREAKOUT SESSION

OT/PT/SPEECH THERAPIST NETWORKING

Calling all Home Visiting Therapists! Please join this networking session to participate in conversations led by Alaskan Behavior Analyst and a Speech Pathologist. This is a great space for Home Visiting Therapists to connect with one another as well as learn about resources that are available.

Register at <https://a2p2.org/community/resources/home-visitors/>

This session is ideal for OT/PT/Speech Therapist and other Home Visiting Specialists

Session Description: Home Visitors who specialize as Occupational Therapists, Physical Therapists, and Speech and Language Therapists offer a variety of services to children and families to support their growth and development in the early years. Often time, home visits with an OT/PT/Speech Therapist include sensory/motor activities, individualized treatment supports, and sometimes telehealth services to reach a family living in a rural location. This session will include conversations and networking opportunities for Home Visiting Therapists to connect with one another as well as learn about resources that are available.

UPCOMING EVENTS:



Join the Home Visiting ECHO for FY25!

September 17 | October 15 | November 19 | December 10 | January 21 | February 18 | March

8:30am - 10:00am (AKST)
8 Sessions on the 3rd Tuesday of the month (exception in Dec)
Free Zoom Event
Free Continuing Education Offered

The Home Visiting ECHO is a virtual learning network intended for Home Visiting professionals to interface with each other and a team of experts in Alaska. This series is all about supporting the home visiting workforce in adapting best practices, promoting equity, and increasing client engagement and retention. Each session will include a brief presentation followed by Q&A, and guided discussion or Home Visiting Story as an integral part of the learning experience. This series is intended for Home Visiting Professionals, Early Intervention/Infant Learning Program, and families with home visiting experience. Please note the new session time and the date exception in December!

This activity is jointly provided by the State of Alaska DOH Division of Public Health and the UAA Center for Human Development. This project was made possible by funds from Preschool Development Grant – Birth through Five (PDG B-5) grant number 90TP0103.

Download a calendar ics file to save this series event. This file will serve as a placeholder on your calendar. A personalized Zoom link will be sent via email 60 minutes before the session begins.

<<https://chd.box.com/s/yug3hm1yq5z26s29tvk0j248pzipjhw>>

**To participate in this live event you must sign up for a free iECHO account and register for the series. Learn more about iECHO at www.iecho.org*

If you have any questions or require accessibility accommodations to attend these sessions, please contact chdecho@alaska.edu.

**Register for the ECHO Series
Here!**

Tools for Working with Families Training Series

The Family Services Training Center (FSTC) at the UAA Center for Human Development, in collaboration with the Alaska Department of Health's Division of Behavioral Health, is excited to offer this upcoming training opportunity.

January 21, February 6, February 18
9:00-12:00pm AKST



Trauma and Families

January 21

9 a.m. - 12 p.m.

Family Violence

February 6

9 a.m. - 12 p.m.

**Substance Use in
Families**

February 18

9 a.m. - 12 p.m.

Register Here!

Register Here!

Register Here!

Many Alaskan families experience trauma which may include disruptive childhood experiences, current, ongoing traumatic events, and historical, or intergenerational trauma. People working with families must develop an understanding of how these events impact families and the individuals that make up those families. In this session, learners will sharpen their insight into adverse childhood experiences, social determinants of health, and the unique needs of Alaskan families. We will explore enhancing protective factors using the Strengthening Families framework to respond to trauma.

Family work often involves working with families where violence is occurring, whether we realize it or not. The dynamics of family violence can be quiet, hidden, and secretive, or obvious, acknowledged, and visible. Violence may include physical aggression, verbal abuse, or psychological harm. This can occur between intimate partners, parents and children, siblings, or it may be multigenerational. Authorities may or may not be involved, and treatment could be mandated or voluntary. There is no typical pattern with family violence, and there are many appropriate ways to deal with it as helping professionals. This training will shed light on effective approaches to take while working with these complicated situations.

It's safe to assume that as you work with families, you will be supporting families where substance use disorders are an issue. These concerns are a pervasive, ongoing challenge for many families in Alaska. In this session, you will develop an understanding of use disorders and what makes changing behavior so difficult. We will look at approaches to helping families who struggle with these situations and how to best intervene. All who work with families in Alaska will build tools that are effective and respectful to those who are hurting. In this training, participants will apply effective tools while working with substance misuse within families.

FAMILY RESOURCES:



Division of Public Assistance



Supplemental Nutrition
Assistance Program
Online Application

New Mobile Friendly Online Alaska SNAP
application now available online!

In Alaska, the **Supplemental Nutrition Assistance Program** is administered by the DoH, Division of Public Assistance, and provides food benefits to low-income families to supplement their grocery budget so they can afford the nutritious food essential to health and well-being.

[Apply Here](#)

Divisions of HealthCare Services (program and policy administration) and Public Assistance (program eligibility)



Apply for Denali KidCare and DenaliCare!

The only way to know for sure if you are eligible is to apply!

Children up to the age of 19 and **pregnant women** may be eligible if you meet the income guidelines.

For ease, peace of mind and to receive a confirmation number, click below.

You can also apply at [HealthCare.gov](https://www.healthcare.gov) or with a paper application available for download [here!](#)

Submit documentation and changes online and find your closest DPA Office [here](#).

Apply online for Denali KidCare or DenaliCare here!

Keep Your Child's Future Bright
Visit your Healthcare Provider
on Time Every Time



Well Child Schedule	
3-5 DAYS	Yearly From Ages 4-20 years
1 MONTH	
2 MONTHS	
4 MONTHS	
6 MONTHS	
9 MONTHS	
12 MONTHS	
15 MONTHS	
18 MONTHS	
24 MONTHS	
30 MONTHS	
36 MONTHS	

Children on Denali KidCare, young adults on DenaliCare, ages 19 up to age 21, and pregnant women on DenaliCare **may be eligible for transportation services to get to and from medical appointments** under the Early Periodic Screening Diagnosis Treatment (EPSDT) Medicaid service provision administered by the DoH, **Division of Health Care Services (DHCS)**.

Click here for more Information on EPSDT Transportation Services

As of February 1, 2024, the Alaska DoH will now provide 12 months of postpartum Medicaid coverage to:

- Medicaid recipients whose pregnancy ended or will end on or after February 1, 2024;
- Medicaid recipients who are no longer pregnant but who are still within a 12-month postpartum period; and
- Individuals that are no longer receiving Medicaid benefits but had a pregnancy end in the last 12 months.

Action for beneficiaries:

- The individuals affected above do not need to submit a Medicaid application to receive these extended postpartum Medicaid benefits. Previously, postpartum coverage ended at 60 days.

Additionally, the income limit for Medicaid coverage will increase to include pregnant women with countable income under 225% of the federal poverty level:

Apply to Know for Sure!

EPSDT services recommended by AAP and BF for children and adolescents at periodic well child visits:

A screenshot of a large, multi-column table titled "Recommendations for Preventive Pediatric Health Care" from the American Academy of Pediatrics. The table is organized by age groups and lists various preventive services, including immunizations, screenings, and counseling, with checkboxes for each service.

[Click here - AAP/BF Recommendations for Preventive Pediatric Health Care](#)

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®



**Bright
Futures.**
prevention and health
promotion for infants,
children, adolescents,
and their families™



WHAT IS BRIGHT FUTURES?

Bright Futures is a vision and a philosophy of children's health care. It is also a set of up-to-date guidelines, offering a practical, strength-based approach to children's health and well-being, birth through adolescence.

Bright Futures is dedicated to the principle that every child deserves to be as healthy as possible. The best health care involves a trusting relationship between a child and family, a health care provider, and their community.

Bright Futures For Families

Families' roles are essential in the health of their children. What families do every day plays a huge role in the health and well-being of children, including those with special health care needs. Partnership with health care providers is invaluable. When families and health care providers work together, sharing their knowledge and experience, children—and their families—thrive.

The *Family Pocket Guide* guides all families including families with Children and Youth with Special Health Care Needs ([CYSHCN](#)).

[Download the Bright Futures Family Pocket Guide](#)

Division of Senior and Disabilities Services (DSDS)

Alaska Medicaid Home and Community Based Waiver (HCBW) Services General Overview

[Click Here for Alaska DSDS HCBW Overview](#)

According to [Medicaid.gov](#), Alaska offers four Medicaid Waivers, two of which are for children and/or youth. You can read a synopsis of them [here](#).

States seeking additional flexibility in design of their Medicaid programs may apply for formal waivers of some statutory requirements from the Secretary of the U.S. Department of Health and Human Services (HHS). The Alaska HCBWs represent a set of services Alaska Medicaid developed under provisions of Section 1915(c) of the Social Security Act. **Home and community-based services (HCBS): Section 1915(c) waivers.** Section 1915(c) waivers authorize states to provide Home and Community Based Services (HCBS) as an alternative to institutional care in nursing homes, intermediate care facilities for individuals with intellectual disabilities, and hospitals.

Medicaid waiver programs offer people who meet an institutional level of care the opportunity to receive care in the home or community instead of in an institution. **In Alaska**, there are **two Medicaid HCBWs available to children and/or youth** who meet Medicaid eligibility and level of care requirements. They are:

- 1. The Child with Complex Medical Conditions (CCMC) Waiver - (AK Children with Complex Medical Conditions Waiver (0263.R06.00))**
- 2. Intellectual and Developmental Disability (IDD) Waiver - (AK Individualized Supports Waiver (1566.R01.00))**

To be determined eligible for one of these waivers, **a person must be found to be eligible for Alaska Medicaid and be enrolled with the Alaska Division of Medical Assistance (DMA).** The eligible person must also meet the **Level of Care**. **A Plan of Care must be developed and agreed upon between the consumer, or parent/guardian, and providers of service.** Furthermore, **there must be a provider agency with the capacity to provide the desired service in a safe responsible manner.**

As a "Point of Entry" and to obtain more information on the **IDD Waiver**, you can reach out to the **Developmental Disabilities Resource Connection (DDRC)** and click Roster found [here](#).

To find out more about the **CCMC Waiver**, contact the **Aging and Resource Disability Center (ARDC)**. More information and locations found [here](#).

HOME VISITOR RESOURCES:



Touchpoints are periods in the first years of life, during which children's spurts in development result in disruption in the family system. The succession of touchpoints in a child's development is like a map that can be identified and anticipated.....

Learning Opportunities

Trainings and
Workshops

New Brief! A Conceptual Framework for Family Engagement in Early Childhood Home Visiting

Download Brief
Here



The Home Visiting Evidence of Effectiveness (HomVEE) review is a thorough assessment of home visiting models that target families with pregnant women and children from birth to kindergarten entry (up to age 5).

The review determines which models have enough evidence to meet the U.S. Department of Health and Human Services (HHS) criteria for an "evidence-based early childhood home visiting service delivery model".

HomVEE's work helps policymakers and program administrators understand which models are effective.

NEW - Home Visiting Evidence of Effectiveness (HomVEE) Systematic Review - Handbook of Procedures and Evidence Standards: Version 2.2 - April 2024

This updated version of the handbook includes procedures related to HomVEE's review of virtual home visiting research. It also includes updates to clarify HomVEE's definition of subgroups, limits the eligibility of certain findings for review, and strengthens standards for validity.

Download Version 2.2 Handbook

NEW BRIEFS FROM HOMVEE

New briefs on prioritization and public comments.

HomVEE is also releasing two new briefs:

1. The first **summarizes the updated process for prioritizing models for review.**
2. The second **summarizes public comments received in response to HomVEE's request for comment in summer 2023.**

Brief 1

Brief 2



Build Research Knowledge With Online Training



The Mothers and Babies research team at Northwestern University has released an [online training to build home visitors' knowledge and confidence](#) partnering on research projects. The free, self-paced training is available via the Home Visiting Applied Research Collaborative website.

NEW - What We're Reading—Home Visiting, Mental Health and Nursing - May is National Mental Health Awareness Month and National Nurses Month!

- [Effect of a Community Agency–Administered Nurse Home Visitation Program on Program Use and Maternal and Infant Health Outcomes: A Randomized Clinical Trial](#)
- [Implementing Goal Mama: Barriers and Facilitators to Introducing Mobile Health Technology in a Public Health Nurse Home-Visiting Program](#)
- [A Program Evaluation of the Nurse-Family Partnership: How Therapeutic Relationships Foster Resiliency in First-Time Mothers](#)
- [Risk Assessment Practices Among Home Visiting Nurses and Child Protection Caseworkers in Colorado, United States: A Qualitative Investigation](#)
- [Perinatal Mental Health Support and Early Childhood Home Visitation During COVID-19](#)

Subscribe to NHVRC Mailing List

Professional Development Offerings for Early Childhood Leaders and Staff

Building thriving organizations that create positive staff, family and child outcomes.

Click [here](#) for the Essentials of Home Visiting Self-Paced, Online Learning - **High quality learning to Enhance Family Professionals.**

What the Field Is Saying

- 94% of participants report satisfaction and 91% would recommend The Essentials of Home Visiting to a colleague
- 76% of participants report applying what they learned within one week of engaging with The Essentials of Home Visiting experience

*"(The Essentials of Home Visiting) allows **rural home visitors** to attend trainings and not use excessive time and money traveling. This is so important in the current financial climate. The interactive components ... also allow (participants) to form relationships and feel part of ... a learning community."*

STATE LEADER, ILLINOIS

....**Start Early snippets to ensure a System of Care that is family-centric, equitable, and transparent....**

In short, a successful family-centric early childhood system is one that *practices* authentic and inclusive family engagement and *results* in positive, equitable, and supportive experiences for families.

Rather than focusing on preparing families to engage with the system, prepare the system to include families as co-designers.

[Click here for Start Early Professional Development](#)

Home Visitor Professional Learning Path - Online

Missed a webinar? Find online training resources at link below!



[Learn More](#)

If you have any questions, need more information, or have a resource to share, please reach out to hva@a2p2.org, we'd love to hear from you!

Connect with us!



All Alaska Pediatric Partnership | 4141 B St. Suite 409 | Anchorage, AK 99503 US

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