

Healthy Families

Monroe County, Indiana



- A Free, Voluntary, Home-Based Parenting Education Program for families with children from prenatal to 3 years of age
- We support families with building confidence in their parenting skills, reducing stress and minimizing risk factors while increasing protective factors, and maximizing the joys of becoming a new parent

What is Healthy Families?

*to promote supportive environments that
optimize child growth and development and
encourage resilient, healthy families*

Healthy Families Mission

- Prevention of child abuse and neglect
- Support parent/child interaction
- Promote healthy child growth and development
 - Enhance family functioning

Healthy Families Goals

- Healthy Families is theoretically rooted in the belief that early, nurturing relationships are the foundation for life-long, healthy development.
- Parents are the best authority on determining their family's needs.
- All families have strengths which need to be recognized.
- Every child should reach his or her potential.
- Parents are responsible for their children.

Healthy Families Beliefs

- Healthy Families America was created in 1992 starting with 25 Healthy Families Home Visiting Sites
- There are now 624 Healthy Families Sites in 35 states, the District of Columbia, Canada, and 6 U.S. Territories
- Healthy Families Indiana has a Healthy Families Site in every county in Indiana
- In 25 years, Healthy Families has served nearly 100,000 families

Our History

- MOU with WIC – Majority of referrals are from WIC
- IU Health Bloomington Hospital
- DCS
- Hannah Center
- Self-Referrals
- Other Community Partners

Referral Sources

- Expecting an infant or have an infant less than 75 days old
- 250% of poverty level or below – can verify with proof of Medicaid or paystubs
- Infant or primary caregiver must have a Social Security Number
- Can not have participated previously in Healthy Families services

Criteria for Admission

- We bring a gift bag and a resource packet for all parents who participate in the assessment process
- Use a standardized assessment tool
 - to identify the strengths and needs of the family
 - to identify the appropriateness of long-term services

Assessment Process

- Free and voluntary home visits beginning prenatally, or within 90 days after birth.
- Home visits are weekly for the first 6 months to 1 year and then slowly decrease in frequency over time
- Parents can participate in Healthy Families Home Visiting Services until the child is 3 years old
- A family support worker (FSW) visits at least once a week for up to one year to help establish support systems, teach problem-solving skills and enhance positive parent-child interaction through activities and play. Once a family is in the program, they can receive services for up to three years.

Home Visiting

- We help establish support systems, teach problem-solving skills and enhance positive parent-child interaction through activities and play.
- We screen children for development delays through use of the ASQ-3 and ASQ-SE
- We screen and monitors mother's for post partum depression
- Healthy Families offers information, education and referrals to community resources. Each Healthy Families' parent will learn about:
 - Recognizing and caring for your baby's needs
 - Discovering what to expect as your child grows
 - Ways to play with your baby to encourage normal development
 - "Baby-proofing" your home
 - Problem-solving strategies
 - Ways to continue your education
 - Community services
 - Budgeting and financing information
 - Employment options
 - Transportation options
 - Family Goal Plans

What happens at a home visit?

- Young or Inexperienced parent
- Parent whose own childhood was difficult
- Developmentally delayed parent
- Single parent
- Parent without family support
- Parents dealing with stressful situations
- Parents who may have mental health and/or addiction issues

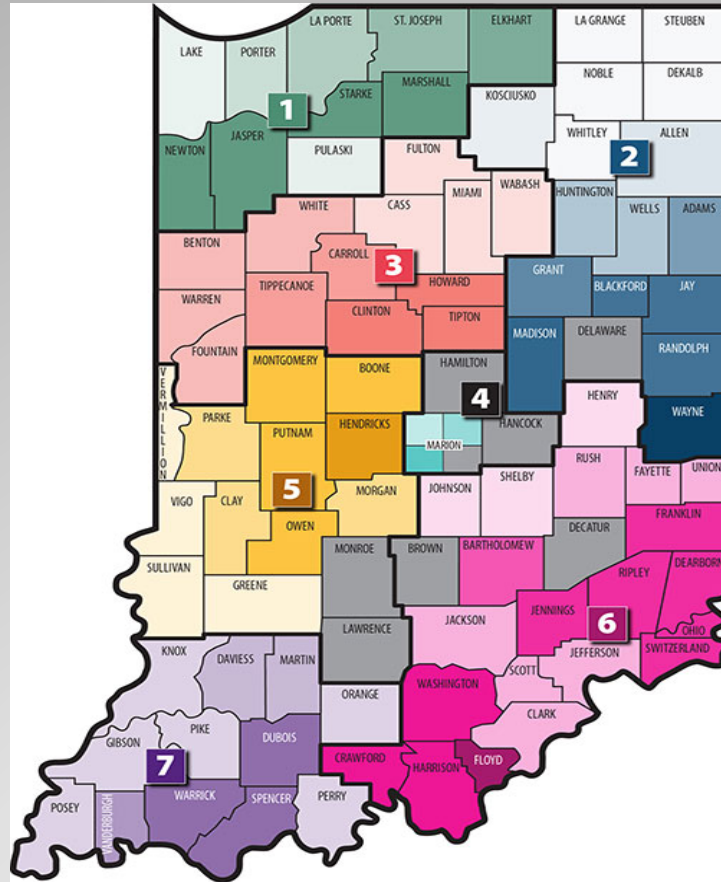
Parents Who May Benefit

- Small for gestational age infants
- Infants with special needs
- Infants who demonstrate poor feeding ability
- Infants at risk for failure to thrive
- Difficult Infant i.e. crying, feeding ect...
- Infants with new parents

Infants Who May Benefit

- Call Healthy Families to schedule a consultation and receive a free gift
(812) 332-1245
- Go to **Villages.org** and complete our online referral
- Ask your **WIC representative** to send a referral
- Tell your **OB nurse** you are interested in Healthy Families.

How to Refer a Parent



Healthy Families Around The State

Questions?