

# NCAST Guidance for Family Home Visiting Supervisors

## Briefly:

The goal of this guidance is to support embedding NCAST into family home visiting practice. NCAST PCI builds the skills of home visitors who have active caseloads in observing and measuring the quality of caregiver-child relationships during Feeding and Teaching times. The face to face course is designed to support staff passing reliability so that they can use the tool. During class, they will watch videos of interactions, rate them and these rating sheets will be sent to NCAST for scoring. They will be mailed a certificate if they pass reliability. A copy should be kept in their personnel files. The first half of the course covers the Feeding Scales and the second half (one month later) covers the Teaching Scales. Since reliability drifts over time, it is recommended that staff take Re-Reliability (NCAST RR) every 3 years.

## Benefits:

Sometimes professionals are observing caregiver-child interactions but can't measure or articulate why they believe the interaction to be positive or negative. NCAST gives them the evidenced based tools to make discernments about the interactions and begin developing goals and education for parent visits

## Expectations for staff enrolled in NCAST PCI or RR:

- From the FHV website intended audience: "Staff must be PHNs, RNs, Social Workers or other degreed professionals to attend the course and have an active caseload" For the benchmarks, the NCAST must be done by a NCAST trained home visitor.
- Before the face to face course, the staff will receive log-in instructions from MDH for accessing the pre-requisite course. This course is designed to increase the probability of completing reliability. Supervisors may take this course in order to learn more about infant states, cues and behaviors. The supervisors should schedule 6 hours (3-4 for RR) in the office to complete the on-line pre-requisite KEYS to Caregiving. Many participants find it's helpful to have a hard copy of the KEYS to Caregiving Study Guide, if your agency has it. These can be purchased from the NCAST store and can be used by other agency staff.
- The NCAST face to face course occurs in two sessions. Participants should plan on attending all days of both sessions since the curriculum is designed to build during the training and support successful reliability. Between sessions it is highly recommended that the staff take the on-line course Beginning Rhythms. (Related to babies sleep activity and self-regulation). Participants in NCAST will be sent a link to access the course. We recommend that staff schedule one-hour of office time to accomplish this task.
- Once they receive reliability, they should start using NCAST as soon as possible so that the skills they have learned are not lost. Between sessions, if they have received their reliability certificates, encourage them to do a Feeding scale during a home visit.
- If they do not achieve reliability the first time, the participant will arrange a time for repeating reliability with the instructor.

## Materials needed:

- NCAST materials are copyrighted and can be purchased from the NCAST store.
- Staff will be supplied the guides needed for reliability during class.
- The agency will need to supply a teaching kit and scoring sheets.
- Other recommended materials: Community Life Skills, Difficult Life Circumstances, and Network Survey Form booklets and score sheets, NCAST Calculator or equivalent excel program.

## Tips for embedding the use of NCAST tools:

*New users will need support in applying the scales to their home visits. Consider these discussion questions at staff meetings or during supervision:*

- How they can fit it into their busy home visits?
- When should they be doing the scales according to things like the Benchmark and NFP schedules?
- How they can introduce the tool to parents?
- How do they approach the parent with the information they learned? Where to start the conversation without judgement?
- How can they incorporate the information into goal setting and facilitated parent learning?
- How do they support the parent 'seeing' child cues?
- What to do when other caregivers are involved and may undermine a parent's progress or mistaken beliefs about their child's cues?
- If you are finding that NCAST is not embedded in practice, this may be a QI project.



**Created by the Minnesota Department of Health/Community & Family Health Division/Maternal & Child Health Section/ Family Home Visiting Unit, [Minnesota Department of Health Family Home Visiting pages](#) P.O. Box 64882, St. Paul, MN 55164, [health.fhv@state.mn.us](mailto:health.fhv@state.mn.us) Phone: 651-201-3760, Fax: 651-201-3590. Created: December 2015**