Early Intervention Services, Municipality of York, Ontario 6/1/16

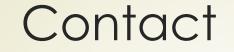
Support-Based Home Visits Robin McWilliam

R. A. McWilliam



6/2/2016





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Outline

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- 1. Family consultation
- 2. Primary/comprehensive service provider
- 3. Implementation of Routines-Based Home Visits
- 4. Monitoring Progress
- 5. Program Evaluation





The Routines-Based Early Intervention Approach

	Component	Practice
	Understanding the family ecology	Ecomap
	Functional, family- centered intervention plan	Routines-Based Interview (+ participation-based outcomes)
	Integrated services	Primary service provider
	Support-based home visits	Family consultation + 3 supports
	Collaborative consultation to child care	Integrated therapy + coaching





Routines-Based Model

A method of organizing human services to promote

Child functioning

Family well-being

Professional efficacy





Why "Routines-Based"?

The natural segmentation of people's lives is by the routines of their day

This helps assess functional needs

It's a meaningful way to talk to caregivers about the child's and their needs

It breaks intervention into functional, manageable units







Child is with regular caregivers 14 hours a day x 7 days a week = 98 hours a week

Versus 1-3 hours a week from early intervention professionals

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<u>/ 28 //s.</u> 3

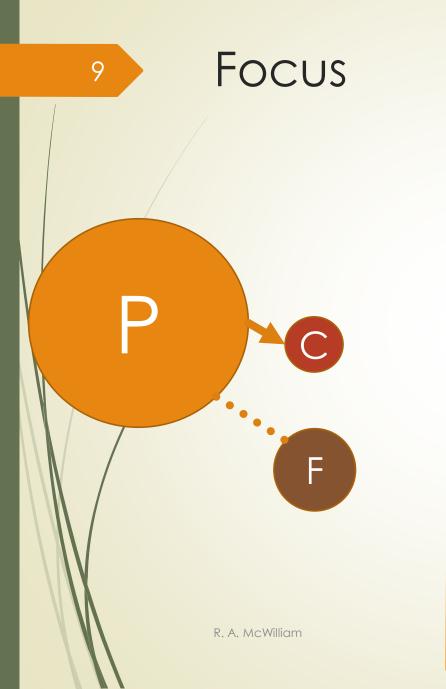
Building family capacity
 Child learning skills where needed
 Family developing competence and
 confidence
 Family contributing their existing
 assets

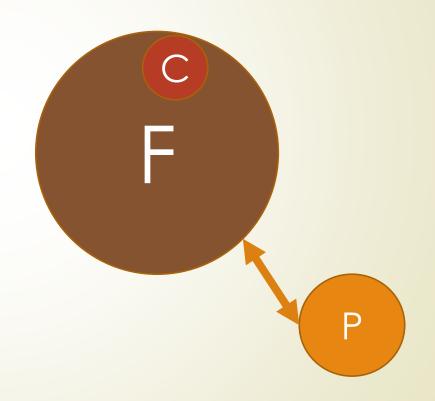
So many advantages... Why would one NOT use the Routines-Based Model?!



8

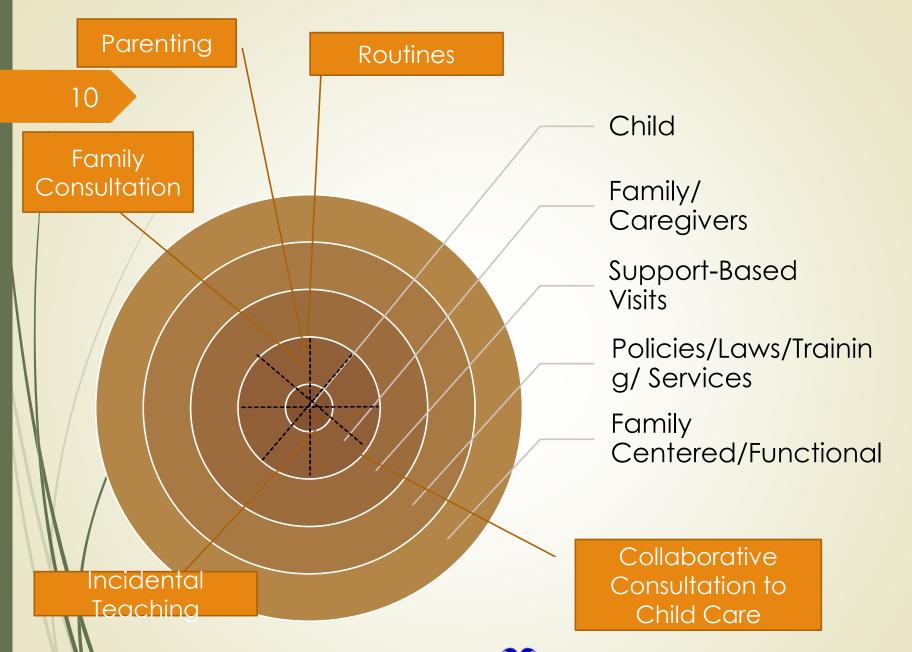
R. A. McWilliam







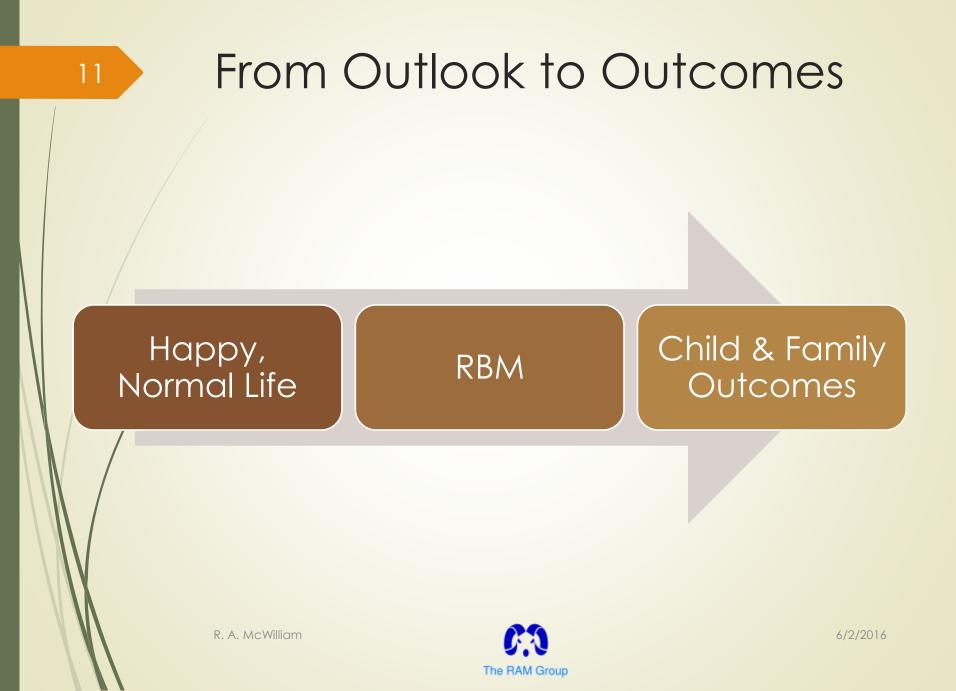
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Happy, Normal Life

Children

- Playing, not being in therapy/services
- Making friends, not dealing with adults only
- Participating in family life, not learning domain skills

- Parents
 - Working if desired, not taking child to therapy
 - Happy routines, not having incompetent child
 - Time for friends and families, not sitting in waiting room or therapy room or working on skills



Routines-Based Model

Empowering families to identify their needs (RBI)

Empowering families to see they have assets (ecomap + family consultation)

Emphasizing child engagement in routines of life

- Replacing rehabilitation mindset of therapists with habilitation (i.e., development and learning) mindset
- Fostering family relationship with a key worker (primary/comprehensive service provider)
- Fostering teamwork among professionals (PSP)
- Collaboratively consulting with families (family consultation) and child care providers (CC2CC)
- Promoting evidence-based, contingent, context-based interventions (incidented) teaching)

Articulating expected practices and training staff to fidelity (checklists)

Measuring efficacy (child progress, MEISR, GAS; family quality of life, FaQoL)

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Structure & Coaching

Planning

Support

Outcomes

Ecomap

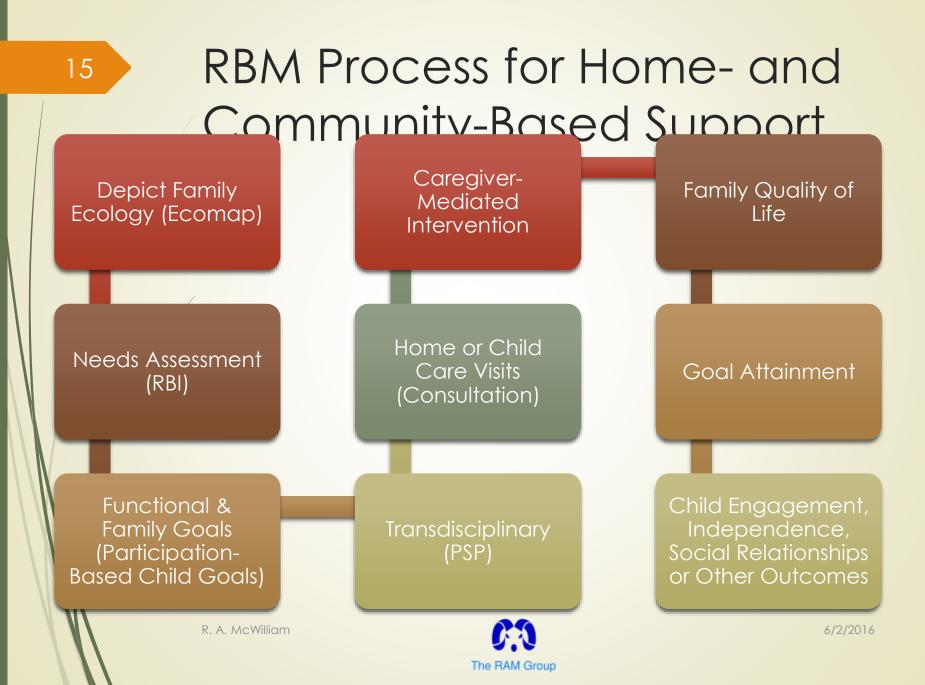
14

- Routines-Based Interview
- Participation-Based & Family Goals
- Family Consultation During Visits
- Collaborative Consultation to Child Care

- Engagement
- Independence
- Social Relationships
- Family Quality of Life
- Family Competence & Confidence

Simplified Overview of the Model





Context of My Observations

Conducting implementation science with entities around the U.S. and overseas

- 30 years of research on engagement in classrooms
- Following the literature



Key Practices

- 1. Use family consultation (instead of expert consultation);
 - Keep discussion of child functioning centered on routines
 - Work with details of child functioning (EISR; "dig deeper")
 - Joint problem solving/solution finding rather than suggestions
 - Hoosiers rule
- 2. Use functional, family-chosen child- and familylevel outcomes as the home-visiting agenda;
- 3. Respond to families' priorities of the day;



4. Prepare families for parenting during the rest of the week;

- Help families with parenting skills (reading, talking, playing, teaching, managing behavior);
- 6. Use informal and community supports to meet needs;



- 7. Address family-level needs also with family consultation
- 8. Provide or ensure emotional support
- Document what happened and what will happen and leave with family



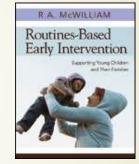
10.Use routines-based assessment to help families choose 10-12 outcomes to be addressed on home visit

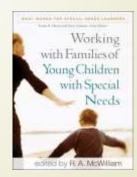
11.Support families in all areas of child and family functioning, using additional "team members" as necessary



Tools

- Routines-Based Home Visiting Checklist
 - Family Consultation Checklist
 - Vanderbilt Home-Visit Script-Expanded
- Next-Steps Form
- Routines-Based Early Intervention
 - Brookespublishing.com
- Working With Families of Young Children With Special Needs
 - Guilford.com







Model Includes

- Preparing for the visit
- Demonstration
- Transitions to next topic (matrix)
- Emotional support
- Use of informal network
- Documenting progress on goals (GAS)

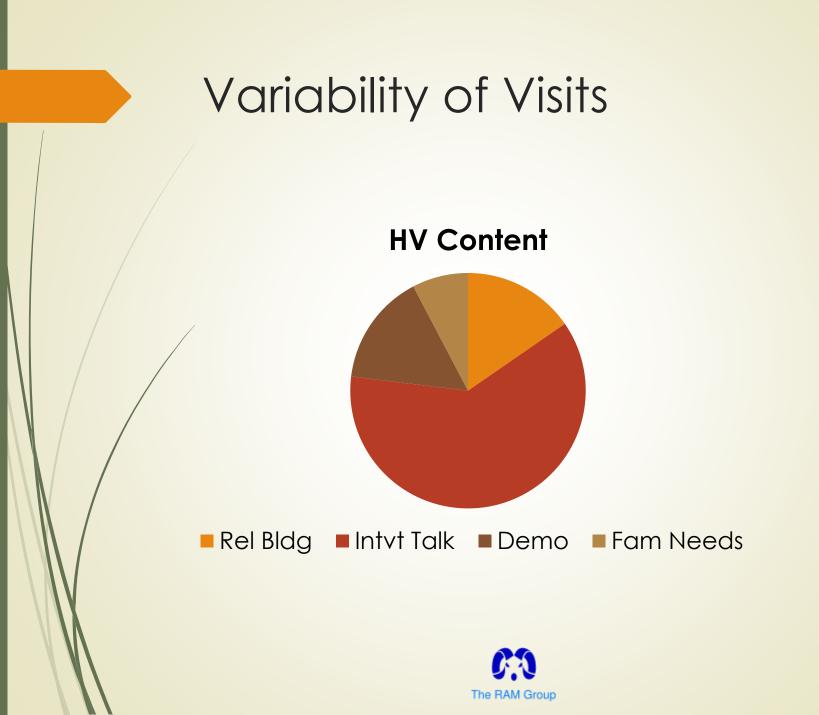


What a Home Visit Looks Like

Conversation

- Demonstration by you or the family
- Planning for the between-visit time



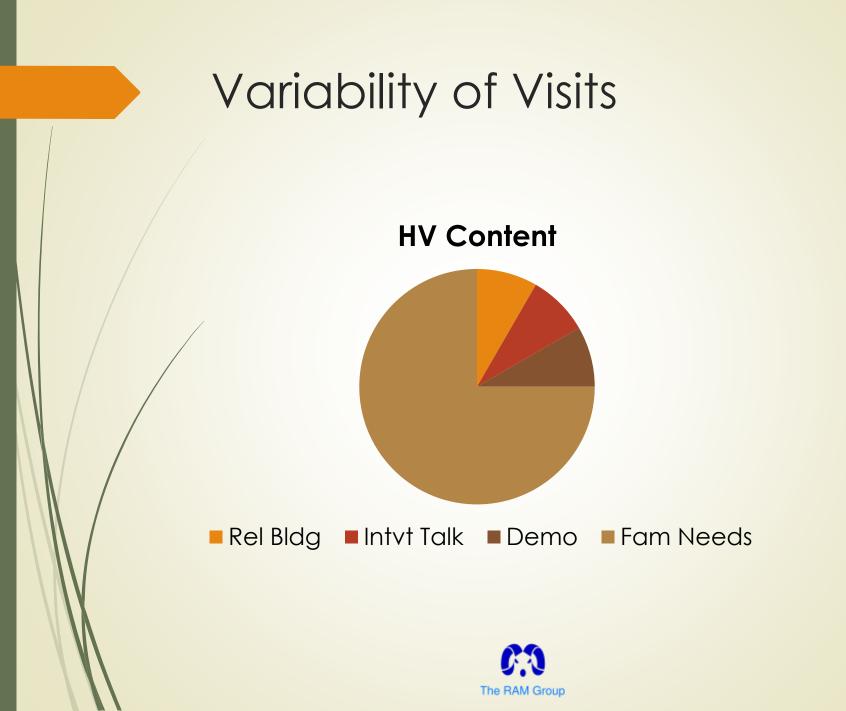


Variability of Visits

HV Content

■ Rel Bldg ■ Intvt Talk ■ Demo ■ Fam Needs ■





To Review: RBHVs are preceded by

Ecomap

- To understand the family's ecology
- RBI
 - To get 10-12 functional child goals and family goalss
- Participation-Based Child Goals
 - To emphasize engagement in routines



How to Be Effective With Children: Work With Families



How to Be Effective With Children: Work With Families

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Antidote to Toy Bag Addiction

What's wrong with the toy bag?Why's it still used?



Replacing the Toy Bag

- Toy Bag
- Limited to the home visit
- Irrelevant to everyday life
- Assumes visitor is the teacher
- Implies their materials aren't good enough

Routines

- Many opportunities
- Relevant
- Assumes family is the teacher
- Nonjudgmental about family materials



Who We Work With on HVs





Working With Adults

Family systems theory

- Enablement and empowerment
- Programming for generalization (from the HV)

In U.S., legislation (to some extent)



What Is the Future of Family Outcomes and Family-Centered Services?

Bailey, Raspa, & Fox (2012)

"The authors show that early intervention and preschool programs are not held accountable for family outcomes; instead, they are limited only to showing that families are satisfied with services. The authors predict that family outcomes will not be part of any national accountability effort in the near future until research clearly shows that such outcomes ultimately will benefit children, and they suggest several lines of work needed to advance the field toward making an informed policy decision about documenting family benefit."



Why Not Just Give Suggestions?

Your input should be added value...

35

- So you need to know background
- You should not be the hero of the visit
 - Think about feasibility and implementation
 - Partners work together





Collaborative Consultation

Homes

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- VHVS Expanded (now in RBHV Checklist)
- Hoosiers rule
- Demo?
- Practice?
- Classrooms
 - Rules of consultation
 - Something personal
 - Integrated-therapy findings





Routines-Based Home Visit Checklist

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Family Consultation

Joint problem solving (solution finding) with the family

- Ask questions to get
 - Background
 - Already tried
 - Context
 - Immediately desired behavior
 - Reason
- Offer possibilities ("ask to suggest": Have you ever tried ____?)



Family Consultation

- 1. Family chooses agenda (you can give options)
- 2. You get background (at least 4 questions, including routine)
- 3. You might ask if family wants to show you
- 4. You make suggestion by asking if family has tried it
- 5. You ask if family wants to try it (you or them)
- 6. You ask family if this intervention is feasible
- 7. You ask if they want to do this (on Next-Steps Form)



Completed Matrix

	Dressing	Meals	Outside	Play	Before dinner	Bath	Bedtime
Persist	X	X		X		00000000	
Follow 2-step directions				X	X		X
Mother resume education							
Use 3 different pieces of playground equipment			x				
Use fork with little spilling		X					
Parents info about Fragile X syndrome							
Wait for others' turns				X			
Put on shirt and pants	x					X	
Parents time							

Matrix

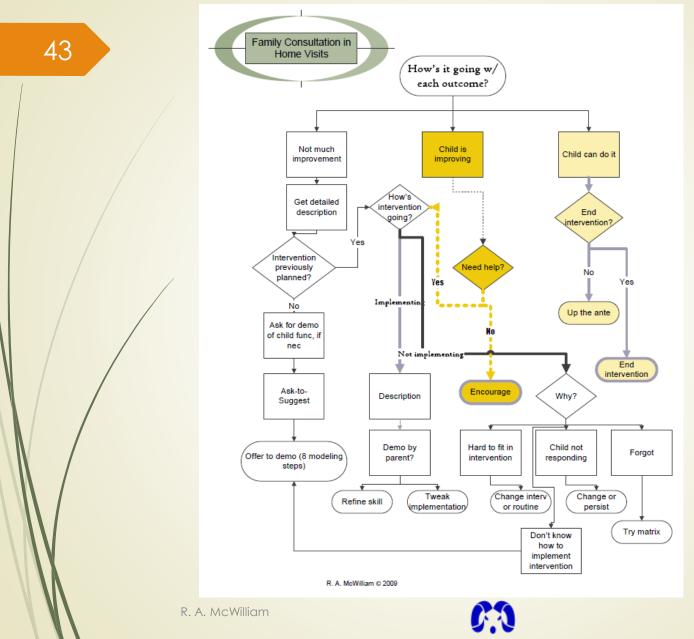
					Routine	\$			
Outcomes/Goals	A	В	С	D	E	F	G	н	1
1.		×		x	1	x			
2.	х	-	x		×		x		
3.			-					x	
4.		x	x	×					
5.					х	x	x		
6.	x			×		l.	<u>,</u>	Y	x
7.		×			×				
8.									
9.					1				
10.		×		x	×			×	
11.		1							



Next-Steps Form

Family Name:	Date:
What we did today:	What we will do from now saill the next visit;
Plan for next visit:	





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5 Rules of Family Consultation

- 1. Ask about a target skill or a routine
- 2. Get description with 4+ questions
- 3. Work with family to find a solution (i.e., solve a problem)
- 4. Ask whether feasible
- 5. Ask whether family is confident in carrying out the intervention (i.e., the solution)



Pass four times before every shot!



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Critical Elements of a Support Visit

1. The professional works with the adult, not the child







2. Caregiver has opportunity to set agenda

AGENDA





3. Requires a list of family-chosen child and family goals





4. Focus of the visit: Building capacity of family to "intervene" with child or meet family-level needs



Murillo: The Holy Family (1650)

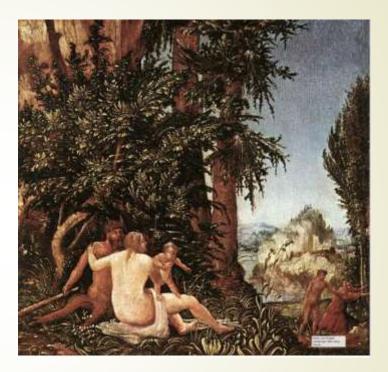


5. Professional uses "family consultation" to work with family to arrive at solution/ intervention/ strategy





6. Professional refers to family's informal supports before formal supports, for helping with some solutions

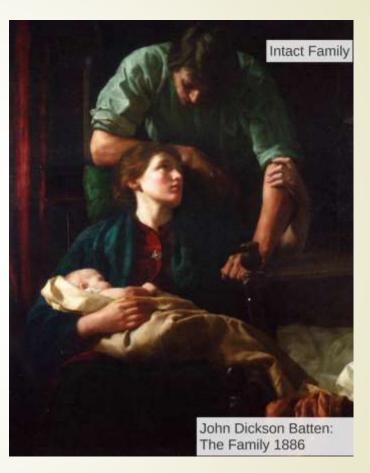


7. Professional always concerned about the primary caregiver's wellbeing



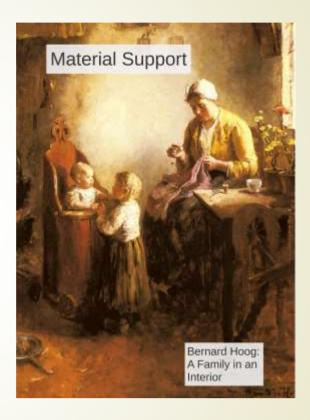


8. Professional frequently checks on family's emotional support





9. Professional attends to basic needs before anything else





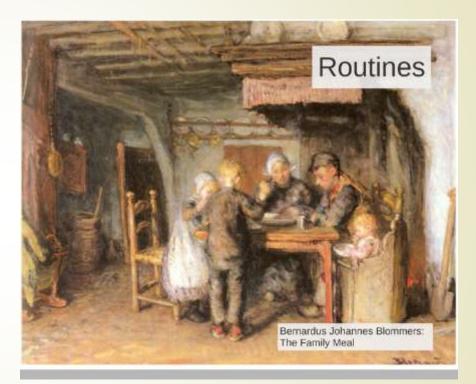
10. Professional prepared to provide or help find information:

child development, disability, resources, **intervention**



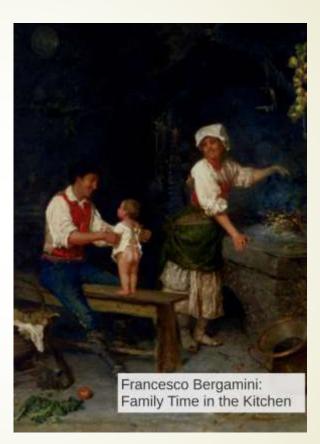


11. Child functioning always discussed in context of a routine





12. Professional looks for opportunities to encourage evidence-based (and fun) parenting





7. Twenty-first-century early interventionists should be consultants well-versed in adult learning theory and have expertise in early childhood development and disability.



Meaning?

- Joint solution finding
- Implications
 - Hoosiers rule





9. Early intervention is a parenting program.



Parentresourcecentre.com

Meaning? Prevention & the future Implications? Talk Read Play Teach



No more multidisciplinary service delivery

What's the problem?What's the alternative?



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"New" Paradigm

Direct, hands-on "treatment" Sup ch na care

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Key Features

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- . Using the family's informal support network;
- 2. Helping the family identify the functional needs of the child in everyday routines;
- 3. Helping them identify what they want to be able to do, as adults;
- 4. Emphasizing the child's engagement or meaningful participation throughout the day;
- 5. Using a comprehensive service provider, so someone is looking at the whole child and family;
 - Working collaboratively with families and teachers—not acting like experts or, worse, like healers;c
- 7. Having quality control built into the system (e.g., checklist training); and
- 8. Collecting data on process and product.



4 Models of Service Delivery

1. Multidisciplinary

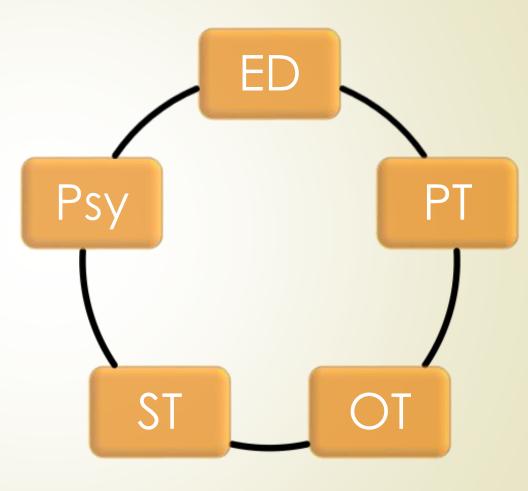
- 2. Interdisciplinary
- 3. Transdisciplinary (primary service provider)
- 4. Comprehensive service provider



Multidisciplinary

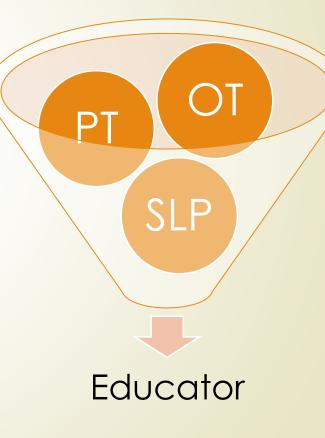


Models of Service Delivery





Transdisciplinary (Primary Service Provider) WHOLE TEAMS MECESSARY-PEOPLE TEAMS

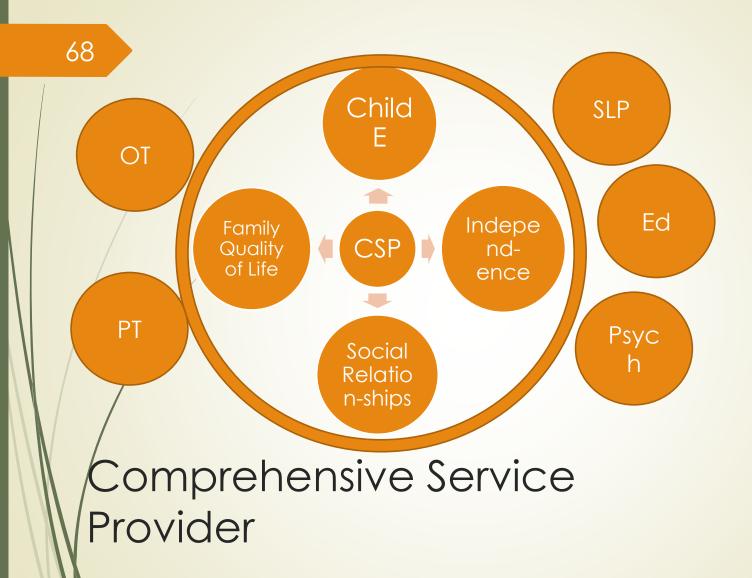




Holistic Family Approach

- One professional needs to help the family with interventions for the whole child and family.
- Not service coordination/case management
- Ideally, PSP
- If not, one of the so-called team must function as the comprehensive service provider (CSP)





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Functional Child Goals

Developed from functional needs...assessed from RBI

Necessary for participation in routines

Addressing engagement, independence, or social relationships

Feasible for family/other caregivers





Family Goals

Child-related Basic needs Self-actualized needs



Additive Service decisions

Look at goal list

Consider who would potentially be added to individualized team re: functional needs





Administrative Support

Management endorses, actively supports CSP





Cooperative Teammates

Role releaseRole acceptance





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What CSP Does during Visits

Items from

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- Routines-Based Home Visit Checklist
- Clinic Checklist



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What CSP Does During Visits

Greeting

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- New or Top Issues
- Next-Steps Form
- Child Goal
 - Questions
 - Intervention Agreement
 - Parent Demonstration (before questions or after intervention agreement)
 - Professional Demonstration
 - Transition to Next Goal

- Family Goal
 - Questions
 - Intervention Agreement
- Wrap Up
 - Next-Steps Form
- Throughout the Visit, as Appropriate
 - Emotional Support
 - Material Support
 - Informational Support
 - Parenting



Key to Change

Performance feedback with checklists

- Anders Ericsson: 10,000-hour rule (practice)
- In Daniel Goleman's Focus: The Hidden Driver of Excellence, Ericsson says not mechanical repetition.
- In addition to practice, pay attention "with full concentration on improving a particular aspect of their performance that a master teacher identified."





Evidence-based practices rule the day.

- "Professionally, the term "evidence-based practice" is used both as a noun and as a verb. As a noun an evidence-based practice is an intervention that is based in science. As a verb evidence-based practice is the disposition of a practitioner to base the selection of their [sic.] interventions in science." (https://www.cec.sped.org/ Standards/Evidence-Based-Practice-Resources-Original)
- Evidence-based practices.
- Potentially evidence-based practices.
- Having mixed effects.
- Having negative effects.
- Having insufficient evidence to categorize their effectiveness.

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EBPS



Spedpro.org

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- Meaning?
 - Use incidental teaching and, when appropriate, operant conditioning IN CONTEXT
- Implications
 - No more sensory integration treatment, psychopathologizing, nonfunctional interventions

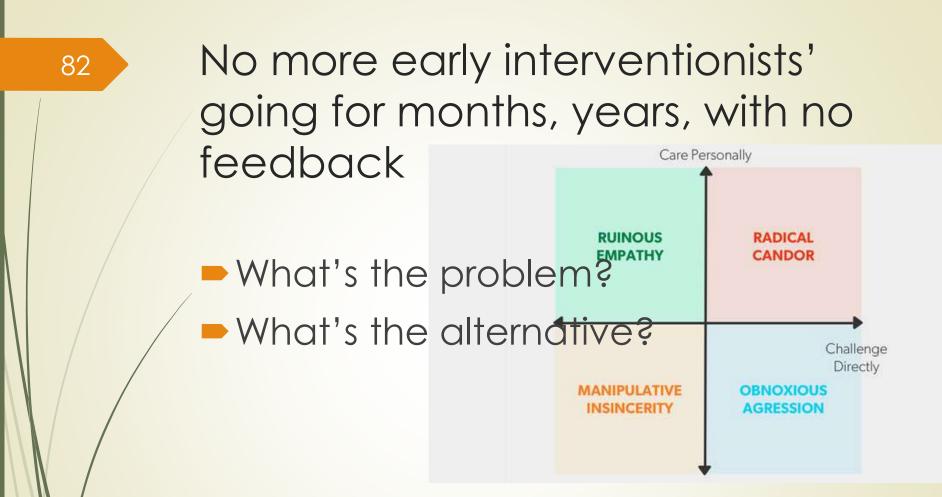


For children with ASD, WHIch are EBPs?

Music therapy

- Time delay
- Sensory diet
- Parent-implemented intervention
- Sensory integration
- Naturalistic intervention







How Do We Make This Happen?

- Performance-based feedback, with checklists
 - Ecomap and RBI Checklist
 - Service Decision-Making Checklist
 - Home-Visiting Checklist
 - Collaborative Consultation Checklist



What Would Be the Results?

Children functioning better MEISR ClaMEISR Families' quality of life improved Access to information and services Perceptions of child functioning These should result in federal outcomes improving





Child Functioning

Engagement

IndependenceSocial relationships







Engagement

Meaningful participation in Home School Community routines



Key Interventions

With families

- Family consultation (Hoosier's Rule)
- In routines
- With teachers
 - Collaborative consultation/integrated therapy
 - In routines
- Caregivers with children
 - Incidental teaching



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Scary Reality



Most early interventionists don't know much about prompting procedures, reinforcement principles, or adultlearning theory!

How can they transmit interventions to families?!



New Era

We'll help them

- We'll teach them about
 - Prompting procedures
 - Reinforcement principles
 - Adult-learning theory
- We'll teach them how to use family and collaborative consultation
- We'll give them performance feedback and keep data on their performance







We'll Do This With Implementation Science







Implementation the McWilliam Way

Implementation planning
 Implementation of practices incrementally

3. Lead up, intensive training, maintenance

Implementation Planning

- What are the components of the Routines-Based Model?
- What do we need to improve or change?
- Which improvement/change items can be addressed with the RBM?
- Which components do we want to implement?
- What other efforts are or will be occurring?
- What timelines for the components and other efforts?
- Who will define action steps for each components
 - Lead up
 - Intensive training
 - Follow up



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Checklists

Specify desired professional behaviors

- Provide a structure for focused guidance (i.e., feedback)
- Give you data on (a) professional competence and (b) implementation fidelity

Require observation... by whom?!



Support-Based Home Visit Checklist

From McWilliam, R. A. (2010). Support-based home visiting. In R. A. McWilliam (Ed.). 1 Working with femilies of yange children with spectral needs: (pp. 27-59). New York: Califdford Press. Also in *Resultive-Research Early Intervention: Supporting Toxing Children and Their Families* by R. A. McWilliam (2010, Paul H. Brookes Publishing Co., Inc.).

Support-Based Home Visiting Checklist

R. A. McWilliam, A. Jenkins 2010 (Revised 2012)

	V x	
1990 - 1987 - 1990 - 1990 - 1990 - 1990 - 1990 - 1990 - 1990 - 1990 - 1990 - 1990 - 1990 - 1990 - 1990 - 1990 -	? NA ¹	Notes
Emotional Support	000000000000000000000000000000000000000	
1 Make positive statements about the child?		
 Make positive statements about the adult family members? 		
3. Address any family concerns?	· · · · · · · · · · · · · · · · · · ·	
 Ask about show concern for family members other than the target child? 		
 Treat the family in a friendly manner, as one would neat a neighbor? 		
 Demonstrate sensitivity to the family's situation? 		
7. Listen to the family?		
8 Demonstrate respect for the family?		
The Visit		
Show that the visit is to the purent, not the child?		
10. Let caregiver lead discussion for visit?		
 Provide support information within context of daily routines or activities? 		
12. Appropriately offer to show the family a technique?		
 Jointly with the family, arrive at strategies or solutions? 		



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14. Offer the opportunity for the caregiver to practice a strategy so specific feedback can be given?	
15. Discuss how to monitor progress?	
16. Praise/encourage family?	
Vanderbilt Home Visiting Script	
valuerous Home visiting Script	
17. Ask an open-ended question to give the family an opportunity to set the agenda for the visit (e.g., "How have things been going?")?	
18. Ask the family whether they have anything new they want to discuss?	
19. Ask the family how things have been going with the outcomes or goals on the Individualized Family Service Plan?	
 Ask the family if there is a time of day that is not going well for them? (Optional) 	
 Ask about other family members besides the child? (Optional) 	
 Ask about any appointments since the previous visit or before the next visit? (Optional) 	
 Ask if the family has too much or not enough to do with their child? (Optional) 	
Family Consultation	
24. Get a detailed description of progress?	
25. Ask what family has been doing so far?	
 Ask for a demonstration of child functioning, if necessary? 	
 Ask questions before beginning "Ask to Suggest" (e.g. Have you tried this, have you tried that?)? 	
28. Ask the family if they would like to show what they have been doing with the child?	
29. Helped family to see themselves rather than you as the problem solver?	
30. Suggest Intervention Matrix?	
31. Ask caregivers if they had any questions or anything else they want to discuss?	





300 items

- Completed by parents
- 0-3 home routines
- 3-5 classroom routines
- Excellent psychometrics
- Crosswalked





78		Mool Times (24 months)	Starting	N	s	ο	Outc	omes
		Meal Times Lucas (24 months)	Age					
	2.14	Uses pincer grasp to pick up small pieces of food	10			✓	3	A
	2.15	Follow simple requests with gestures (e.g., come here, throw it)	12			\checkmark	2	Κ
	2.16	Uses words or signs to ask for "eat" and "drink"	12		✓		3	А
	2.17	Drinks from a sippy cup by him- or herself	12			✓	3	А
	2.18	Eats meals on a fairly regular schedule	12			\checkmark	3	А
	2.19	Follows pointing and points to indicate food preference	12			\checkmark	3	А
	2.20	Says "no" meaningfully	13			\checkmark	2	Κ
	2.21	Uses a spoon with moderate success	15			✓	3	А
/	2.22	Drinks from a cup without a lid by him- or herself	18	✓			3	А
	2.23	Uses a spoon independently	18			✓	3	А
	2.24	Drinks an appropriate amount from open cup at one time	18	\checkmark			3	А
	2.25	Stays seated for entire meal (duration appropriate for child's age)	18	\checkmark			1	S
/	2.26	Uses words or signs to ask for specific foods or drink	18		✓		3	А
	2.27	Indicates when hungry or thirsty	15		✓		3	А
	2.28	Communicates "more"	18	\checkmark			3	А
	2.29	Communicates "finished"	18	\checkmark			3	А
/	2.30	Puts an appropriate amount of food in the mouth at one time	18			✓	3	А
	2.31	Sits in a regular (can be child-sized) chair	18		✓		3	А
	2.32	Eats a variety of foods	23	\checkmark			3	А
	2.33	Removes wrappers and peels before eating	23	v			3	Å
	2.34	Waits for something for 10 minutes, without fussing	24	\checkmark			1	S
	2.35	Pays attention to others around him or her	24			\checkmark	1	S
	2.36	Communicates in any appropriate manner the need for help	24	\checkmark			3	А
	2.37	Obeys 2-part commands (e.g., put down your spoon & give me your)	24	\checkmark			2	K
Ν	2.38	Refers to self with pronoun (i.e., <i>I, me</i>)	27	\checkmark			2	Κ

C



	Outdoors Lucas (24 months)	Starting Age	Ν	S	ο	Outco	omes
12.2	Walks	13			\checkmark	3	А
12.3	Runs	18			\checkmark	3	А
12.4	Moves ride-on toys without pedals	18	Not observed		ved	3	А
12.5	Jumps	22			\checkmark	3	А
12.6	Uses slides (i.e., goes up and down small slide)	23			\checkmark	3	А
12.7	Plays appropriately with sandbox toys	24	Not	t obser	ved	2	K
12.8	Plays with a variety of toys outdoors	24			\checkmark	2	Κ
12.9	Plays outdoors for 30 minutes without fussing	24	Not	t obser	ived	1	S
13.0	Shows interest in the playground	24			\checkmark	2	Κ
13.1	Regains balance	24			✓	3	А
13.2	Walks up stairs alone (both feet on each step)	24			 ✓ 	3	А
13.3	Walks downstairs alone (both feet on each step)	25	Not observed		ved	3	А
13.4	Jumps from bottom step, no assistance, both feet together	27			~	3	А
13.5	Walks forward and backward	28				3	А
13.6	Walks upstairs alone (alternating feet)	30			 ✓ 	3	А
13.7	Uses pedals on tricycle; goes 4-6 feet	32	Not	t obser	ved	3	А
13.8	Climbs jungle gym and ladders; swings by hands	34		\checkmark		3	А
13.9	Walks downstairs alone (alternating feet)	34	Not	t obser	ved	3	А
14.0	Plays appropriately on playground equipment	34			\checkmark	2	K
14.1	Stays in the playground area, does not run away/climb fence	36	~			3	А
14.2	Follows directions given at a distance	36	Not	t obser	ved	2	Κ

9

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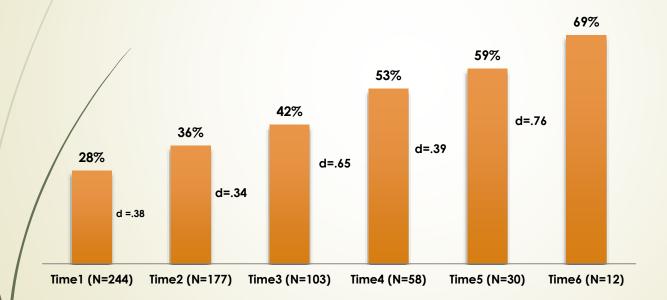
Get	tting Dressed Lucas (24 months)	Starting Age	N	s	ο	Outcomes
3.8	Assists with dressing by extending an arm/leg for a sleeve/pants	10.5			~	А
3.9	Points to body parts on self when asked	13			\checkmark	K
3.10	Removes articles of clothing by him- or herself	15			✓	Α
3.11	Indicates he/she understands the names of articles of clothing	15		✓		К
3.12	Identifies self in mirror	15			✓	К
3.13	Indicates what he or she wants to wear	15		\checkmark		Α
3.14	Undoes fasteners (zippers, snaps, buttons)	18			✓	Α
3.15	Helps undress self	18			✓	Α
3.16	Uses signs or words for body parts	18		✓		К
3.17	Uses signs or words during dressing	18		✓		К
3.18	Uses signs or words for articles of clothing	18	✓			К
3.19	Uses signs or words for 1-6 body parts	18		✓		ĸ
3.20	Uses signs or words for more than 6 body parts	24	✓			К
3.21	Persists with complex tasks (e.g., putting on snoes, other clothes)	24	v			ĸ
3.22	Helps dress self	28	~			Α
3.23	Fastens zippers, snaps, buttons	30	✓			Α
3.24	Puts on coat with assistance	30	✓			Α
3.25	Puts on articles of clothing by him- or herself	32	✓			А







MEISR Average Percentage of Correct Items over Multiple Assesments







GOAL-ATTAINMENT SCALING

+2...5 meters, going to meals, outside time, and to the car 2x a day

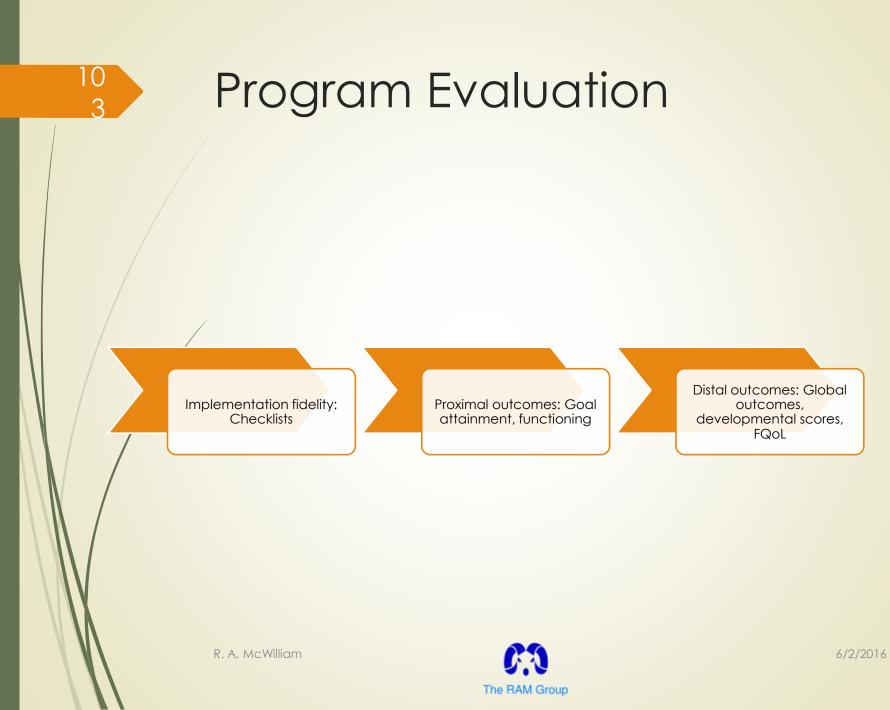
+1....5 meters....

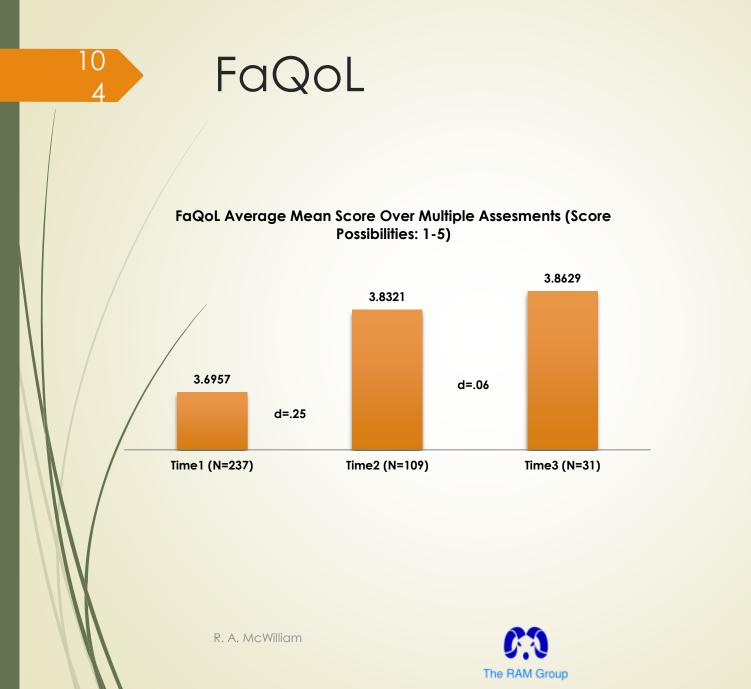
0 Walk independently 3 meters, going to meals (3) and outside time

-1 Walk independently 3 meters at outside time

-2 Walk only with two hands held











collective EVO

R. A. McWilliam



LUTION





Best Words About Using a Routines-Based Approach

"It didn't only make me a better professional. It made me a better person."

2016,

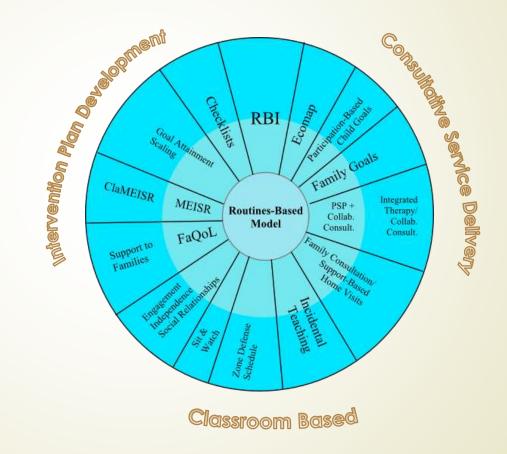


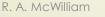




Routines-Based Model

for Early Intervention 0-5







From Functional Assessment to Effective Home Visits

Participation/ engagement needs in routines

Assessed by interviewing regular caregivers

Caregivers select goals to increase participation/ engagement Joint solution finding with caregivers

Goals with context and measurement criteria to home

Measurable goals on plan

The RAM Group

Caregivers implement solutions between visi⁻

Caregivers report child functioning

Professionals monitor functioning reports (date



The RAM Group

International group of > 25 experts on the Routines-Based Model

Dr. Hasan Zaghlawan, Middle East (Jordan) member

Available to coach implementers

See <u>www.RamGroup.info</u>



- Every spring, 10 people begin training in RBHVs to become certified trainers.
- Contact me, if you'd like to be considered for the 2017 training

