

# HOPE-S-HFI

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



a program of Prevent Child Abuse America

# HOPES-HFI

- Prevention program designed to promote healthy, safe, self-sufficient families
- For families most in need of supportive services
- Established by the Iowa Legislature in 1992
- Part of a national initiative – Healthy Families America

# Program Goals

1. Promote positive parenting
2. Improve child health and development
3. Prevent child abuse & neglect

# Research Based

- Following the “Best Practice Standards”  
- critical elements - to insure quality services in accordance with established research based guidelines
- “Proven” practice according to RAND Corporation

# Research & Practice

The Healthy Families America Initiative:  
Integrating Research, Theory and Practice,  
*Journal of Prevention & Intervention in the  
Community*, Volume 34, Numbers 1/2  
2007.

# Critical Elements

## Initiation of Services

- Start prenatally or at birth
- Standardized assessment tool
- Voluntary, persistent outreach

# Critical Elements

## Service Content

- Offer services intensively
- Cultural sensitivity
- Focus on supporting parents as well as parent child interaction and child development
- Linkages to other services
- Limited caseloads

# Critical Elements

## Selection and Training of Staff

- Selection of staff because of personal characteristics
- Intensive training on their role
- Wrap around and ongoing training
- Effective supervision



# HFA Credentialing

- Determines the extent to which an HFA program adheres to the critical elements
- Provides programs who implement the model with fidelity a seal of approval
- Involves an extensive self assessment review and a peer review site visit

# Family Profile

FY06

- 80% inadequate income
- 72% single parent
- 49% education less than HS/GED
- 41% unreliable transportation
- 36% history of depression/mental illness
- 34% teenage mom
- 26% history or current substance abuse

# HOPES-HFI Statistics

FY06

- 98% of families had a Medical Home
- 97% target children are compliant for appropriate immunization by age 2
- 95% no confirmed child abuse or neglect
- 93% of families are enrolled in WIC
- 92% of families are enrolled in Medicaid

# Questions?

Web sites:

[www.healthyfamiliesamerica.org](http://www.healthyfamiliesamerica.org)

[www.promisingpractices.net/newsletters/news0601.asp](http://www.promisingpractices.net/newsletters/news0601.asp)

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