

An Overview of Healthy Families



Background On The Model:

- Started in Hawaii in the 1970's as Hawaii Healthy Start
- In 1991, Healthy Families America added additional research and created the Healthy Families Model
- Quickly spread to several states and internationally
- Now there are over 300 Healthy Families sites in the world
- Healthy Families was brought to Virginia in 1992 with Hampton

Healthy Families Major Outcomes:

- Promotes Positive Parenting
- Improves Child Health/Development
- Improves School Readiness
- Prevents Child Abuse and Neglect

How The Model Works:

- By meeting families where they live
- Offering voluntary family-centered support
- Building off of family's strengths not weaknesses
- Offering services which are frequent and long term (up to five years)

How The Model Works Cont.:

- Screening and Assessment of potential families (both parents) either done prenatally or by two weeks postpartum
- Home Visiting must start by 3 months postpartum, ideally prenatally
- Goal Setting is done with mothers and fathers based on their assessment

How The Model Work cont.

- Medical home is established for parents and children, if one was not identified sooner
- The home visitor focuses on child development, positive parent/child interaction, parent education and support
- Referrals and links are provided to other community resources

Why Is It Exemplary:

- Evidence Based Model
- Designed to work with both parents
- All sites participate in a national accreditation process every 4 years
- Virginia accredited as a “state system” 2010
- Annual evaluation conducted by researchers at William and Mary

Father Involvement in Healthy Families Virginia Services

- Fathers are a part of the initial parent assessment process and on-going visits
- Have specialized curriculums during home visits for father's, ie. Maps for Dads
- Fathers are provided referrals for employment, education, or health care
- Fathers are included in family goal development during home visits.

Healthy Families Virginia:

- Currently thirty three sites in Virginia reaching over 80 communities
- Healthy Families programs served over 5,000 families across the state
- Thousands of home visits every year with participating families
- State system coordinated by Prevent Child Abuse Virginia

Recent Evaluation Results:

- **Immunizations** - 89% of all children received 100% of their 16 scheduled immunizations. *
- **Connection To, and Continuation With, Medical Care Providers** -
98% of all children had a primary health care provider within two months of birth. -96% of all children continued to have medical care providers after six months.
Parent-Child Interaction - 93% of the 2,638 assessments of parent-child interactions were within normal limits. *
- **Child Abuse and Neglect** - Across 38 sites and 2,582 families the rate of founded cases of child maltreatment was 0.8%*. **This is the lowest single year rate of founded cases.** ****See Handout for more Results

How HFV Impacts our Future:

- Economic- a more prepared work force, less money spent on CPS investigations, foster care placements, juvenile justice
- Societal- less child abuse and neglect, less future crime, more healthy self-sufficient families
- Cultural- teaching nurturing behavior instead of punitive behavior towards children

State Support for Healthy Families

- There were 38 sites plus Healthy Families in FY10
 - \$5.4 million FY10
 - -\$1.9 million FY10-11
- 3 Cuts 3.5 million FY12
- As a result of budget cuts 5 sites closed
 - Other sites reduced services ie. Hampton cut 250 families

Support for Healthy Families Cont'

- Eastern Shore: 60
- Halifax: 40
- Chesapeake: 60
- Norfolk: 40
- Portsmouth: 30
- A grand total of **230** families lost services
- With site closings and other sites reducing services approximately **750** families have lost services

Any Questions?

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