

NHCBH Workforce Development Network

Foundational Competencies in Children's
Behavioral Health

HEALTH & SAFETY

Mission

The NH Children's Behavioral Health Workforce Development Network is to build a sustainable infrastructure for the professional development of the children's behavioral health workforce based upon the core competencies and infused with the system of care core values and guiding principles.

NH Children's Behavioral Health Core Competencies

- System of Care Core Values and Principles
- 7 Key Domains
- Levels: Foundational
Intermediary
Advanced

Foundational Competency Modules

HEALTH & SAFETY

Foundational Level

- *Professional Boundaries*
- *Staying Safe During Home Visits*

PROFESSIONAL WORKPLACE BOUNDARIES

➤ *Relationships with clients*

➤ *Ability to cope with work-related stressors*

Questions that a worker can ask himself or herself to help set and maintain appropriate, professional boundaries...

- *Do I spend equal amounts of time with each family?*
- *Should I connect with a client via social media?*
- *Am I working harder for a client's goals, than my clients themselves?*

Ways to Cope with Workplace Stressors

- *Find even small ways to nurture yourself during the workday*
- *Break up the pace of your workday*
- *Remain attuned you how you absorb work stress*
- *Nurture yourself*

Guidelines for Worker Safety during Home Visits

- *Your safety is the most important factor and concern!*
- *Who is responsible for your safety? You are.*

PREVENTION!!!

- Always be concerned and aware!
- Know the individual or family and source of information
- Know your resources, have a plan of action
- Know your protocols and your plans of interventions
- Know yourself and maintain your composure

Communication & Prevention

- Role of silence
- Non-verbal communication
- Body language
- Personal space
- Voice
- Height

Recognize Escalating Behavior

➤ Verbal

➤ Physical

➤ Body Language/Gestures

Response to Escalating Behavior

- Acknowledge the behavior without judgment
- Seek an understanding of the escalating behavior, if appropriate
- Set limits or agreed upon goals

Home Visit Preparation

- On the way to the address
- Arrival
- Entering
- Inside
- Leaving

Contact Information

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