



healthy families indiana®

Annual Report 2008

Indiana views children and families as the highest priority.

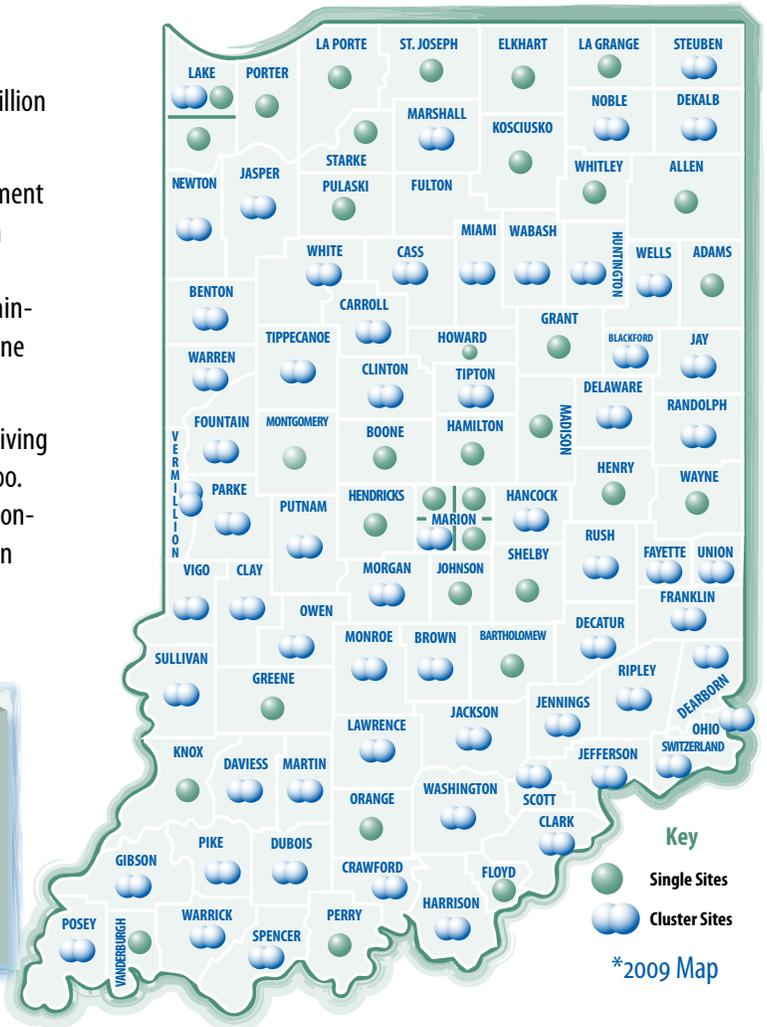
Home Visitors Program

Indiana has 92 counties with a population of more than six million residents.

Healthy Families Indiana (HFI) grant awards from the Department of Child Services (DCS) reflect the urban, rural and population characteristics of each county. Currently, 34 Healthy Families Indiana sites are funded as single county providers. The remaining counties are funded as "cluster sites" serving more than one county (See map at right).

Typically, budgets for HFI sites range from a small program receiving \$169,000 to the largest program in the state receiving \$4,700,000. The Expansion of Healthy Families (See chart below) clearly demonstrates how support and the mission of the program have grown since 1999.

Expansion of Healthy Families



How are the Numbers Gathered?

All local Healthy Families Indiana sites use an electronic data collection system developed specifically for Indiana by Datatude, Inc. This system collects and reports an extensive array of client data and staff activity at each local site while maintaining strict confidentiality for each family. Information is then sent to a secure central location, where statewide reports are generated. Integrated into the HFI billing system is the newly implemented

monthly electronic transfer of client-specific claims to the DCS Claims Management System. The data collection system has provided cost savings, as well as, time, paper and error reduction. Increased efficiency and additional cost savings resulted as the program moved to approved web-based technology. This technology provided online real-time access for both the local sites and state stakeholders.

A Letter from the DCS Director



Judge Payne

As Healthy Families continues to help stop the cycle of child abuse and neglect, I wanted to thank all of those involved for their tireless work and support of children and families.

I congratulate all of you—providers and staff, parents, and community partners—who help make this program a success.

Research over the last two decades has consistently confirmed that providing education and support services to parents around the time of a baby’s birth, and continuing for months or years afterwards, significantly reduces the risk of child maltreatment and contributes to positive, healthy child rearing practices.

On April 14, 2008 I attended a celebration at which Prevent Child Abuse America/ Healthy Families America (PCAA/HFA) celebrated the four year accreditation of Healthy Families Indiana. I was honored to join the Governor in presenting accreditation certificates to all 56 Healthy Families Indiana sites that have done an outstanding job in maintaining excellent service delivery standards.

Healthy Families Indiana’s coordination with other initiatives, most recently with the Community Partners for Child Safety Program makes Indiana a model for other states.

I look forward to future successes of Healthy Families and the continued dedication of Hoosiers like you.

Sincerely,
James W. Payne, Director

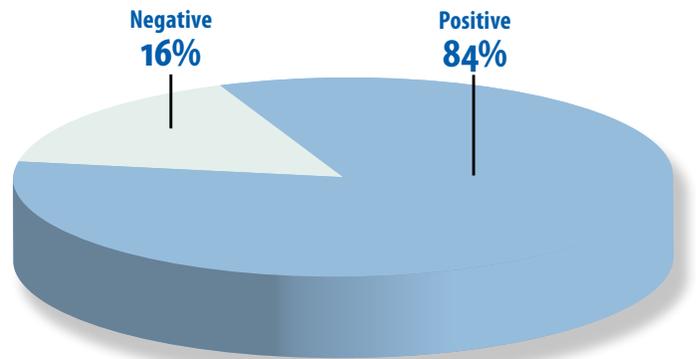
Reaching Families: Screening...

Healthy Families Indiana strives to offer supportive services to at-risk families.

A partnership with the Indiana Hospital Association resulted in hospitals across the state agreeing to help HFI reach more families. In 2006, over 89,404 Hoosier babies were born. Utilizing a 3-item screen (referral tool) to analyze birth certificate data we estimate that 84% of those birth families would screen positive and could benefit from HFI services. When a family screens positive, with permission, HFI contacts them to assess strengths and needs and link the family to appropriate resources.

Healthy Families Indiana received 38,704 screens or 43% of all Hoosier births. Of those received, 84% or 32,511 families screened positive, indicating that the family could benefit from HFI services. Screens received by HFI come primarily from WIC, hospitals and

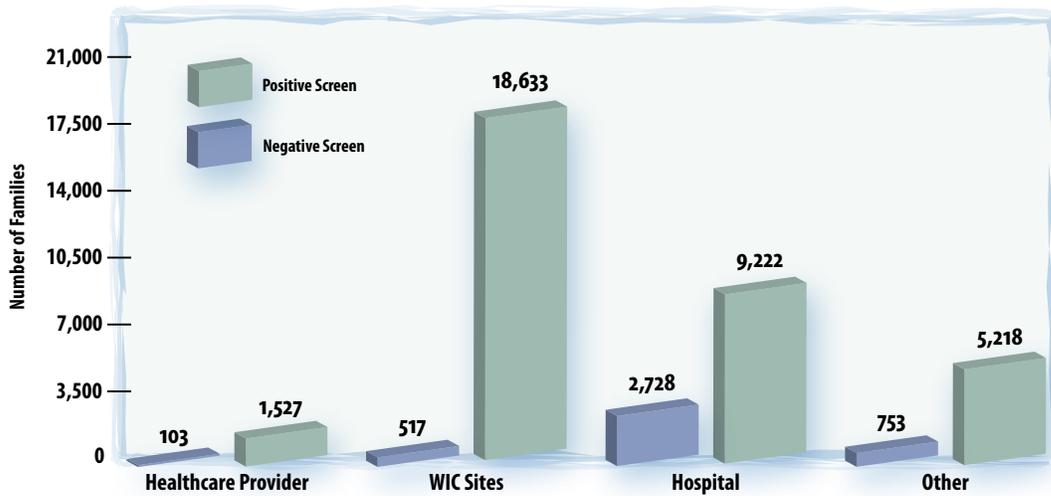
Screens Received in FY 2008



health care providers, with additional screens coming from sources such as schools, social agencies and self-referrals (see graph on next page).

Reaching Families: Screening

Referrals



Reaching Families: Assessment

In Fiscal Year 2008, 56 Healthy Families sites assessed 16,610 families throughout all 92 counties in Indiana.

Assessment is a service. Families are assessed using a standardized tool to guide a conversational interview. Depending on the results, families are linked to appropriate supportive services in the community.

Families who are overburdened and challenged by parenting are offered HFI home visitation, when it is available. If HFI home visiting is not available or acceptable, the family is linked with other resources, such as parenting groups.

- Approximately 84% (13,941 of 16,610) of all assessments indicate a need for services and approximately half of all assessments are done prenatally.
- Of the 13,941 families who assessed positive, 8,935 (64%) were offered services. Of those offered services, 71% accepted and 9% refused.
- Of those who assessed positive, 14% could not be offered services because the program was full, 9% refused

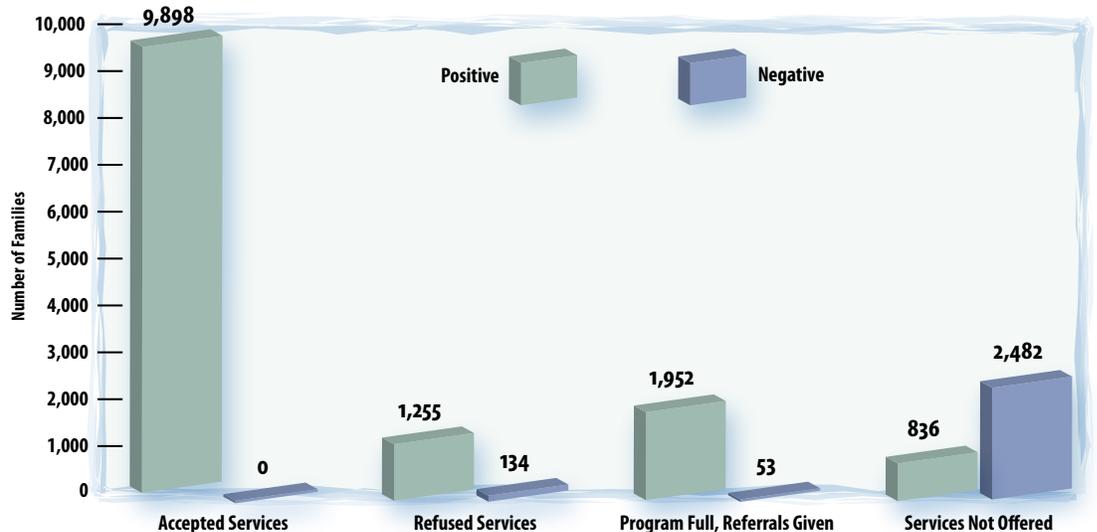
services and 6% were not offered services for other reasons.

- Of mothers who assessed positive, 38% had less than a high school education; 23% were less than 20 years of age and 76% were not married.

When mothers assess negative, home visiting usually is not offered, unless there is an overriding clinical reason or the father of the baby assesses positive.



Outcome of Assessment



Family Progress

Several scales are implemented to help assess and track family progress.

The Community Life Skill Scale (CLSS) measures the family's ability to use community resources. The CLSS was administered to 3,304 families at enrollment and 92.9% scored above 18, indicating most families are able to access resources.

The Difficult Life Circumstances Scale (DLC) measures the level of stressors and chronic family problems. 3,350 families completed the DLC and 19% scored 6 or above which is considered high risk for poor parenting and childhood outcomes.

The Home Scale (HS) has six sub-scales specifying areas of parent/child relationships and the quality of the home environment. 2,452 families were assessed initially with the Home Scale and 32.8% scored in the lowest fourth overall. HFI evaluation shows that scores improve when families participate in HFI home visiting.

(See the Home Front on the Fact Sheet)

(The table below gives the breakdown of Home scores by area)

Sub-Scale Area	Lowest Fourth	Middle Half	Upper Fourth
Responsiveness	25.82%	38.74%	35.44%
Acceptance	13.95%	40.09%	45.96%
Organization	31.81%	40.25%	27.94%
Learning Materials	47.39%	34.01%	18.60%
Involvement	35.16%	26.18%	38.66%
Variety	27.33%	46.00%	26.67%

The HFI Program

The HFI Program serves children from birth to 5 years of age. On occasion, the family will have additional children who will also be followed with regards to development. Of the 16,819 children served in the families in the program, the age dispersion may be seen in the first chart below.



Age of Child	Percent of Total Children Served
Prenatal	18%
0 to 6 months	23%
from 6 to 12 months	19%
from 12 to 18 months	10%
from 18 to 24 months	8%
from 24 to 30 months	6%
from 30 to 36 months	5%
from 36 to 42 months	4%
42 to 48 months	3%

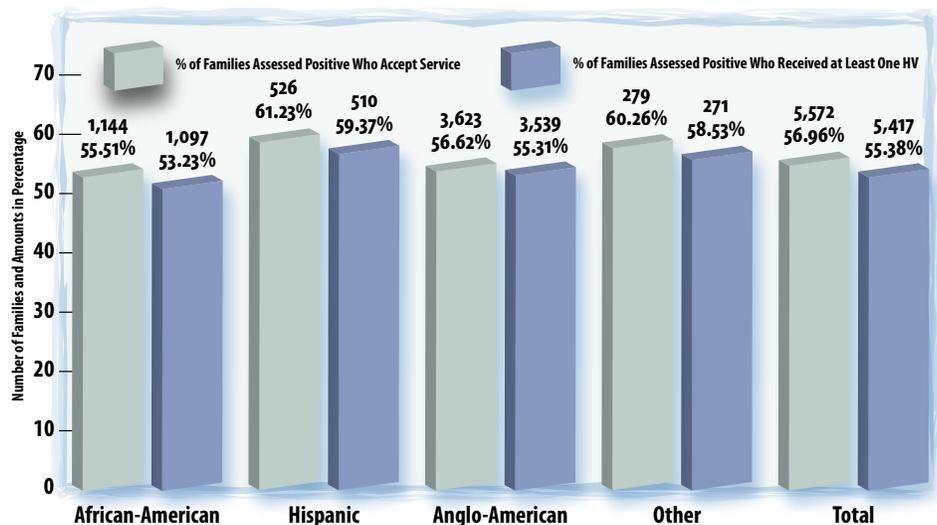
Progress on obtaining immunizations, maintaining medical services and keeping well child visits are tracked for children within program families. The second chart below gives the average progress on these benchmarks for all families served in FY 2008.

Benchmark	% Meeting
Children with up-to-date in immunizations	87%
Children with available medical care	96%
Children keeping well child visits	90%

Reaching Families: Assessment

Our data has shown that across all ethnic groups nearly the same percentage, 53-59%, of families who assessed positive and initially accepted services choose to continue receiving services. Because HFI is strictly voluntary every effort is made to encourage families to participate but some families choose not to continue to receive services. Of all families offered home visiting services, 57% accepted the offer and 55% had at least one home visit. There were only slight differences among ethnic groups in the percentage of families who accepted HFI services and continued receiving those services.

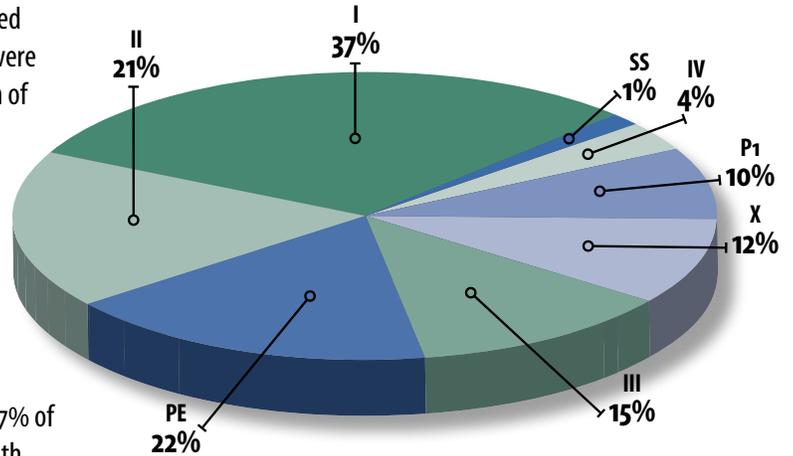
Intake by Ethnicity



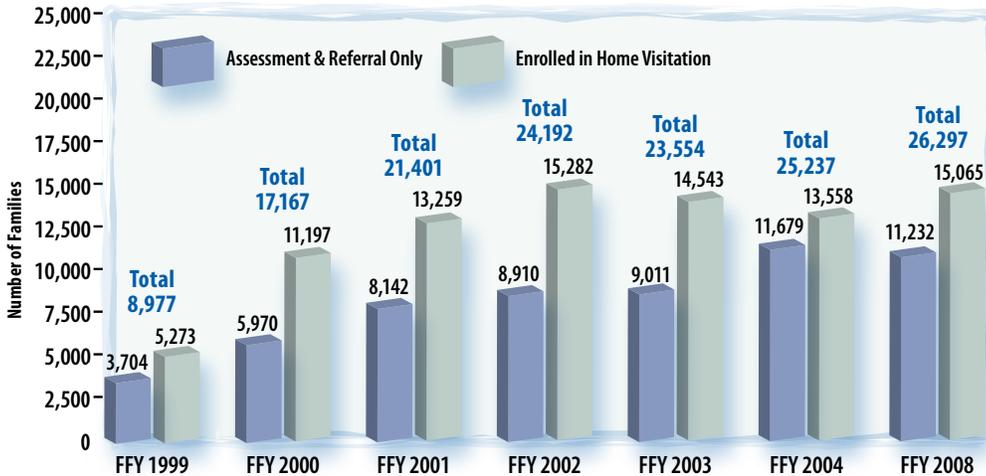
Families Served

In FY 2008 there were a total of 189,215 home visits completed by 885 Family Support Workers (FSWs). These home visits were conducted with 13,599 different families. HFI utilizes a system of service levels that correlate to the intensity of service through the frequency of home visiting. The chart shown on the right gives the percent of families at each service level in an average month.

Each service level requires a specific number of visits per month. The chart below details the percent of visits delivered per month to families at each service level. Families at service Level I require more frequent home visitation, therefore the 37% of families at Level I require 62% of the home visitation per month.



Number of Families Served by Healthy Families



Levels	Percentage of Home Visits per Month
I	49%
II	12%
III	1%
IV	<1%
P1	8%
SS	<1%
X	6%
PE	22%

Healthy Families Indiana Training & Technical Assistance Project...

Under a contract with Indiana University School of Nursing, HFI Training and Technical Assistance Project (HFI T & TAP) provides statewide training, technical assistance/quality assurance, evaluation, in addition to the data monitoring designed and managed by Datatude. This system supports all the HFI sites and is included as part of Indiana's multi-site credential through Prevent Child Abuse America/Healthy Families America.



refresher, and repeated as often as desired. Courses are engaging, interactive and easy to navigate. In addition to providing information, the courses include checks for knowledge, activities to develop skills in working with families, and opportunities to demonstrate newly acquired knowledge and skills.

In SFY 2008, HFI T & TAP completed the distribution of complete sets of e-learning CD's to all HFI sites.

All training is designed to meet the needs of staff with various levels of education and experience.

In 2005/2006, HFI T & TAP developed a 12-course e-learning curriculum: "Building Blocks for Healthier Families." The curriculum is designed for home visitors who work with pregnant and parenting families and each course meets Healthy Families America (HFA) credentialing standards. The curriculum is available on CD and includes post-testing. Because the courses are not instructor-led, each course can be taken at any time. Courses can be taken by newly hired or experienced staff, used as a

Sixty-percent of HFI staff were 26-44 years old and 56% had some prior experience in home visiting. All supervisors have a college degree and 96% of home visitors (Family Support and Assessment Workers) attended college or have a college degree.

Families Served: Evaluation

The FSSA Data Warehouse, WRA, working with Healthy Families coordinators created a report to measure the success of the HFI program in meeting the biennium goal of 95% of participating families being free of substantiated abuse and neglect.

Healthy Families coordinators identified that a family must reach the milestone of 12 visits to be fully engaged with the program and evaluated within the criteria of the report.*

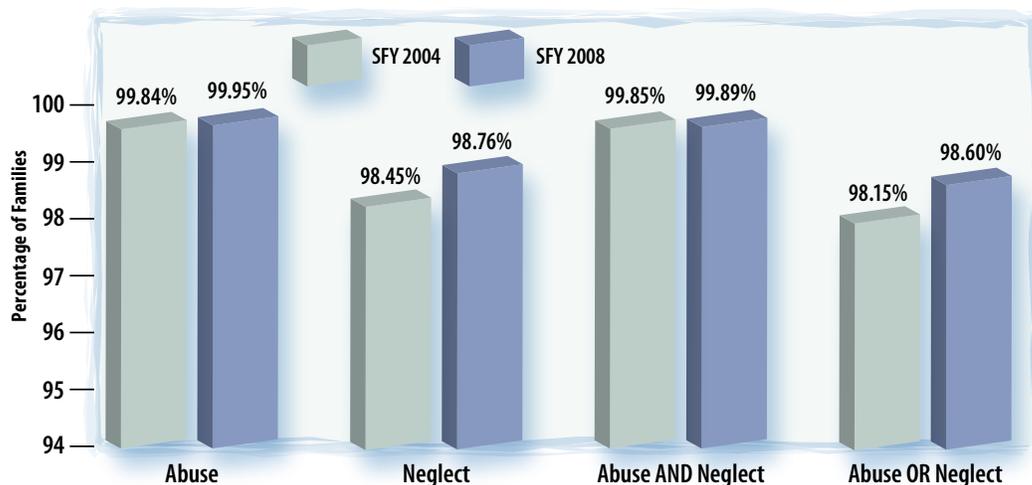
Starting from July 2003 each fully engaged child of focus within the HFI program is evaluated to determine if the child is a victim of

substantiated abuse or neglect in a CPS report; no other children in the HFI family are tracked.

Matches will be reported in the first month the abuse/neglect is substantiated. Once abuse/neglect is found, no further matching occurs for that child, avoiding duplication. Unmatched children, no longer receiving visits, will continue to be matched until age 5.

**Data cannot be traced directly back to specific children, maintaining client confidentiality for both HFI and CPS.*

Families Served by Healthy Families and Free of Abuse and Neglect



HFI Pilots: A Research Project

In the spring of 2005, Healthy Families Indiana was selected to incorporate the Building Strong Families model, a research based relationship support component, into its core Healthy Families services. Building Strong Families is part of a broad policy initiative to support healthy marriages being undertaken by the U.S. Department of Health and Human Services (HHS), Administration for Children and Families (ACF). The Building Strong Families project, managed by Mathematica Policy Research, Inc., is designed to help interested unmarried parents improve their relationships and contribute to the long-term development and well-being of their children. In Indiana, the intervention provides for a greater focus on couple relationships, by providing additional resources to educate couples on relationship skills and linking families to services that remove barriers to achieving a healthy relationship. During the pilot, six Building Strong Families/Healthy Families sites participated by enrolling eligible couples who voluntarily agreed to weekly group

sessions that are combined with regularly scheduled Health Families home visitation.

With approval from DCS, FSSA, the I.U.P.U.I. and Clarian Institutional Review Board, and ACF, Building Strong Families/Healthy Families moved into the full evaluation stage in January 2006. A sample of 720 couples from six sites were enrolled over a two year period. These couples, randomly assigned into program and control groups, will be followed for at least three years. Additional families will be enrolled until 2010. Six other states across the nation were selected by ACF to participate in the Building Strong Families research project.



Research Involving HFI Program Sites.....

Background

The Institute for Action Research in Community Health (IARCH) was founded in 1990 and serves as an academic center for community-based action research activities. The following IARCH projects involve HFI program sites.

Can Home Visiting Improve Maternal Health Literacy?

This federally supported study is housed at the University of Washington (UW). The Indiana University School of Nursing (IUSON) helped analyze and interpret preliminary data and presented at two national conferences (AMCHP and Zero to Three). IARCH hosted a Completion Conference in Indianapolis on August 12 and 13, 2008. Conference participants included representatives from five different home visiting programs that were included in the research study and representatives from AHRQ, CDC, Zero to Three, Early Head Start, Parents as Teachers, Healthy Families Indiana and Healthy Families America. Two HFI home visiting programs, the MOM Project in Marion County and Family Services Society in Grant County, represented Healthy Families America. The UW research team presented the results of the study in the aggregate and by individual program sites. The purpose of the conference was to interpret results and develop recommendations for practice, policy and future research. This was accomplished through facilitated group discussions and a synthesis panel. A manuscript focusing on the process and outcomes of the Completion Conference will be included in a special issue of Zero to Three.

Community-Based Doula and Healthy Families Demonstration Project

This grant was awarded to the Indiana Perinatal Network (IPN) from the Pulliam Foundation. IPN contracted with IARCH to evaluate the 2-year pilot project, using the MOM Project/Healthy Families as the implementation site. Data collection is continuing, including economic analysis of the feasibility of incorporating the CB doula

function into the Healthy Families Indiana (HFI) home visitor role. Analysis of results and a final report from the pilot project are to be completed by December 2008. Lessons learned from the pilot project were shared at a congressional briefing organized to support the new MCHB policy initiative for CB doulas that will be funded under competitive, Special Projects of Regional and National Significance (SPRANS) grants. IARCH ongoing evaluation efforts will continue until September 2009 to document 1) the effects of transitioning the MOM Project from IUSON to The Villages and 2) incorporating the CB doula function into other Healthy Families Indiana program sites and a school-based program for pregnant and parenting teens in Marion County.



Community-Based Doula and Healthy Families Demonstration Project

This four-year federally funded (CDC) grant was awarded to Wayne State University in September 2006. The research project is a 3-arm randomized control trial: the E-parenting group, HFI treatment as usual group, and a control group. Two HFI sites, the MOM Project and SCAN, Inc. are the implementation sites. Eight part-time research assistants were trained and are on contract with IARCH/IUSON in Allen County and in Marion County. The E-Parenting intervention was developed and the Marion County RAs completed the beta testing with MOM Project home visiting staff and new mothers. Home visitors were assigned to the E-Parenting group or the TAU group and all staff were trained in their roles. Subject recruitment started May 1, 2008 and 95 of the 420 subjects were recruited in the first 5 months. Random assignments, collection of baseline data, and the E-Parenting intervention is progressing as planned.

Institutes for Strengthening Families.....

The first training "Institute for Strengthening Families" was launched in September, 2004 in collaboration with HFI T&TAP, a team of committed state agency leaders, educators from universities, Head Start, Early Head Start, Child Care, First Steps, and Child Welfare. The purpose of the Institute was to expand capacity, improve the quality of training, demonstrate best practice and offer intermediate and advanced training to a broad community

of providers working with parents of infants and young children in Indiana, as well as other states in the region.

The Institute has evolved and expanded tremendously since 2004. For three days each April and September, through sessions that range from three-hours to two days, subject matter experts from Indiana and other states provide professional development training

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Institutes for Strengthening Families

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to HFI providers and other social service and health service providers. In September 2007 and April 2008, the Institute offered over 50 workshops to approximately 1000 participants. The Institute has further expanded to offer additional specialized trainings in conjunction with, but not a part of, the Institute. In April, a State Partnerships for Prevention award provided the opportunity for experienced Indiana trainers, recruited from throughout the state,

to attend a three day Prevent Child Abuse and Neglect training provided by the Zero to Three National Center for Infants, Toddlers, and Families.

Through a portal developed through the Institute by the event planners, a register of subject matter experts from around the country has been made available for use through Prevent Child Abuse America/Healthy Families America.



The Mission of Healthy Families Indiana

The mission of Healthy Families Indiana is to promote supportive environments that optimize child growth and development and encourage resilient, healthy families.

