

Virtual Reflective Supervision


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Presenters


 <p>Laura Shoof Technical Assistance/Quality Assurance & Training Specialist Families Forward Virginia Healthy Families Virginia</p>	 <p>Missi Baranko Healthy Families Team Lead Lutheran Family Services of North Dakota</p>
 <p>Jennifer Case, MSW, LCSW Professional Development Manager Early Impact Virginia</p>	 <p>Paula Hanley Parents as Teachers Program Supervisor Hampton Healthy Families Virginia</p>



RR-VHV Resources




Webinar recordings, slide decks, and supporting documents are available at:
<https://institutebsp.org/covid-19-rapid-response>



<h3>Q&A Feature</h3> <p>Please use the Q&A box to submit your questions.</p>	<h3>Chat Feature</h3> <p>Please use the chat box to respond to questions that we ask you!</p>
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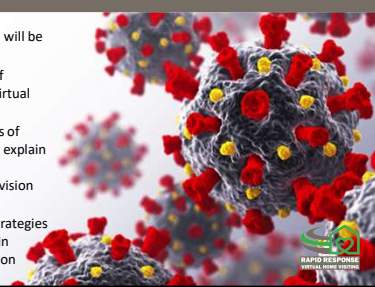
Thank you!



Learning Objectives

At the end of this webinar, you will be able to:

- Identify the importance of reflective supervision in virtual home visiting services
- Identify the core elements of reflective supervision and explain special considerations for providing reflective supervision in a virtual format
- Understand a variety of strategies to promote best practice in virtual reflective supervision



Supervisor Considerations

- Onboarding
- Quality Assurance
- Administrative/Managerial Tasks
- Individual Supervision
- Group Supervision



Poll

What is your primary role?




Poll

In what ways have you experienced reflective supervision?



Poll


How are you experiencing virtual reflective supervision?



RAPID RESPONSE
MINDFUL. WISE. EFFECTIVE.

Poll

How challenging is providing **reflective** supervision at this time?



RAPID RESPONSE
MINDFUL. WISE. EFFECTIVE.

Why Reflective Supervision?



- Parallel process
- Improved quality of work
- Support

"It is not possible to work on behalf of human beings... without having powerful feelings aroused in yourself"

Jerree Pawl in Shahmoon Shanok, Gilkerson, Eggbeer & Feinchel, 1995



RAPID RESPONSE
MINDFUL. WISE. EFFECTIVE.

Why Now?

- Increased stressors facing families
- Increased stress on family support professionals
- Parallel Process



RAPID RESPONSE
MINDFUL. WISE. EFFECTIVE.



REFLECTIVE SUPERVISION

Three stacked blocks representing the components of reflective supervision: Regularity (green), Consistency (yellow), and Reflection (red). A citation and logo are at the bottom.

Citation: Parlakian, R. (2001). *Look, listen, and learn: Reflective supervision and relationship-based work*. Washington, DC: ZERO TO THREE.

Reflection

“Stepping back from the immediate, intensive experience of hands-on work and taking the time to wonder what the experience really means.”

Requires Safety and Trust

A stack of smooth, dark stones balanced on top of each other in a shallow pool of water. A citation and logo are at the bottom.

Citation: Parlakian, R. (2001). *Look, listen, and learn: Reflective supervision and relationship-based work*. Washington, DC: ZERO TO THREE.

Trust is Like a Marble Jar


Whenever someone supports you, or is kind to you, or sticks up for you, or honors what you share with them as private, you put marbles in the jar. When people are mean, or disrespectful, or share your secrets, marbles come out... Trust is built one marble at a time.

brene brown

A clear glass jar filled with many small, colorful marbles. A citation and logo are at the bottom.

Citation: Brown, Brené. *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts*. New York: Random House, 2018. <https://www.youtube.com/watch?v=6442YvEUJH8>

Share Your Response in Chat




How do you add marbles?




Reflection Requires Safety



Collaboration



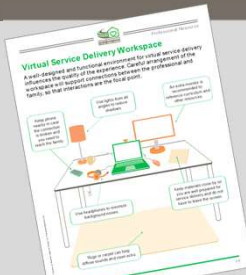
"Two people thinking are probably going to do a better job than one person alone."
- Jerree Pawl




Setting up your Space



Virtual Service Delivery Workspace





<https://institutefsp.org/covid-19-rapid-response>



Digital Notebook Documentation

- Transparency and flexibility
- Supervisor and supervisee – full access and ownership
- Add notes for accountability, responsibility and trust

Virtual Body Language

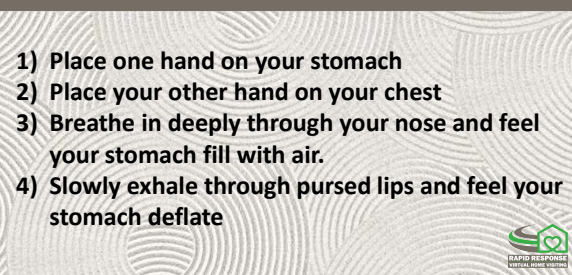

Be aware of:

- Facial expressions
- Movement
- Attention




Breathing Exercise

- 1) Place one hand on your stomach
- 2) Place your other hand on your chest
- 3) Breathe in deeply through your nose and feel your stomach fill with air.
- 4) Slowly exhale through pursed lips and feel your stomach deflate

Regularity

“Perhaps the most important thing we ever give each other is our attention...”
- Rachel Naomi Remen



RAPID RESPONSE
EMOTIONAL WELL-BEING

Supervisor Supports

Preparing for Supervision:

- Schedule breaks between meetings
- Take deep breaths
- Repeat a comforting phrase
- Practice self-care



RAPID RESPONSE
EMOTIONAL WELL-BEING

Share Your Response in Chat

How do you prepare so that you can bring your best self to supervision?



RAPID RESPONSE
EMOTIONAL WELL-BEING

Supervisor Supports

- Receive reflective supervision if possible
- Connect with other supervisors



RAPID RESPONSE
EMOTIONAL WELL-BEING



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The image shows a thumbnail of a webinar slide deck titled "RAPID RESPONSE VIRTUAL HOME VISITING". The IFS logo is in the bottom right corner.

Credits

- Missi Baranko, Healthy Families North Dakota, Lutheran Social Services of ND
- Laura Shoaf, Families Forward Virginia
- Jennifer Case, Early Impact Virginia and The Institute
- Christine Camper, Families Forward Virginia
- Paula Hanley, Hampton Healthy Families
- William Roddey Jones, National SafeCare Training and Research Center
- Lili McGuinness, First 5 LA
- Michele Morrison, ParentChild+
- Angela Rau, Parents as Teachers National Center
- Dorian Traube, University of Southern California

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The IFS logo is in the bottom right corner.

References



Parents as Teachers.

USC Suzanne Dworak-Peck
School of Social Work
Theoholt

The information provided in this document is based on the research and findings of the collaborative initiative between Parents as Teachers National Center and the USC Suzanne Dworak-Peck School of Social Work Telehealth Clinic. The virtual service delivery demonstration, conducted by Dorian Traube, PhD, at the University of Southern California and staff from Parents as Teachers National Center, served seven communities in California and Missouri.

Additional References:

- *Telehealth in Infant Mental Health Home Visiting* document, co-developed by the Zero to Thrive, Michigan Medicine at the University of Michigan, Alliance for the Advancement of Infant Mental Health, Starfish Family Services, and Michigan Association for Infant Mental Health. <https://mimh.org/wp-content/uploads/2020/03/Telehealth-IMH-Document.pdf>
- *Telehealth Tip Sheets: Distance Supervision* from The Community Technical Assistance Center of New York. https://ctacny.org/sites/default/files/telehealth%20tips%20sheet-Distance%20Supervision_4.27.20_0.pdf
- The Community Technical Assistance Center of New York. *Conversations with Dr. Tony and Dr. Courtney Holmes: Providing Remote Supportive Supervision* [Video webinar]. Retrieved from <https://ctacny.org/training/conversations-dr-tony-dr-courtney-holmes-providing-remote-supportive-supervision/>
- Perry, Bruce. 2020. *Self-care & Organizational Care: Neurosequential Network Stress & Trauma Series* [Video webinar]. Retrieved from: <https://www.youtube.com/watch?v=VcDTXpCMY8&feature=youtu.be>

