

# Effectively Addressing Stress in Home Visiting Clients

## Mind Matters: Overcoming Adversity and Building Resilience

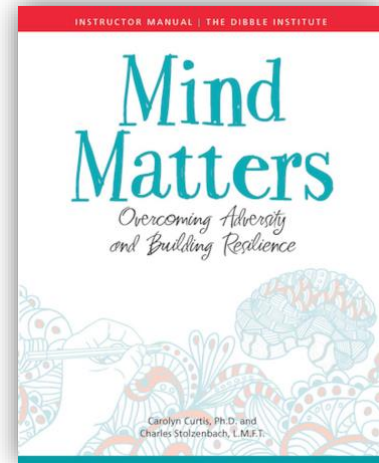
The effects of trauma and toxic stress on young parents and their children can be both profound and long-lasting. Ongoing stress has been shown to negatively impact maternal and child health over multiple generations. Research-based programs are often required for people to learn how to notice and interrupt destructive thought patterns and harmful behaviors. [Mind Matters](#) teaches parents the skills and practices that cultivate their healing thereby improving outcomes for their children.

Mind Matters' lessons teach people ways to heal from Adverse Childhood Experiences (ACEs) and other negative experiences with innovative methods based on [current research and neuroscience](#). These skills give individuals a way to take charge of their emotions and build a resilience that can be passed along to their children. Participants learn to address their own physical, relational, and mental health needs, as well the needs of their families. Using their own workbook allows participants to practice and retain the skills and knowledge they gain through the course of the program.

As home visitors and case managers share Mind Matters' practical, hands-on sessions with parents, they will be covering the effects of adversity and toxic stress on the brain and teaching the parents new habits and skills that promote the healing process. Each lesson, based on ACEs science, includes activities that increase hope, help in overcoming adversity, and build resilience. Mind Matters can either be used in 21 fifteen-to-twenty-minute sessions by a home visitor/case manager or in 12 one-hour lessons with groups. These interactive lessons are easy to teach without formal training in advance. Home visitors can flexibly teach content from a mobile tablet or other device.

Findings from a recent [randomized control trial](#) of Mind Matters conducted at the University of Louisville showed significant improvements in trauma coping skills and significant decreases in PTSD symptoms. Participants also showed trending improvements in emotional regulation and social competence.

Mind Matters is not intended to be therapy or to replace psychotherapy. Rather, it was written to be facilitated by non-clinicians to inspire, uplift, and set parents on their journey of healing over the course of a lifetime as they cultivate deeper resilience. Mind Matters lessons can help prevent domestic violence and abuse, address absence and neglect, and build a culture of wellness in the home.



**The Mind Matters program includes the following elements:**

<b>Practice Requirement</b>	<b>Mind Matters</b>
<p><b>Support family economic well-being</b> by addressing (1) basic human needs (such as food, housing and utilities, health care, transportation, clothing, and education); (2) financial security (such as financial education); or (3) employment readiness (such as case management, employment coaching, financial education, soft skills training, work readiness activities, and job development or job placement)</p>	<p><b>Lessons address the following topics:</b></p> <ul style="list-style-type: none"> <li>• Self-Soothing skills</li> <li>• Regulating emotions</li> <li>• Mindfulness practices</li> <li>• Effective stress management</li> <li>• Reducing intrusive thoughts</li> <li>• Developing empathy</li> <li>• Interpersonal communications</li> <li>• Developing a life of intention</li> <li>• Building and using a support system</li> <li>• Learning how to ask for help (including connection with community resources and supports)</li> </ul>
<p><b>Serve families with young children and/or pregnant women</b></p>	<p>The content of Mind Matters is written for ages 12+. The skills and practices are applicable for both youth and adults.</p>
<p><b>Have written protocols, manuals, or other documentation</b> available that describes how to implement or administer the practice</p>	<p>Mind Matters is an out-of-the-box, ready-to-use written program. Training is available, but not required to facilitate the program</p>
<p><b>Are delivered individually or in a group</b> (that is, a home visitor working directly with parents)</p>	<p>Mind Matters can either be used in 21 fifteen-to-twenty-minute sessions by a home visitor or in 12 one-hour lessons with groups. Guidance for using Mind Matters with individuals is found in the Appendix.</p>

