

# MIHOW: Experiencing a Maternal, Child Health Home Visiting Program

Kelsey Minix; Tonya Elkins, MSSW

Vanderbilt School of Nursing, ABLE Families, Henderson Settlement, Renewal House, Catholic Charities



#### Introduction

The MIHOW (Maternal Infant Health Outreach Worker) Program is a home-visiting organization based in Nashville, TN whose services reach populations across Kentucky, Tennessee, West Virginia and Mississippi. MIHOW employs local women to visit at-risk homes on a monthly basis, mentoring mothers and promoting healthy pregnancies, providing health education, and connecting families to necessary medical and social services for raising a healthy family. The program provides services to women from pregnancy until their child reaches the age of three.

# Objectives



Gain exposure in program evaluation



Work with Appalachian populations



Formulate a thesis topic

# Structure

## **Data Analysis**

Conducted descriptive statistics on MIHOW populations

## **Training**

Received and facilitated training in infant health

## **Group Facilitation**

 Assisted with Renewal House sessions teaching child development, nutrition, physical exercise techniques, and building self-esteem

## **Program Evaluation**

 Used REDCap to determine program effectiveness among mothers who attend Renewal House group sessions

# **Recruitment of Research Subjects**

Assisted with recruitment of Hispanic mothers to study

# **Collaboration with Public Health Organizations**

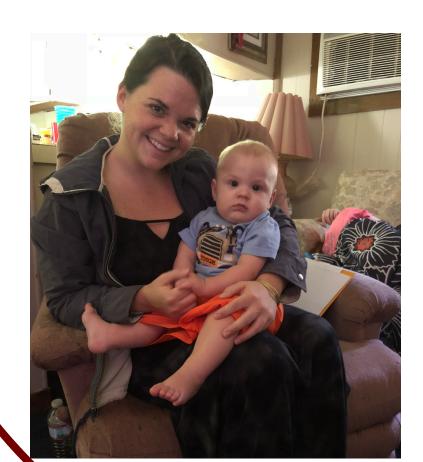
• Participated in meetings regarding child development and home visitation

## **Shadowing MIHOW Sites**

- Attended home visits in Kermit, West Virginia and Frakes, Kentucky
- Toured MIHOW sites and learned about their local impact

# - Working provide





**ABLE Families** 



Renewal House

# Discussion

- MIHOW's accreditation programs ensures their mission and goals are consistent, and allows their model to be used by other public health organizations.
- Working with mothers and new populations encouraged professional growth and provided new insights about "global health at home".
  - Learning and participating in a successful home visiting model strengthened knowledge in public health intervention strategies and methods.
    - Attending community health meetings demonstrated the tireless efforts of public health workers in small communities, who are committed to keeping them safe and healthy.

#### **Lessons Learned**

Value of human connection

Need remains throughout the U.S.

Importance of learning new strategies

Depth in building a healthy community

Unique challenges to field-based outreach

Importance of working with new populations

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