

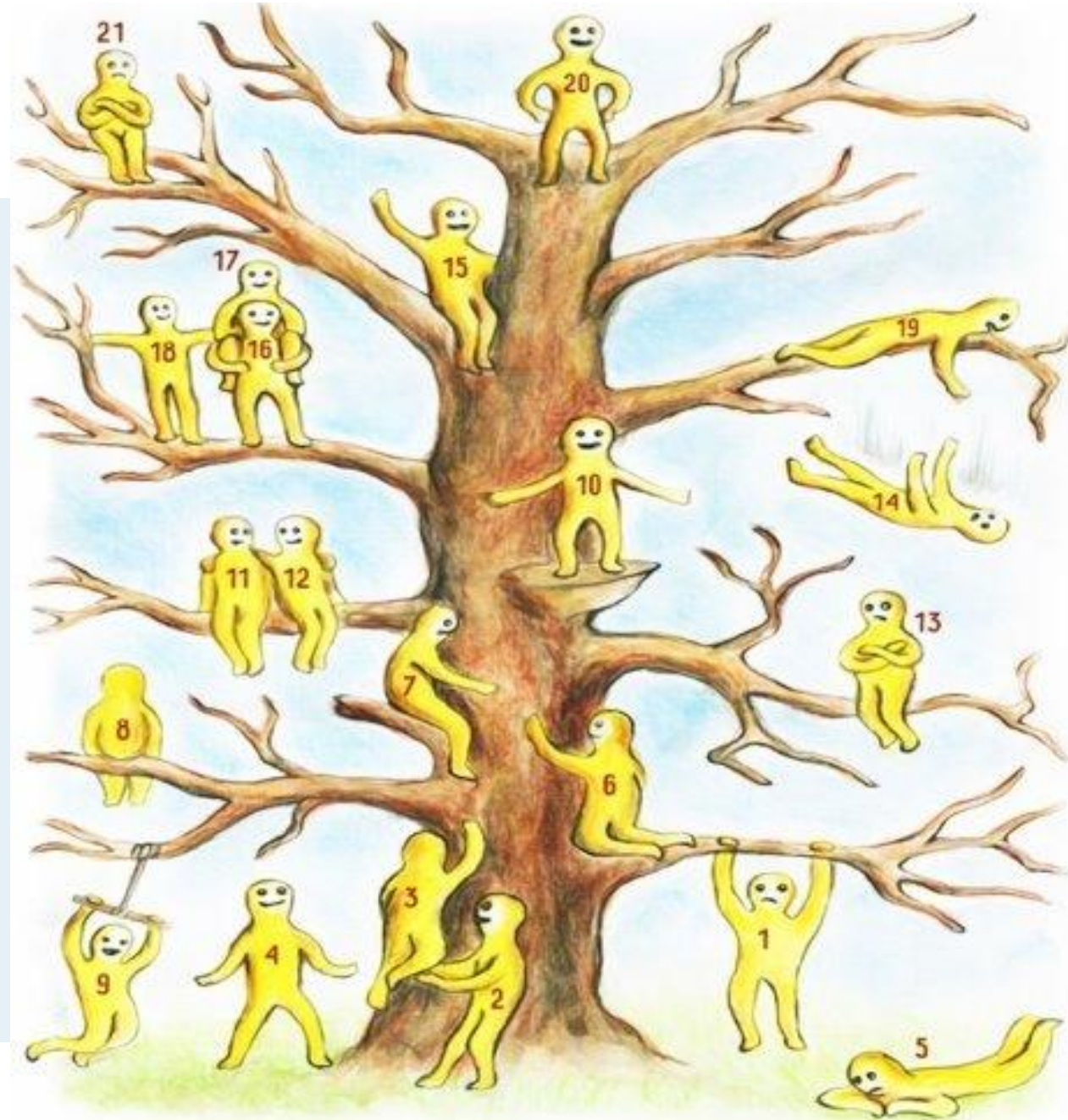


Institute for Home Visiting Workforce Development's
Learning Collaborative for Promoting Home Visiting
Workforce Well-being

**Session 3: Reflective Supervision: A Key to
Workforce Well-being and Resilience**

Community Building Activity

Which one of the figures best represents you in your work this week?



Plan of the Day

- Welcome
- Presentation: Dr. Allison West and the SAS-HV Reflective Supervision Project
- Discussion: Reflective Supervision
- Reflective Supervision Peer Sharing Panel Presentation and Q & A
- Wrap Up/What's next?



Guest presentation: Dr. Allison West

- ❖ Associate Professor at the Johns Hopkins Bloomberg School of Public Health
- ❖ Social worker by training and now conducts applied research and evaluation on whole family strategies, with a focus on home visiting
- ❖ Led several studies on well-being and reflective supervision, including the SAS-HV Workforce Study
- ❖ Directs the Home Visiting Applied Research Consortium (HARC)



Participant Experiences with Reflective Supervision

- ❖ What does reflective supervision look like in your program?
- ❖ How do you/does the agency support its implementation?
- ❖ In your experience, how has reflective supervision supported or promoted home visitor professional wellbeing?
- ❖ What opportunities do you see for enhancing the practice of reflective supervision at your workplace?

❖ Amy Gorton, Director of Home Visiting, Easterseals Midwest

❖ Alyssa Garbiso, Program Supervisor, Lutheran Services Iowa

Post-Session Feedback



Session 3 – Reflective Supervision: Take it Forward

Review, Share and Reflect

- Review and start to complete the Participant Reflection Worksheet
- Share the SAS-HV Reflective Practice Framework and discuss with your team

Try-it-Out Challenge

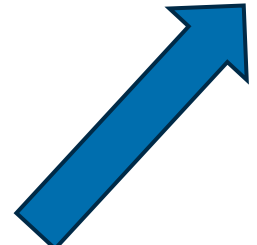
- For Home visitors: Identify ways you could improve your engagement with reflective supervision and discuss with your supervisor
- For supervisors: Share one of the podcasts from the session 3 reminder email with your team and discuss
- For program leadership: Connect with peers (on this call or in your community) to identify steps to you can take to implement or enhance reflective supervision



Session 3 – Reflective Supervision: Take it Forward

Enrichment Opportunities

- Review one of the foundation resources shared
- Request TA support (using [TA interest form](#) or emailing HVworkforce@edc.org)



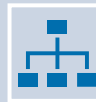
What might I want to talk with a TA Specialist about for reflective supervision?...



Request a peer connection with another team to learn more about how they implement reflective supervision



Engage in thought-partnership with the TA team on potential training opportunities on reflective supervision



Explore strategies to engage agency leadership to improve their understanding of reflective supervision and its benefits for staff and families



Coaching on completing the "PLAN" section for a PDSA cycle on testing the Reflective Supervision Planning Tool



Investigate options for supervisors and program leaders to receive reflective supervision

Get Ready for Anchor & Advance Session – July 15th 4-5pm ET

- ❖ Learn about how a home visiting program director gets support from her reflective consultant
- ❖ Engage in discussions with others in the same/similar roles about reflective supervision
- ❖ Connect reflective practice and reflective supervision to worker well-being



Thank you

Email us at Hvworkforce@edc.org

For more information, check out hvworkforce.org

