



# Lac Courte Oreilles (LCO) Mino Maajisewin (A Good Beginning) Home Visitation Program



1998 – Tribe received POCAN funding

2011 to present – Awarded Family Foundations Comprehensive Home Visitation Grant



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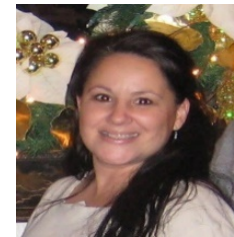
## OUR TEAM!



Barb Baker-LaRush  
Doula/Outreach Worker



Melody Guibord  
Home Visitor



Carla R. Karaszewski  
Home Visitor



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Home Visitor



# Lac Courte Oreilles (LCO) Mino Maajisewin (A Good Beginning) Home Visitation Program

- Part of Family Foundations Comprehensive Home Visiting (FFHV) network in the State of Wisconsin

14 contracted agencies -some with multiple sites

27 programs serving 26 counties and 5 Tribes

LCO is one of five Tribal Programs in the state

- What is Mino Maajisewin?

Voluntary, intensive, and long-term home visitation services

Focus on supporting parent-child interaction





**Our mission is to promote child well-being and prevent the abuse and neglect of our nation's children through intensive home visiting.**

## **WHAT**

HFA is theoretically rooted in the belief that early, nurturing relationships are the foundation for life-long, healthy development. Interactions between direct service providers and families are relationship-based, designed to promote positive parent-child relationships and healthy attachment, strength-based, family centered, culturally sensitive and reflective.

## **WHO**

HFA is designed for parents facing challenges such as single parenthood; low income; childhood history of abuse and other adverse child experiences; and current or previous issues related to substance abuse, mental health issues, and/or domestic violence.

Individual HFA sites select the specific characteristics of families they plan to serve and collaborate with community partners to reach these families. All families complete a Parent Survey or similar assessment in order to determine the presence of various factors associated with increased risk for child maltreatment or other adverse childhood experiences, as well as identify family strengths and protective factors.



## Why

HFA aims to

- reduce child maltreatment;
- improve parent-child interactions and children’s social-emotional well-being;
- increase school readiness;
- promote child physical health and development;
- promote positive parenting;
- promote family self-sufficiency;
- increase access to primary care medical services and community services; and
- decrease child injuries and emergency department use.

“The Healthy Families America initiative... is the most hopeful and promising development that has occurred within the memory of anyone working in the field of child maltreatment.”

*- American Academy of Pediatrics*

## The families we serve...



- Currently serving 40 families
- Member of a Federally Recognized Tribe residing in Sawyer County
- First-time parent
- Family is enrolled during pregnancy or within 3 months of birth
- Reoccurring themes:
  - History of childhood trauma
  - History of substance use
  - Lack of positive peer relationships/social support
  - Poverty
- Approximately 50% of moms screen positive for depression
- 32% of participants have 5 plus ACES

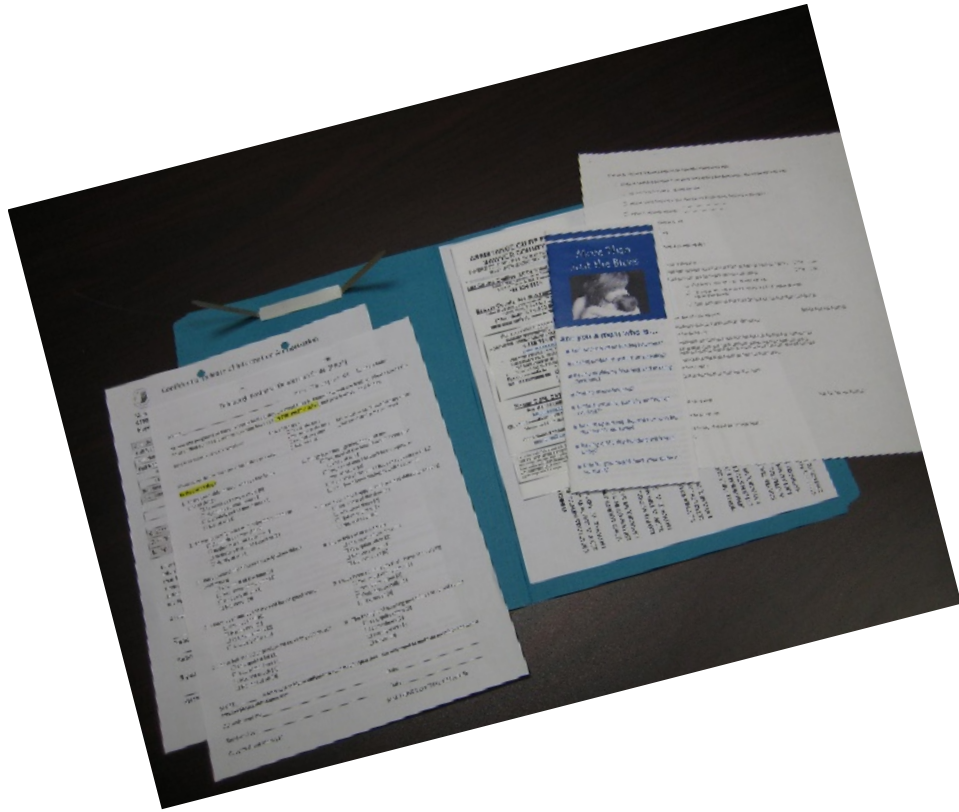


A 3-Year Cooperative Agreement between The Maternal and Child Health Bureau's (MCHB) Division of Home Visiting and Early Childhood Systems and Education Development Center, Inc.

The Home Visiting Collaborative Improvement and Innovation Network (HV CoIIN), is the first national initiative using the [Institute for Healthcare Improvement's Breakthrough Series Model](#) to close the gap and improve critical outcomes for families. The HV CoIIN brings together teams from local home visiting service agencies across 11 states, and one non-profit grantee to seek collaborative learning, rapid testing for improvement, sharing of best practices and building of QI capacity.

This initiative is working to close the gap and improve outcomes for families targeting four program outcomes: (1) improve rates of initiation and duration of exclusive breast feeding, (2) improve promotion, early detection and early intervention of developmental risk and delay (3) improve screening, referral, access to treatment and symptoms for maternal depression, and (4) improve family engagement and retention.

# The Blue Folder

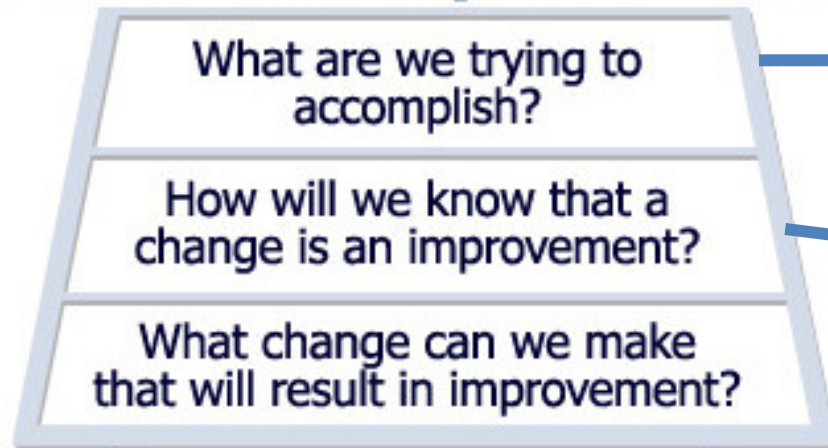


Blank, pre-made folders are created that includes:

- Initial Edinburgh Postnatal Depression Scale (EPDS) screen
- Confidential Release of Information Authorization
- Local and Tribal Community Resources and Services
- More Than Just the Blues pamphlet
- Plan of Action and Outcome Results for Potential Depression Risk

These pre-made folders contain information the Home Visitors need to complete a screen. It also includes information and documentation for positive screens and if a referral is to be made.

# Model for Improvement



Develop goal plans with moms who are experiencing depressive symptoms.

Moms will have a self-identified goal plan specifically related to decreasing depressive symptoms.

If we ask the question, “What do you think will help you to feel better?”, will the home visitor be able to work with mom to develop a specific goal to decreasing depressive symptoms.





# Additional efforts to build capacity around serving families who experience depression and other mental health issues

- Mother-Infant Therapy Group
  - ❖ Oshki Maama Eni Mino Ayaang =  
To work towards being in a Good State of Mind
- Reflective Practice
- Infant Mental Health Consultation

**Oshki-Maamaa**

**Eni-mino-ayaang**

A Mother-Infant therapy group that offers the opportunity to connect with other moms who have similar feelings and experiences in mothering.

Support in coping with feelings of mothering and your relationship with your baby.



# Family Story

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I was introduced to this program after I found out that I was pregnant for the first time in 2013. At the time, I was homeless and pregnant, without family support or parents to guide me on the right path....I was very skeptical [at first] and I had a hard time keeping my appointments because I was homeless for the first 6-9 months after my daughter was born....[After attending the group meeting for moms], my life started to turn around before my very eyes because I was creating structure and setting goals during these sessions. Suddenly, everything didn't seem as bad as I thought it was going to be....I made it a point to stick with this program because I really do enjoy my home visitor....I have gained emotional support for parenting as well as learning new parenting skills during my home visits. I have gained educational support for myself....I have overcome many obstacles, trials and tribulations since I first started the program....I got my first place [to live] almost two years ago. I started attending the Lac Courte Oreilles Community College last summer, and I work 20 hours a week to support the both of us....I honestly believe if I didn't have the support from the Mino Maajisewin Program, I wouldn't be where I am today.

# Family Story

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When I enrolled with the Mino Maajisewin program I was about 7 months pregnant. At the time I was living with my mother and with no job, but clean and sober for the first time in most of my life; all because of a little girl I was soon to meet. 3 months after my daughter was born I finally got a job and a few months after that I'd gotten my very own place to live for the first time ever!! Mino Maajisewin has been a tremendous help to me and my daughter the past year and a half. The education my home visitor gives me on my daughter's growth and development helps me realize where my daughter is at and where she should be with the coming of her age. It helps me to be at ease with her growth and development because I now have an idea what's going on with her and I don't have to guess at it, and feeling lost and frustrated because I wouldn't know what to do for her at certain stages of her growth and development. With the help of Mino Maajisewin I am the mother I've always hoped and wanted to be, I know what to avoid from my past experiences and the environment I was raised in. In times of struggle the Mino Maajisewin Program has been there to help me, for example; I couldn't afford a bigger car seat for my daughter, I told this to my home visitor and she arranged for a car seat specialist to come to my home and teach me to use and install it in my car, and gave me the car seat for \$10.00. I was so relieved and most grateful for their help. I honestly don't know how I would be without their support and teachings.