MIHOW: Experiencing a Maternal, Child Health Home Visiting Program
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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

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

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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