



2017 Maine Home Visiting Summary Report

Maine Department of Health and Human Services

Ensuring a Strong Start for Maine's Infants and Toddlers



Eighteen years ago, Maine was one of the first states in the nation to invest in the health and well-being of its youngest citizens by establishing a statewide home visiting program for new parents.

The *Maine Families Home Visiting* program remains one of the state's most essential cost-saving investments for improving childhood health and learning outcomes, preventing child abuse and neglect, enhancing future productivity, and reducing future demand on tax-supported services.

Offered in every county of the state through a well-established and rigorously accountable system of performance-based contracts with **local agencies**, *Maine*

Families Home Visiting is a **voluntary** program available for pregnant women, expectant couples, and parents or primary caregivers of children from birth to age three.

As affiliates of the international Parents as Teachers (PAT) evidence-based model, services are delivered by **highly trained specialists** to ensure safe home environments, promote healthy growth and development for babies and toddlers, and provide key connections to needed services. Family visitors use a non-judgmental and compassionate approach that empowers parents with skills, tools, and confidence to nurture the healthy growth of their baby.

The intensity and length of service is matched to family needs in response to an individualized needs assessment. This allows for **careful optimization of resources**, in which highest-need families receive more frequent visits over a longer period of time. Priority is given to adolescent parents, families living in poverty, and families struggling with substance use, mental health, co-occurring, or family violence issues.

Due to the **high quality, accountability, and demonstrated results** of the *Maine Families Home Visiting* program, Maine has received continued funding from the Maternal, Infant, and Early Childhood Home Visiting (MIECHV) grant. This federal grant, together with critical funding from the state, allows *Maine Families* to continue serving vulnerable families in every county of our state. In 2017, a focused collaborative effort in partnership with the Office of Child and Family Services continued to outreach to families with substance-exposed newborns, one of Maine's most vulnerable populations.

With a baseline operating budget of about \$8 million for direct service, the statewide network of 12 local *Maine Families Home Visiting* sites employed over 110 extensively trained and certified professionals serving more than 2,000 families annually. The program's performance-based contracting structure, together with its commitment to evaluation and quality assurance, has demonstrated an exceptionally high level of accountability, as well as consistently positive outcomes for participating children and their families.

In 2017, all *Maine Families Home Visiting* sites underwent the Parents As Teachers (PAT) Quality Endorsement process. This involved a comprehensive external review of each site's results by PAT and the successful demonstration that all requirements were being met. Maine was the first state in the nation to earn Blue Ribbon Affiliate status for ALL sites!



Parents as Teachers.
Model Affiliate

Quick Facts FY2017

All *Maine Families Home Visiting* local implementing agencies share a single web-based Electronic Records and Information Network that allows for statewide evaluation and continuous quality improvement. All available data listed has been generated by this system for the reporting period October 1, 2016 to September 30, 2017 unless noted otherwise. Comparative data indicated by * is from the 2017 *Maine KIDS COUNT Data Book*.

SERVICE DELIVERY STATISTICS

- 2,146 families with 2,125 children were served
- 2,124 females and 573 males were enrolled
- 20,681 home visits were conducted
- 19.5 months was the average length of participation per family
- 48% of all families enrolled prenatally

PARTICIPANT DEMOGRAPHICS

Age and Marital Status

- 18% of female participants were 21 or younger
- 3% of female participants were under 18
- Just over one third (38%) of primary caregivers were married
- About 25% of participants were single parents

Education level

- 14% of participants had not completed high school (25% without a diploma continued their education while participating)
- 54% of participants had not completed any education or training beyond high school

Household income

- 56% of families had an annual income of under 100% of the Federal Poverty Level
- The majority of participants (86%) had an annual income of less than 200% of the Federal Poverty Level

CHILD AND FAMILY OUTCOMES

Protecting Children from Violence, Abuse and Neglect

In FY2017, Maine Families served increasing numbers of families involved with Child Protective Services (CPS). Of the 160 families involved with CPS at enrollment, 145 had no further reports for child abuse or neglect during their participation with Maine Families. Family visitors prevent child abuse and neglect by helping families to build skills and confidence for managing the stresses of parenting a young child. Family visitors provide tools for understanding child behavior and addressing behavior challenges.

Postpartum Care

- 75% of mothers received a postpartum care visit with a healthcare provider within 8 weeks of birth, increasing the opportunity to take measures to plan their next pregnancy.

Caregiver Screening

- 92% of caregivers were screened for depression/substance use
- 93.5% of primary caregivers were screened for intimate partner violence (IPV)
- 61% of those screened positive for intimate partner violence accepted a referral to IPV resources

Child Health

- 87% of children 19-35 months had up to date immunizations (*71.8% statewide)
- 99.9% of children had an identified Primary Care Provider (*Statewide 63.4% had a medical home – 2015 Kids Count)
- 98% of children had health insurance (*94.5% statewide)
- 76% of children were covered by MaineCare (*53.7% statewide)
- 90% of children were up to date with well-child check-ups
- 75% of breastfed newborns were still being breastfed at 6 months of age

Secondhand Smoke

Family visitors provide ongoing support for tobacco cessation and eliminating child exposure to second-hand smoke. In FY2017, 87% of participating children were not exposed to second-hand smoke.

Developmental Support, Screening and Intervention

As a result of screening by trained family visitors, 101 children were identified with possible developmental delays and 93% of those were provided supports to help address those delays early—before more costly remediation is needed in school. Maine Families encourages early literacy activities and over 76% of children had a family member who reported reading, singing or telling stories with the child daily.

Home Safety

Family visitors help families to prevent child injuries and trips to the emergency department by providing regular home safety education/assessments and assisting with safety improvements.

- .04% of enrolled children had injury-related visits to the ER
- 77% of families reported that they always placed their babies on their backs, without bed-sharing or soft bedding.

Increasing Family Self-Sufficiency

Maine Families staff linked 1646 families to at least one community resource (**Parents As Teachers APR 2016-2017). Nearly 13% of participating women were in educational or training programs.

