



Family & Children's Center

Healthy Families Program

Amanda Jalensky, Coordinator

Innovation *Hope* *Life-Changing*
Effective *Excellence*

Better Tomorrows Start With Us



HFA Mission: To promote child well-being and prevent the abuse and neglect of our nation's children through home visiting services

- Family & Children's Center, Healthy Families is accredited with Healthy Families America
- Has been serving La Crosse area since 1992



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**healthy
families
america®**

*Valuing Children
Strengthening Families
Engaging Communities*

- Nationally recognized, evidence-based home visiting program model designed to work with families who are at-risk for ACEs, including child maltreatment
- Services begin prenatally or right after the birth of a baby and are voluntary, intensive and long-term



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Wisconsin HFA Sites

- Bad River Band/Lake Superior
- Franksville
- Green Bay
- Hayward
- La Crosse
- Janesville
- Milwaukee (4 sites)
- Racine
- Rhinelander
- Siren
- Sokaogan Chippewa Community
- St Croix Chippewa Indians WI
- Waukesha



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"By the time you're four your brain is 90 percent adult size. The first three years of life are absolutely essential for providing experiences that are structured, predictable, nurturing and enriched that allow the brain to organize in a healthy way."

Bruce Perry, M.D., Ph.D., Senior Fellow,
Child Trauma Academy



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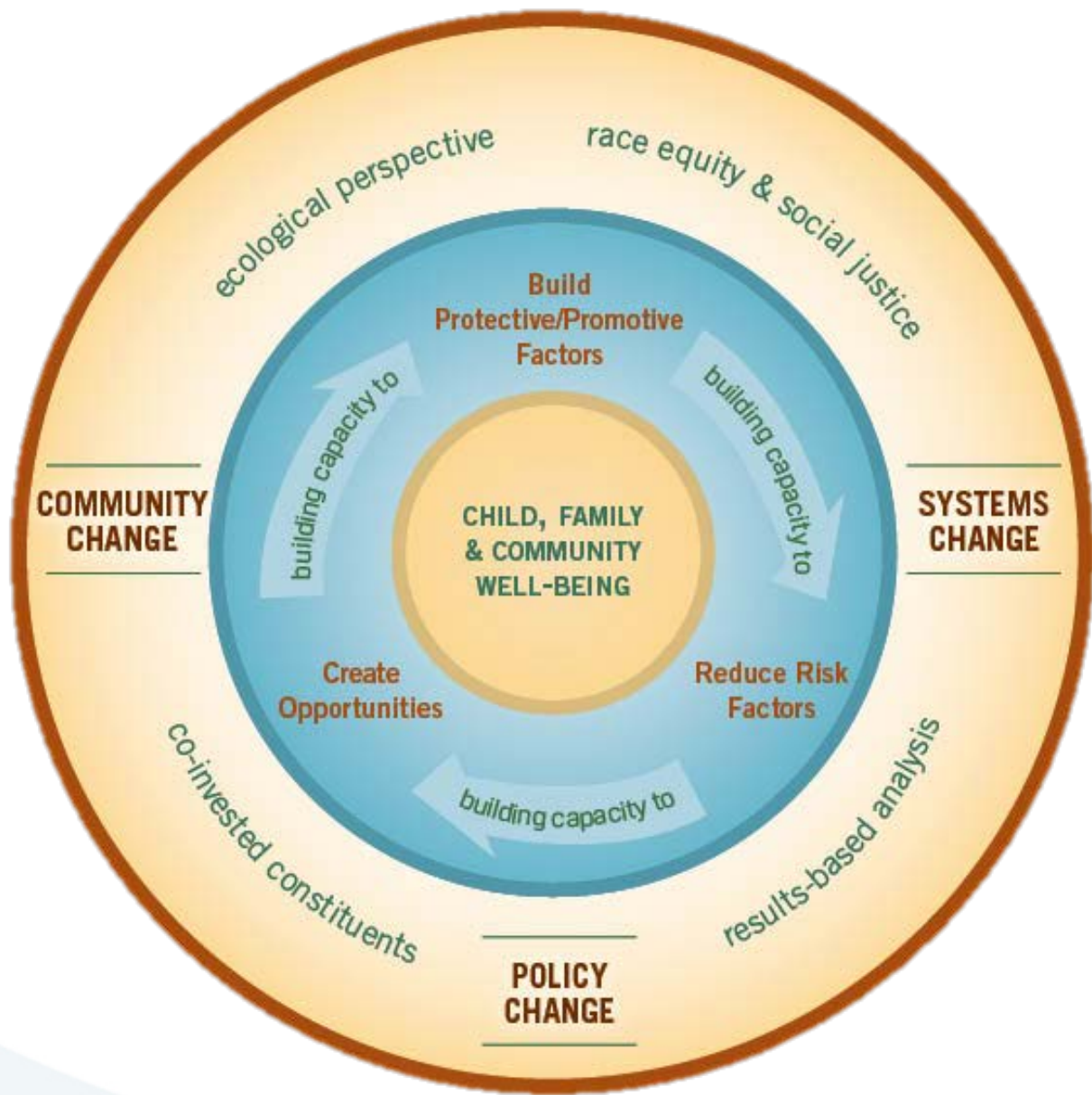
Program Goals

- Build and sustain community partnerships to systematically engage overburdened families in home visiting services prenatally or at birth
- Cultivate and strengthen nurturing parent-child relationships
- Promote healthy childhood growth and development
- Enhance family functioning by reducing risk and building protective factors.



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for the
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5 Protective Factors

Families thrive when protective factors are robust in their lives and communities

- Parental Resilience
- Social Connections
- Concrete Support in Time of Need
- Knowledge of Parenting and Child Development
- Social and Emotional Competence of Children
- Benefits ALL families
- Builds on family strengths, buffers risk, and promotes better outcomes
- Can be implemented through small but significant changes in everyday actions
- Is grounded in research, practice and implementation knowledge



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Significant Results

15+ evaluation studies of HFA programs in 12 states show...

- Reduced child maltreatment
- Increased utilization of prenatal care and decreased pre-term, low weight babies
- Improved parent-child interaction and school readiness
- Decreased dependency on welfare and other social services
- Increased access to primary care medical services
- Increased immunization rates



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Local Significant Results

Healthy Families La Crosse 2015 results show

- 85 Families were served in La Crosse county
- 1600 home visits
- Children live in a safe environment
 - 35 household screenings completed, 15 of which had identified safety concerns, 100% were made safer
- Children are healthy
 - 100% of the children had a primary care provider
 - Over 98% children were up to date on their immunizations
 - All children identified with potential delay as indicated on assessments are referred and receive additional services within 2 months
- Strengthening protective Factors
 - Reduced child maltreatment; no CPS referrals made by staff
 - 98% of families reported they could access concrete support in time of need
 - 88% of families achieved their self-identified goals in their Family Plan
 - Parents interact with their children in ways that enhance their child's development and early learning as indicated from 100% of children's scores at or above established cut off in HOME inventory.



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What Others Are Saying

- "We know that if we do the right kinds of things for our children early on, we can actually change their social outcomes. And that's why the Healthy Families America program is so important."
- *Rob Reiner, film director and founder, I Am Your Child Foundation*
- "Healthy Families America is a smart investment. If you want the biggest bang for your buck, you focus on childhood, on the things in childhood that will allow a child to have the best chance they can have."
- *Bruce Perry, M.D., Ph.D., Chief of Psychiatry, Texas Children's Hospital*
- "The Healthy Families America initiative... is the most hopeful and promising development that has occurred within the memory of anyone working in the field of child maltreatment."
- *American Academy of Pediatrics*



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Hope Academy



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Serving two generations simultaneously

Purpose

- *Ensure the long-term self-sufficiency and parenting capacity of teen parents and the healthy growth and development of their children.*

Goal

- *Provide a school in which pregnant and parenting teens can attend to complete a high school credential and raise a healthy child. We believe that teen parents have the potential to be great parents*



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Four Core Components

1. Academic Preparation- Mothers receive high school instruction and earn electives for the courses taught on-site. Additionally, HA prepares 18-21-year-olds for the GED tests. . Mothers graduate with a traditional diploma from their referring high school, or a GED from WTC.

2. Early Childhood Education/Parent & Child Together time includes activities that build adult understanding of the critical role parents play in positive adult-child interactions and how these influence child development and learning later in life.

3. Parent & Life Education provides information, instruction and support for parents regarding how to be their child's first teacher and strengthen their self-sufficiency skills. These dynamic group learning experiences promote critical thinking and reflection.

4. Early Childhood Educare Room is a developmentally focused program rich in language and pre-literacy activities that encourages learning, creativity, personal growth and a sense of security, all while preparing the child for preschool and readiness for a lifetime of learning.



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Success

- Average graduation rate is less than 40% for teen parents, Hope Academy has 100% graduation rate for seniors since 2008
- All students complete coursework at 80% or above
- Average attendance rate is 89%
- 5 of the 6 graduates in 2016 were working and/or entered into post-secondary education
- Reduce second pregnancies



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How does Hope Academy help?

- Hope academy has changed my life and has helped me graduate. Without them I thought I wasn't going to graduate on time. Staff have showed me resources in the community, taught me new things about my child's development, and through teaching has showed me how to succeed not only in school but also to be a great mother

~ 2017 graduate



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Challenges

- Lack of universal screening process in La Crosse County
- For our programs to effectively serve at-risk families case loads need to be manageable
- Not enough funding to enroll all vulnerable families in need
- Short term funding extensions



Parental Involvement

- Parents on our advisory committees
- Annual parent surveys
- Parent leaders being table hosts at our Parent Cafes
- <https://animoto.com/play/APQd1w3xPXfZViY03Z1RpQ>

