



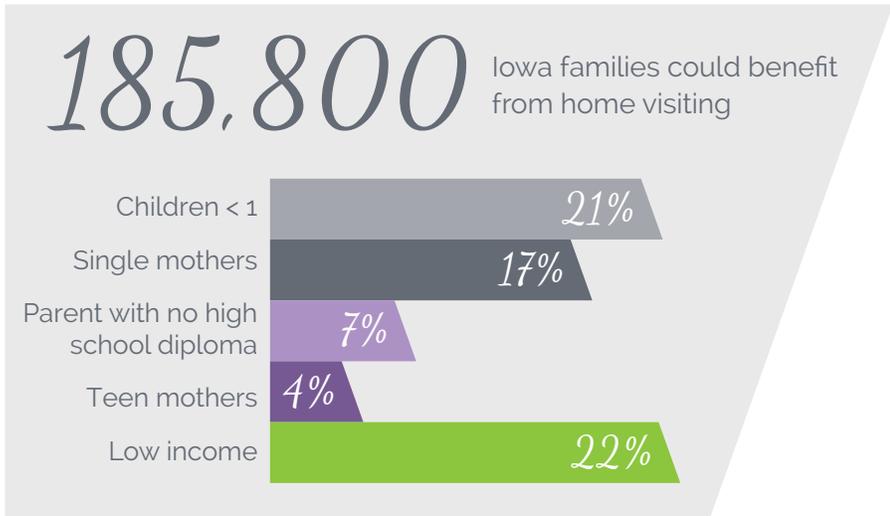
REACH

Since 1989, Iowa has coordinated efforts to promote the stability and resilience of families across the state through education, prevention, and early intervention. Local, statewide, and national programs that offer home visiting and group-based parent education target new and expecting families experiencing risk factors such as low income or limited education. The goal is to give parents the tools to raise healthy children from conception.

All programs are voluntary. Depending on the needs of the family, services may include health and developmental screenings, establishing social support systems, and teaching parents about everything from breastfeeding and pre-literacy skills to appropriate disciplinary techniques.

In 2017, a total of 130,995 home visits were conducted by family support personnel in Iowa. That translates to 12,652 families and 16,537 children receiving vital services. As impressive as these numbers are, especially in light of diminished funding, there is more work to be done. According to recent estimates, 185,800 Iowa families could benefit from participation in family support programs.

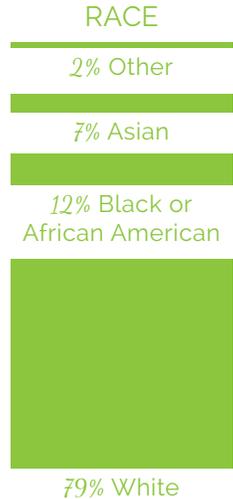
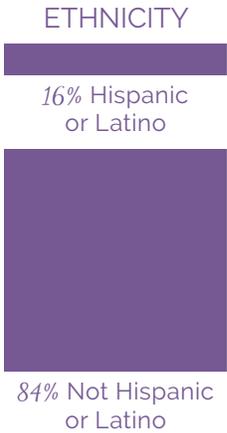
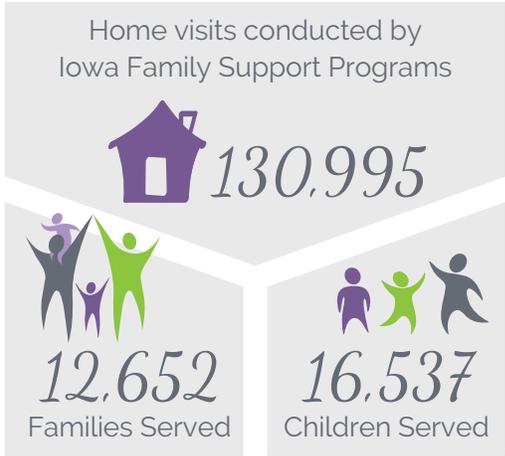
Nurturing the next generation of Iowans
Across the state, a network of family support programs reaches out to parents and children in need.



Above information is a part of the National Home Visiting Resource Center profile for Iowa. nhvrc.org/state_profile/ia

Success STORY

Two years ago, a mother who had recently immigrated from the Congo enrolled in a local family support program. She spoke no English and was living at a friend's house, where she and her infant slept on the couch. Since then, she has learned English, attended a state community college, and earned her Certified Nurse Aide degree. She has also obtained her own housing. Her child will soon transition to a preschool classroom.



Raising Resilient Iowa Families

Information on this report is based on FY17 FFSD, MIECHV, and other statewide family support data. For the full technical report, please go to iowafamilysupportimpact.org/report





MATERNAL & CHILD HEALTH

The first months of life lay the groundwork for a child's entire future – physically, cognitively, and emotionally. As every new parent discovers, nurturing and tending to a baby also demands a great deal of effort in each of those areas. From sleep deprivation to anxiety about your child's development, the early stages of raising a family are challenging under the best of circumstances. For parents facing their own health issues, and those who never experienced a positive parenting role model, the stress of raising a family can quickly become overwhelming.

Family support programs help parents handle issues that can diminish their ability to provide adequate care. From health screenings and referrals to education about early childhood milestones, home visitors give new moms and dads the tools they need to foster positive growth for every member of the family.

Enriching relationships at heart and home

A healthy mother is more capable of providing for her child's many needs.

Success STORY

In the spring of 2016, an expectant mother was enrolled in a family support program. She did not have a lot of family or friends in the area, so her Family Support Professional was critical as a steady source of support and guidance. The Family Support Professional helped this young mom set goals, connect with community resources (including screening and help for post-partum depression), and take steps that eventually led to secure housing for her family, a job with a living wage, and purchase of a vehicle.

HEALTHY CAREGIVER



78% caregivers that screened positive using a depression screener were referred to or already receiving services.

89%



children received their recommended well-child visits

HEALTHY CHILDREN

INSURED



Supporting the health of families

93% of primary caregivers



99% of children

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SCHOOL READINESS

A child's home environment is much more than background scenery: It's the soil in which they are planted, and first have a chance to bloom and grow. A million new neural connections form every second in the first years of life, according to the Harvard Center on the Developing Child. Long before school starts, infants and toddlers receive essential stimulation from their surroundings – both the place and the people. If a baby's cognitive growth isn't nurtured at home, or development is held back by an undiagnosed medical condition, he or she will fail to keep pace with other children. Starting school at a deficit can impair a child's overall academic potential, which in turn limits career prospects and future productivity.

That's why it's so important to help parents become their child's first teacher, supporting learning from the earliest stages of life. Through early screenings and other interventions, family support programs can help address problems before they become entrenched. One such screening tool is the highly valid and reliable Ages & Stages Questionnaires® (ASQ), which can aid in identifying developmental delays, and inform parents about areas in which their child needs more help to be ready for school.

Success STORY

A mother had major concerns about her two-year-old's behavior, and felt like no one was listening. With the help of a Family Support Professional, the child received a referral for early screening, leading to a diagnosis of autism. As a result, the family qualified for in-home services and summer school. Instead of waiting until kindergarten to address their child's developmental needs, this family is already working working toward successful life-long learning.

Planting the seeds of success

An intervention as simple as reading to a child daily can boost lifelong literacy.



EARLY LITERACY FOUNDATION

77% of families read, tell stories, and/or sing songs with their child every day during a typical week.

EARLY INTERVENTION

58% of eligible children were screened for developmental delays

66% of children that screened positive for delays, received referrals or were already enrolled in services



85% of the time, parents were asked if they have any concerns about their child's development, behavior, or learning

SETS UP *Success*

Raising Resilient Iowa Families

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STRONG FAMILIES

Even with the best intentions, learning to be a family takes time and practice. For parents with a history of adverse childhood experiences, or those facing economic or health constraints, growing into the role of 'mom' or 'dad' is that much harder. Without a support network or sufficient personal resources to draw on, young families are vulnerable to changes in their environment.

Family support programs work with willing parents to identify risk factors that can lead to injury or maltreatment. There are no financial or logistical barriers to participation, and family support professionals are trained to be sensitive to the needs of a diverse population. By connecting families with existing resources in their community, these programs empower parents to cultivate a safe and stable home environment, protecting the next generation from harmful conditions that make it difficult to thrive.

Rooted in community support

A strong social support system makes families more resilient, improving educational, emotional and physical outcomes for all members of a household.

Success STORY

A first-time mom in the family support program was excited to welcome her daughter into the world. However, she was also nervous, hoping she could be the best mom to her beautiful child – something she did not experience herself. Her parents were both substance abusers and domestic violence was prevalent. After running away at the age of 16, she managed to graduate with her high school diploma and enroll in college to pursue a nursing degree. Today, she is still attending college and recently became a homeowner living with her fiancé and their children. They have had their ups and downs, but have managed to maintain a strong and healthy relationship by relying on social supports as well as relationship counseling. At 20 months old, her little girl is now on track developmentally. The young woman continues to see her family support professional every other week and has made great strides toward stability.

PREVENTION



Providing better access to the help families need.

88% of families reported to have improved or maintained family functioning

84% reported improved or maintained social supports

67% improved concrete supports



Families reported that *only 8%* of children served had an injury related visit to the ER.

86% of primary caregivers were screened for interpersonal violence

Of those that screened positive for interpersonal violence, 90% received a referral for services

SAFETY



Raising Resilient Iowa Families

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IOWA FAMILY SUPPORT IMPACT PROJECT TECHNICAL REPORT

IOWA FAMILY SUPPORT PROGRAMS

Data for the Iowa Family Support programs Impact project were collected from DAISEY (a data management system) for all Early Childhood Iowa funded support programs, Iowa Department of Education Shared Vision Parent Support programs, Iowa Department of Human Services Child Abuse Prevention home visiting and parent education programming, ICAPP/CBCAP IDPH HOPES Healthy Families Iowa programs, and the Iowa Department of Public Health (IDPH) funded Maternal and Infant, Early Childhood Home Visiting (MIECHV) programs. Additional data were provided outside of DAISEY by Early Head Start (EHS) home-based services. This report characterizes data collected over a 12-month period representing Fiscal Year 2017 for state and federally funded family support programs. The fiscal year for state programs extends from July 1, 2016 through June 30, 2017 and October 1, 2016 through September 30, 2017 for IDPH funded MIECHV programs.

Data provided by ICAPP/CBCAP (group parent education and home visitation programs) and EHS includes the total number of home visits, families, and children served in their program for the 2016-2017 reporting year. The report does not produce an unduplicated count of children and families because funding is frequently braided to support the cost of the family support service. Calculations are based on those assessments or fields that were completed in DAISEY.

WHAT IS FAMILY SUPPORT?

Iowa has been in the forefront of supporting and empowering parents in their most important role of raising the next generation of Iowans since 1989. Service delivery is intended to reach all communities across the state by providing home visiting in every Iowa county. Family support programs in Iowa are voluntary and include group-based parent education or home visiting programs that are designed to strengthen protective factors, including parenting skills, increasing parental knowledge of child development, and increasing family functioning and problem solving skills. Family support professionals screen children's development at regular intervals to ensure that they are meeting developmental milestones. They also assist families with referrals to other helpful resources. Iowa's home visiting programs target new or expecting parents with risk factors such as low income, low educational attainment or other situations that put stress on the family. Group-based parent education programs are typically open to any parent with a young child to attend.

INDICATORS AND DATA

REACH

Service

- Home visits: 134,738
- Families Served: 14,186
- Children Served: 19,097
- 33% of Families enrolled Prenatally (3,300/10,101)

Demographics

Race

- White (79% 7,911/10,033)
- Black or African American (12% 1,166/10033)
- Asian (7% 692/10,033)
- Other (2% 145/10,033)
- .5% of families identified as American Indian, Alaska Native, Native Hawaiian or Other Pacific Islander (55/10,033)
- .6% of families were missing Race (64/10,033)

Ethnicity

- Not Hispanic or Latino (84% 8,465/10,101)
- Hispanic or Latino (16% 1,636/10,101)

MATERNAL AND CHILD HEALTH

Maternal Depression Outlook:

- 78% of caregivers that screen positive using the Edinburg Postnatal Depression Scale were referred to or were already receiving services (228/292)

Healthy Children:

- 89% of children received their recommended well-child visit based on the American Academy of Pediatrics schedule (745/840)

Access to Healthcare:

- 93% of Caregivers were insured (822/885)
- 99% of Children were insured (818/823)

SCHOOL READINESS

Early Literacy:

- 77% of families report they read, tell stories, and/or sing songs with their children every day during a typical week (650/841)

Early Intervention:

- 58% of age eligible children were screened for developmental delays using the ASQ screening tool (6839/11852)
- 66% of children that screened positive for delays received referrals or were already enrolled in services (758/1151)
- 85% of caregivers were asked if they have any concerns about their child's developmental, behavior, or learning during home visits (9947/11644)

STRONG FAMILIES

Prevention:

- 88% of families reported to have improved or maintained family functioning using the Life Skills Progression (LSP) and Protective Factors Survey (PFS) (4258/4843)
- 84% of families reported to have improved or maintained social supports (4083/4843)
- 67% of families reported to have improved concrete supports (3248/4843)

Safety:

- 8% of families reported that their children had an injury related visit to the ER (65/843)
- 86% of Primary Caregivers were screened for interpersonal violence (234/274)
- 90% of caregivers who screened positive for interpersonal violence received a referral for services (26/29)