



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 or maintained family functioning.

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 who screened positive for interpersonal violence, **90%** received a referral for services.

SAFETY



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 this link](#).

