



Home Visiting and Family Strengthening

Interventions to Transform Communities

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FIRST 5
ASSOCIATION
OF CALIFORNIA

Why Parents Matter

- Broad consensus that healthy parenting leads to better outcomes for children and supports their resilience in the face of adversity
- Parents are their children's first nurturers, teachers, advocates, and buffers from stress.
- Positive parent-child relationships set the stage for children's success in school and in life.
- Parents are our most important partners for supporting the development and well-being of young children

What Family Strengthening Provides

Effective, evidence-based parenting interventions have been shown to result in:

- increased social and emotional competence
- increased language and literacy
- increased child attachment and/or relationship with parent
- decreased problem behaviors

And, parents report greater satisfaction and pleasure in their role as caregivers and in their family functioning.

Why Family Strengthening Works

- Directly connects mothers (and fathers) with a trusted partner during the most challenging stretch of parenting.
- Connect families to other resources throughout the program period and then transitions the family to other programs (Head Start, community programs) as needed.
- Engagement is always conducted in the family's home language.
- Recognizes that parents and children must experience transformation together
- Parents report feeling heard and valued – heart, mind and body.

Family Strengthening Interventions

Home Visiting

- Healthy Families America
- Nurse Family Partnership
- Early Head Start
- Parents as Teachers

Parenting Education

- Positive Parenting Program
- Nurturing Parenting Program
- Incredible Years

Parent-Child Groups

- Primarily Local Models

Family Strengthening Impacts

Federal review to determine which programs are “evidence-based.”

- Impacts on Parents
 - Increased Employment
 - Delayed childbearing (subsequent children)
 - Lower stress
 - Increased utilization of other benefits (MediCal, WIC, CalFresh, Preschool)
- Impacts on Children
 - Fewer injuries and better discipline approaches
 - Better academic achievement
- Impacts on Public Expenditures
 - Fewer emergency room visits
 - Lower utilization of child protective services
 - Increased tax revenue as a result of higher parental earnings
 - Lower welfare usage

Focus: Economic Impacts

- Evidence-based home visiting programs yield returns of \$2.73 to \$5.70 for each dollar invested.
- California-specific analysis of Nurse-Family Partnership calculated net public savings of as much as \$39,129 per family, in the form of fewer infant deaths, reduced child maltreatment, and fewer youth crimes in the long term.
- Mothers who received home visits during pregnancy were nearly half as likely to deliver low birth weight babies – saving up to \$40,000 for birth
- Children Now estimates statewide savings from reducing low birth weight births could save the state as much as \$673 million.

The Family Strengthening Landscape in CA

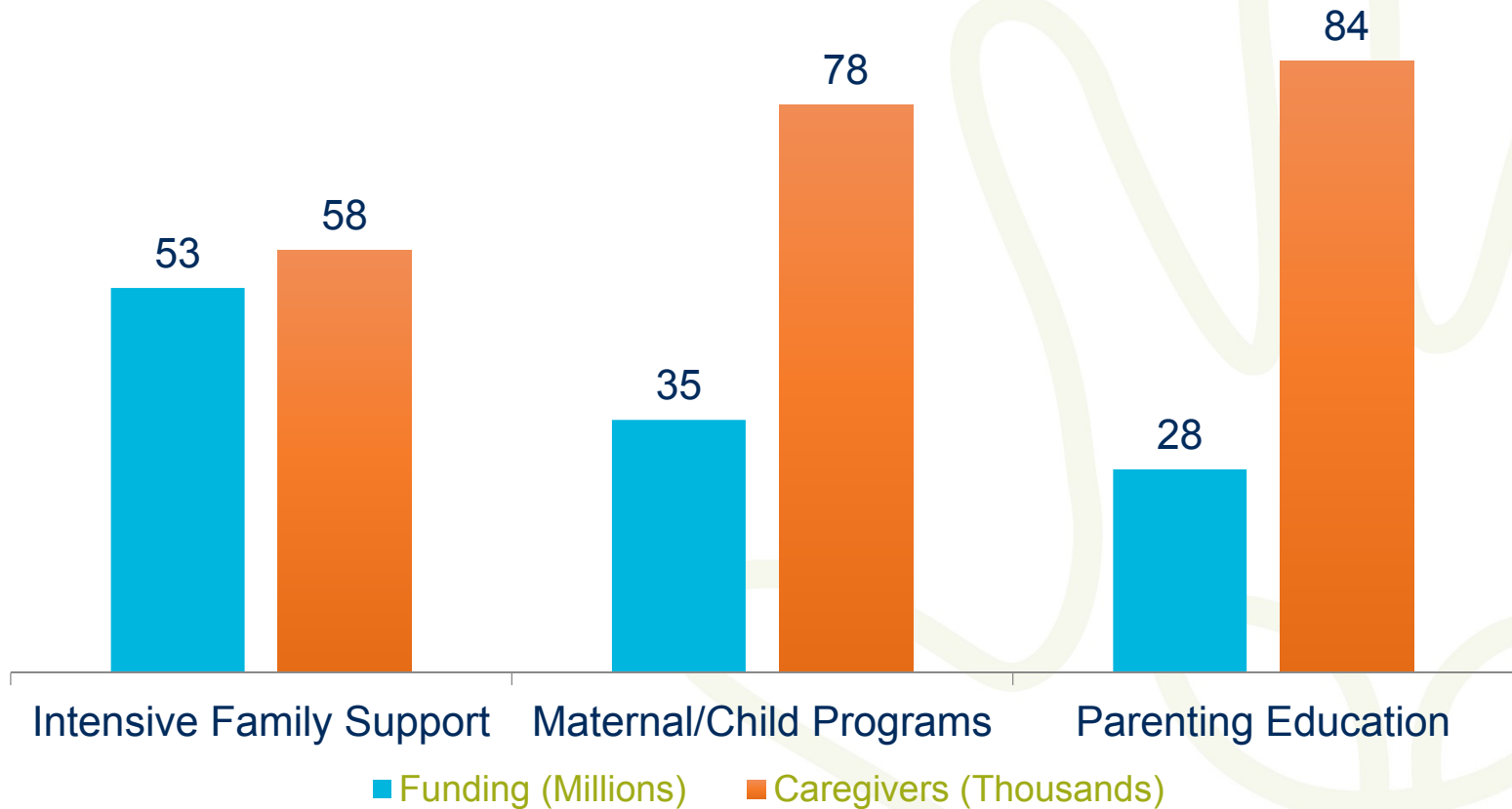
Assets:

- First 5 Local Commissions (\$106M)
- California Home Visiting Program (\$10M)
- Office of Child Abuse Prevention / Promoting Safe and Stable Families (\$28M)
- Mental Health Services Act

Challenges:

- First 5 funding is relatively temporary, and doesn't ensure program spread and scale
- CHVP relatively modest, and not statewide
- Not all programs using evidence-based models

First 5 Funding for Parent Interventions



We Can Do Better:

At least half of California's children live in families coping with enormous stressors:

- Half of our state's 0 to 5 year-old-children live in poverty
- Nearly 30,000 young children experienced homelessness in 2014
- 34% of children live without secure parental employment
- 26% of children live in food insecure households

Family strengthening helps families and children, and connects families to the supports and services they need.

A Policy Agenda for Family Strengthening:

- Expand access to evidence-based family strengthening programs, including voluntary home visiting, which optimize child development and reduce the risk of abuse and neglect.
- Increase and improve child and parental mental health and substance abuse awareness, diagnosis and treatment.
- Aim for greater coordination across funding streams – at both the state and county level.
- Identify common outcomes and indicators to drive investments and inter-agency coordination
- Work with advocates for child welfare and family economic success to build a shared agenda for family strengthening

A Parent's View:



[Sonoma's Nurse Family Partnership Program](#)