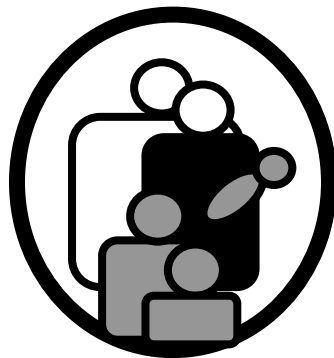


Healthy Families America Home Visiting Program

HOPES - HFI

**Healthy Opportunities for Parents to Experience Success -
Healthy Families Iowa**

Annual Report for FY 04 (Excerpts)



**Black Hawk
Hamilton
Polk**

**Buchanan
Lee
Scott**

**Clinton
Muscatine
Woodbury**

**Iowa Department of Public Health
Mary Mincer Hansen, Director
January 2004**

Excerpts chosen by: Stephen Scott, Prevent Child Abuse Iowa

HOPES-HFI Program Overview

Healthy Opportunities for Parents to Experience Success - Healthy Families Iowa (HOPES-HFI) is a home visiting program targeting pregnant women and new families with social and economic risk factors, limited parenting skills, and barriers to accessing family support services available in their community. Families eligible for HOPES-HFI are identified by a uniform screening process and are offered services through outreach efforts to connect with the family. Participation by the family is voluntary and services continue up to age four of the target child and/or when the family has met their goals.

The HOPES-HFI program is comprehensive and addresses a host of issues such as child health, growth and development, school readiness, socialization, parent/child interaction, family coping skills and use of community services. Family centered practices form the foundation of this home visiting program. HOPES-HFI services are designed to support the family in reaching an optimal level of safety, health, nurturing and independent functioning in their community.

HOPES-HFI targets families with risk factors that indicate the potential for problems functioning in the parent role. The HOPES-HFI Family Support Worker (FSW) provides and encourages activities to promote parent-child interaction, which will stimulate brain growth and development of the new baby. Trust is developed between the parents and the FSW. With assistance from the FSW, families set goals to reach an optimal level of functioning.

HOPES-HFI follows the Healthy Families America (HFA) program model. Healthy Families America is a national home visiting model designed and researched by Prevent Child Abuse America. The HFA model incorporates "critical elements" as standards for home visiting practices. (See Attachment I for the HFA critical elements)

HOPES-HFI state grants are awarded to organizations that provide the level of quality prescribed by Healthy Families America (HFA) for a home visiting program. National HFA credentials have been awarded to eleven HOPES-HFI sites. The remaining two HOPES-HFI sites receiving the state grant are actively engaged in the process of obtaining national HFA credentialed status.

HOPES-HFI provider organizations are involved in collaborative relationships in their local communities. Many of the state grant HOPES-HFI providers have received Community Empowerment funds to increase their capacity to serve families. Involvement in the Community Empowerment Area process has expanded HOPES-HFI connections and interactions with additional community individuals and organizations committed to supporting pregnant women and families with young children.

Profile of Family Risk Factors

The HOPES-HFI program was developed to engage and support families with multiple risk factors, which indicates potential family problems and barriers, and to promote a safe and healthy environment for optimal learning, growth and development of the new baby. A family identified as high risk usually has more than one risk factor. In FY04, 85 percent of the families had three or more risk factors. Many family issues are beyond the scope of HOPES-HFI services and the FSW recommends and encourages the family to obtain additional community services. Frequently, the FSW functions as an advocate for the family to obtain services. Over a period of time, the family becomes empowered to reach out on its own for needed community support.

Risk Factor	% of Case-load	Risk Factor	% of Case-load
Single Parent	67%	Inadequate/Unstable Housing	29%
Inadequate Income	78%	Inadequate Social Support	26%
Less than High School or GED	50%	History of Substance Abuse	21%
Primary Wage Earner Unemployed	55%	History/Current Family Domestic Violence	19%
Teen Mother, 19 and Under	42%	Feel Inadequate as a Parent	15%
Transportation a Problem	38%	Current Substance Abuse	8%
History/Current Depression	28%	Previous Confirmed Child Abuse	6%

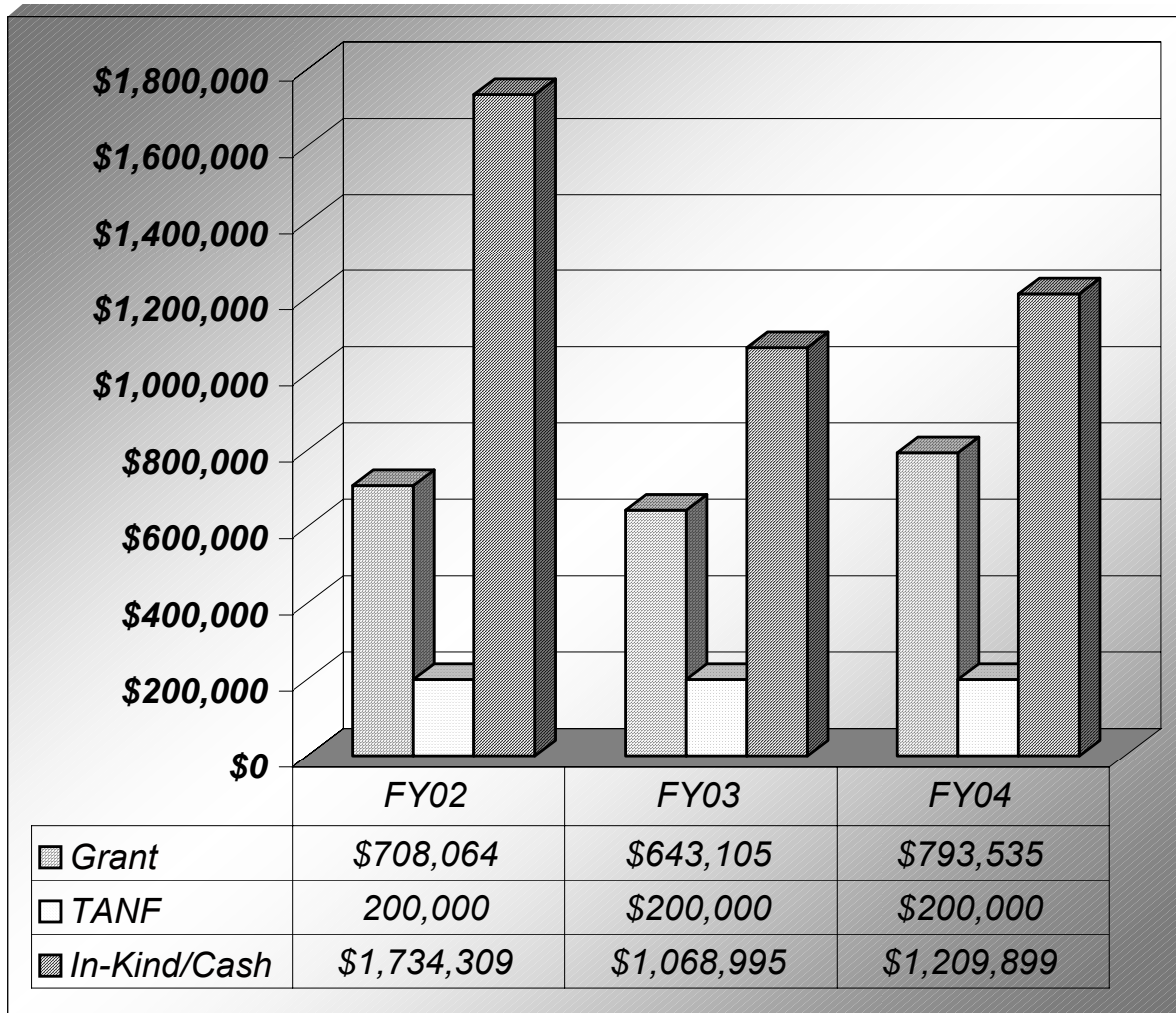
HFA Certified Training Sessions

The state grant has supported four individuals in Iowa to become certified as HFA Trainers by Healthy Families America. This allows Iowa to provide the training required for HOPES-HFI staff and meet Iowa's training needs. Following the initial training session, during a HOPES-HFI staff member's first year of employment, mandated and additional topics are provided by the employing organization to complete the basic training. After the first year, HOPES-HFI staff members are required to obtain a minimum of 12 hours a year of continuous education. In the past year, HFA Trainers have been trained to do Prenatal HFA Training. They will be offering the training to HOPES-HFI staff for the first time in Iowa in the coming fiscal year.

Fiscal Year	Number HOPES-HFI Staff Trained
FY 02	44
FY 03	57
FY 04	27

FY04 Funding For HOPES-HFI

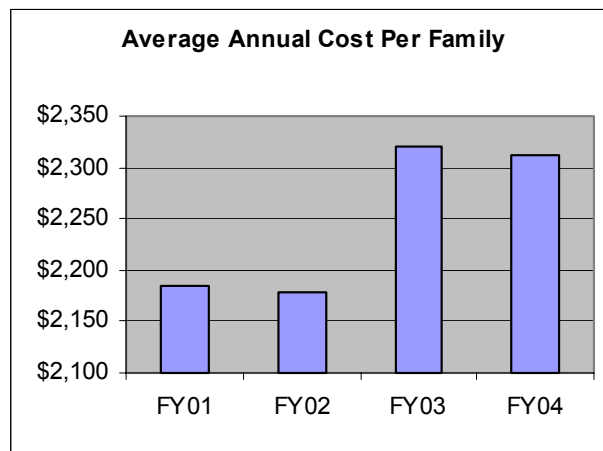
As indicated in the graph below, the in-kind and cash match at the local level for HOPES-HFI program support exceeds the required minimum of \$1 for each \$2 awarded to organizations. Providers have been active in utilizing other funding sources and seeking additional grant funds and donations from their communities to maintain the HOPES-HFI services. However, fewer opportunities are available for private or public funds.



What Was the Cost of HOPES-HFI Services?

The cost per family each year follows the normal inflation and cost of living increases. The average unit cost includes all the expenses put into the program divided by the total number of families on the caseload in HOPES-HFI during the fiscal year.

Expenses include wages, employee benefits, such as health insurance and mileage, supplies, training, office rent, and Healthy Families America credentialing (in the last three years). The cost per family varies from one provider site to another depending on local wages, education level of staff, and the size of the program, the indirect costs assigned by the organization, and the additional funds obtained by the provider. The number of families used to calculate the average cost includes the families participating in services for only a few visits as well as the families participating for four years. The FY04 average cost per family for the fiscal year was \$2,311, which was comparable to \$2,321 per family in FY03.



FY04 OUTCOMES: WHAT WAS THE CHANGE?

- 51% of families on the caseload are practicing a method of family planning
- 96.7% of ALL Target Children on the Caseload have health care insurance coverage
- 99% of target children have established a medical home
- 88% of target children obtained each preventive health exam for their age according to the recommended periodicity schedule
- 92% of target children received immunizations per age and per the recommended schedule
- 78% of target children age 1-3 obtained a blood screen for lead poisoning
- Of the 28.6% of target children referred for dental services, 60.8% accessed dental services
- Of the 13% of children referred to Early ACCESS, 80% accessed Early ACCESS Services
- 91% of families are enrolled in Women, Infant, and Child Nutrition Program (WIC)
- 60% of the families are enrolled in a DHS Food Assistance Program