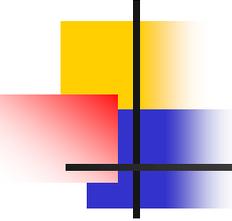


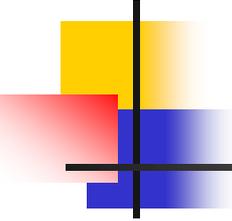
Healthy Families Durham

A Program of the Center for Child
and Family Health



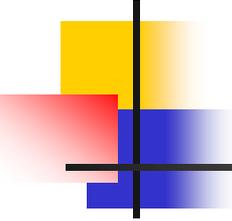
Healthy Families Durham (HFD)

- A family support program
- A child maltreatment prevention program
- A school readiness program
- 11 Family Support workers
- 170 Families, 30% Spanish-speaking



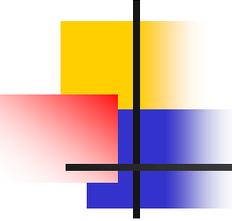
“Revamping” of Healthy Families Durham

- Adding Parents as Teachers for core curriculum
- Screening regularly for substance abuse, domestic violence, mental health
- Creating protocols for substance abuse, domestic violence, suicidality
- Training in attachment



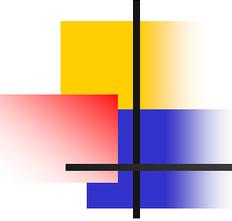
Why Parents As Teachers?

- Covers child development, safety, parent/child interaction
- Spanish and English curriculum
- Every lesson includes a parent/child interaction activity so that the parent practices what they are learning



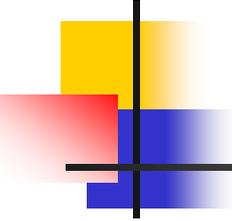
Structure

- Weekly visits, moving to bi-weekly depending on the family's stability
- Home visitors have Master's degree or bachelors and experience
- Weekly supervision – must “nurture the nurturers”
- Planned interventions around risk factors



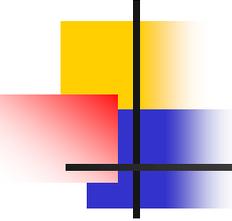
What does HFD offer the clients?

- Enter the program during pregnancy or the first three months of the baby's life
- Research indicates better results with first-time parents
- Offer weekly visits, developmental screenings, and referral to community resources (linking, not just referring)
- Connect to well child provider. 95% of babies are up-to-date on immunizations
- Groups for families.
- Interventions for issues of mental health, substance abuse, and attachment. Regular screenings.
- Does not provide transportation, but will provide bus passes.



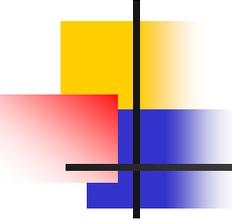
Quality Assurance

- Random calls (spot checks)
- Satisfaction survey
- Supervisor shadowing
- Chart checks
- Reviewing home visiting records



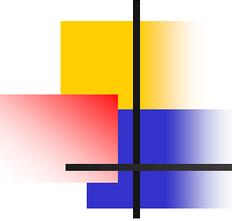
Outcomes

- At least 75% of parents involved in Healthy Families Durham improve in parent child interaction and parenting attitudes
- 95% of children in the program have up to date immunizations
- Children in the program are screened for developmental delay. Last year, 11 children were identified and referred for special services.



Evaluation

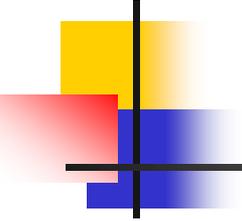
- Duke Endowment funded HFD research study: a randomized control group study over a seven year period.
- Results indicate that HFD parents seem to be significantly less stressed (Parental Stress Index).
- HFD children are significantly less likely to have behavior problems (Child Behavior Checklist).
- HFD families are more connected to WIC and Medicaid.
- Develop multivariable models for completing analyses by July, 2012



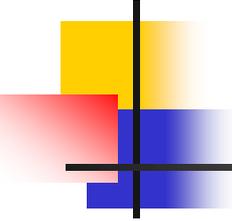
Support for Family Support Workers

- Team Day three times a year
- Ongoing training
- Weekly reflective supervision
- Parallel Process – supervisors must treat Family Support Workers the way they should treat clients and the way parents should treat their children

Funding Sources

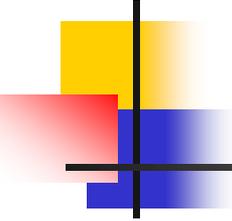


- Smart Start
- Durham County Government
- Roblee Foundation
- Duke/Durham Partnership
- United Way of the Greater Triangle
- AJ Fletcher Foundation
- New program: Federal Home Visiting funds focused on EDCI (MIECHV).



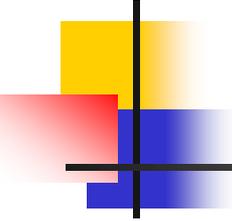
PAT and Nutrition

- PAT focuses on “developmental centered parenting,” or parenting according to the developmental stage of the child.
- Family Support Workers (FSWs) offer support and guidance regarding nutrition relevant to the child’s age.
- FSWs work with a variety of tools and techniques- such as discussion, worksheets, and connection with community resources to improve children’s nutrition.



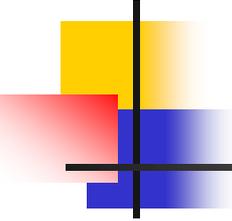
Nutrition in the First Year

- Family Support Workers (FSWs) assist parents getting support with breastfeeding or formula feeding as appropriate.
- FSWs help parents recognize hunger cues and ways to know that their children are full.
- FSWs help parents with weaning their children from the bottle and/or breast.
- FSWs assist parents with the appropriate transition to healthy solid foods.
- FSWs support parents teaching their children to eat independently, starting with finger foods.



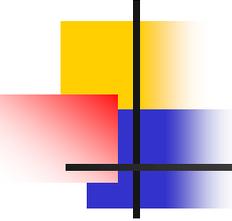
Nutrition: 12-24 months

- FSWs assist parents in making healthy food choices with their children.
- PAT emphasizes children eating a variety of healthy foods, including fruits and vegetables and limiting convenience foods.
- FSWs emphasize the importance of physical activity and limiting “screen time.”



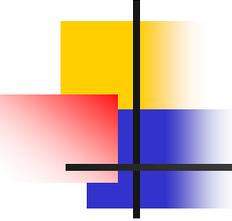
Nutrition: 24- 36 Months

- FSWs help parents establish healthy eating routines with their children.
- FSWs help parents navigate challenges with “picky eaters” and overeating with individualized counseling and support.
- FSWs help parents further emphasize enjoyable physical activity with their children.



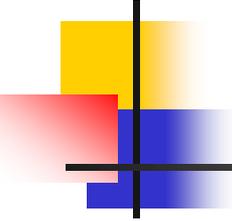
Common Nutritional Concerns

- In the first twelve months: early introduction of solid food, overfeeding, high juice intake
- 12- 24 months: unhealthy but convenient snacks, too much screen time
- 24- 36 months: use of food for behavior management, lack of eating routines
- PAT provides FSWs materials and activities to discuss and educate parents on these topics. Through the emphasis on individualized, culturally sensitive services, FSWs help parents with these and other nutritional issues.



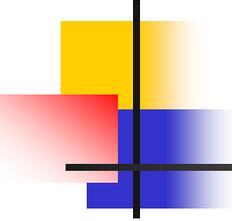
Community Collaboration: Interfaith Food Shuttle

- Collaboration began in 2011 through a partnership with Durham IFS coordinator Jerome Diggs.
- FSWs began picking up oranges and apples to distribute to clients twice monthly.
- The collaboration focused on providing HFD clients nutritious foods.



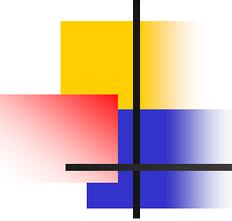
Interfaith Food Shuttle Facts

- IFS is agency serving the entire Triangle Region and nearby counties focusing not only on ending hunger but increasingly on helping families with nutrition.
- IFS distributes food through: food pantries, after school programs, summer programs, and community collaborations such as that with HFD.
- IFS seeks to provide food that would otherwise go to waste to families affected by food insecurity. IFS collects and distributes food from:
 - Supermarkets
 - Farming- community gardens, local farmers, gleaning (volunteers harvesting crops)
 - Farmer's Markets



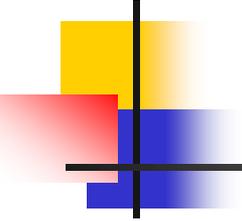
Current Collaboration with IFS

- Fruit distribution continues year round in collaboration with Early Head Start (EHS) another home visiting program.
- In summer months, volunteer HFD staff pick up extra vegetables from the Wed. evening Durham Farmers Market. (April- October)
- IFS provided an HFD representative training on safe food handling practices, which have been implemented this season.
- Vegetables are distributed to families via home visits using safe food handling practices.



Future Directions for Collaboration with IFS

- In the coming months, HFD will likely start collecting data on use of the IFS fruits and vegetables to document impact.
- HFD and EHS staff continue to work on optimizing the distribution of fruits and vegetables, working on challenges such as:
 - Lack of staff availability in evening hours
 - Getting the right amount of produce from market
 - Educating families on vegetables they are unfamiliar with- nutrition information, recipes etc.



Questions or Comments?

