

Improving Health

Home Visitation and Community Health Workers/Promotores



Program Description:



Healthy Families America (HFA) is a national evidence-based program that aims to promote the health of pregnant women and their babies, improve birth outcomes, strengthen parent-child bonding, and create a healthy environment for the entire family by providing intensive home visiting services to families.

The Concern:



HFA helps parents provide a safe and supportive home environment, gain a better understanding of their child's development, obtain access to health care and other supportive services, use positive forms of discipline, and nurture the bond with their child, reducing the risk factors linked to child maltreatment.

The Solution:



- El Sol's model is based primarily on engaging highly trained CHWs/P in a minimum of 70 hours of basic training. In addition to the training on the specific topics (e.g. mother-child health, early childhood education, mental health, etc.), the structured and rigorous training covers adult and informal learning approaches, client counseling, conflict resolution, leadership, support systems, CPR/First Aid, child welfare policy, ethical practice, community advocacy, among other topics.
- El Sol has placed Community Health Workers/ Promotores (CHWs/Ps) as Home Visitors. HFA home visitors help build and sustain community partnerships to engage overburdened families in home visiting services. El Sol assists in cultivating and strengthen nurturing parent-child relationships.
- Home visitors promote healthy childhood growth and development and help enhance family functioning by reducing risk and building protective factors.



The Impact:



The findings indicated positive outcomes in areas ranging from adequacy of prenatal care utilization, child abuse prevention, enrollment patterns, social support, referral systems, self-esteem, and psychological functioning.

Children participating in HFA receive early developmental screenings and, if needed, are referred to appropriate services to address delays.



Home visitors help parents provide stimulate healthy brain development and to develop strong, nurturing parent-child bonds, so that their children are more cognitively, emotionally, socially, and behaviorally ready to enter school.



379 During the 2013-2014 program year, El Sol served a total of 379 families through the HFA program.

230 A total of 230 families were enrolled in the HFA program during the 2014-2015 program year.



Clients outcomes included improved maternal-child interaction and maternal satisfaction with parenting and increased use of appropriate play materials at home.



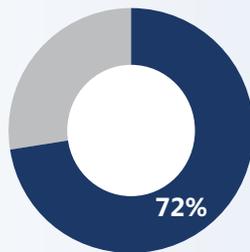
Postnatal impact includes fewer subsequent pregnancies, increased spacing between pregnancies, increased rate of return to, or retention in, school by mothers, fewer emergency department visits, fewer accidental injuries and poisonings resulting in a visit to the physician, a decrease in the number of verified incidents of child abuse and neglect and a decrease in physical punishment and restriction of infants, with an increase in use of appropriate discipline for older children.



Long term impacts include reduced maternal criminal behavior, decrease in use of welfare, decrease in verified incidents of child abuse and neglect and less maternal behavioral impairment attributable to alcohol and drug abuse.

590 families were enrolled to receive a weekly visit, to receive empowerment and ongoing support.

55 of 250 women (22%) of participants self-identified as tobacco users, of which, 55 (100% of tobacco users) were referred to a tobacco cessation program. A follow up review found that 40 (72%) reported being successful in controlling tobacco use.



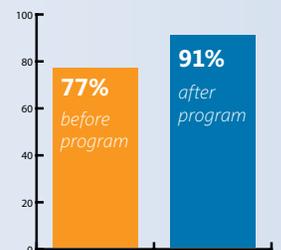
150 women were screened for postpartum depression

(using the Edinburgh), women identified as at risk received ongoing prevention and early intervention services and were connected to an evidence-based mental health program (Mamas y Bebés/Mothers and Babies).



170 parents reported improved mental health and reduced parenting stress.

Average scores on the Parent Survey were 77% in the pre-test to 91% after program completion.



300 children were enrolled into health insurance plans as a result of assistance provided by Home Visitors.

However, not only were they assisted with enrollment, but 285 were linked to a medical home (selected and visited a primary care provider), during a six-month health enrollment campaign.



153 women completed a postpartum depression education program, designed for use among Spanish-speaking women and families.