



# HEALTHY OPPORTUNITIES FOR PARENTS TO EXPERIENCE SUCCESS (HOPES)

End-of-Year Annual Report

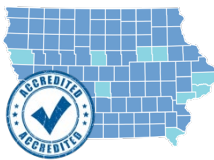
---

## ABOUT HEALTHY FAMILIES IOWA (HFI)

**Healthy Opportunities for Parents to Experience Success - Healthy Families Iowa (HOPES-HFI)** is an evidence-based home visiting program for families that begins during pregnancy or at the birth of a child and can continue until the child reaches preschool age. The program follows the national Healthy Families America (HFA) model of home visiting. A standard tool is used to identify level of risk and performs screens to evaluate family conditions and characteristics that impact child development growth, development, and health. **Screens evaluate areas that include family coping skills, parenting skills, and family functioning.** Following a screen, families that are identified as "high-risk" are offered HOPES-HFI services and have the opportunity to volunteer to participate in the program.

---

## HOPES-HFI PROGRAM OVERVIEW



**HOPES-HFI** is available in nine Iowa counties: Black Hawk, Polk, Woodbury, Scott, Lee, Hamilton, Clinton, Buchanan, and Muscatine. **All eleven programs providing HOPES-HFI with state grant funds have been awarded national accreditation by Healthy Families America.** Iowa is training an in-state trainer.

Funding and support for HOPES-HFI was established in 1992 through legislation with funds distributed to ten counties identified as having the highest needs. State funds at that time were allocated to the Iowa Department of Public Health for contract management. In Fiscal Year 2005 (FY04) the Department of Human Services initiated a contract with the Iowa Department of Public Health for \$200,000 of federal Temporary Assistance for Needy Families (TANF) funds to expand the HOPES-HFI grant after a reduction in state grant allocation for HOPES-HFI. As an effort to promote collaborative efforts to integrate all Early Childhood programs, in FY06 legislation was changed requiring transfer of funds from IDPH to the Office of Empowerment. In this fiscal year, funds for the HOPES-HFI program were once again allocated to the Iowa Department of Public Health for contract management.

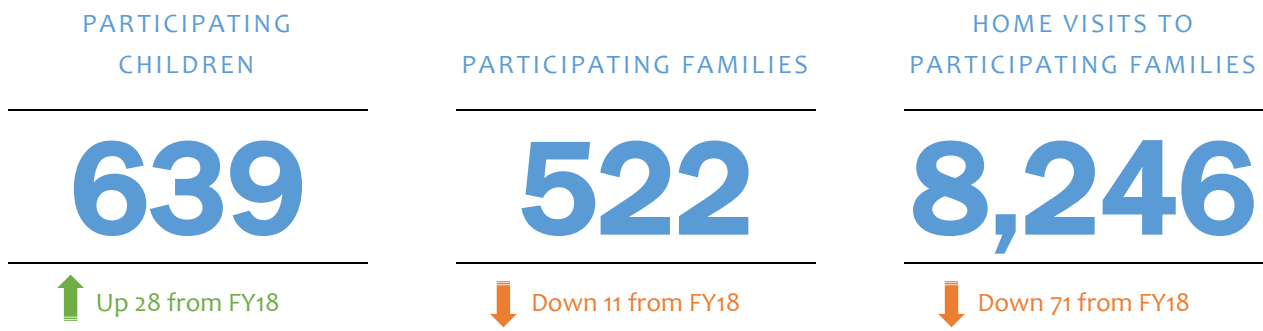
### PROGRAM GOALS

- ✓ Promote optimal child health and development.
- ✓ Improve family coping skills and functioning.
- ✓ Promote positive parenting and family interaction.
- ✓ Prevent child abuse and neglect, as well as infant mortality and morbidity.

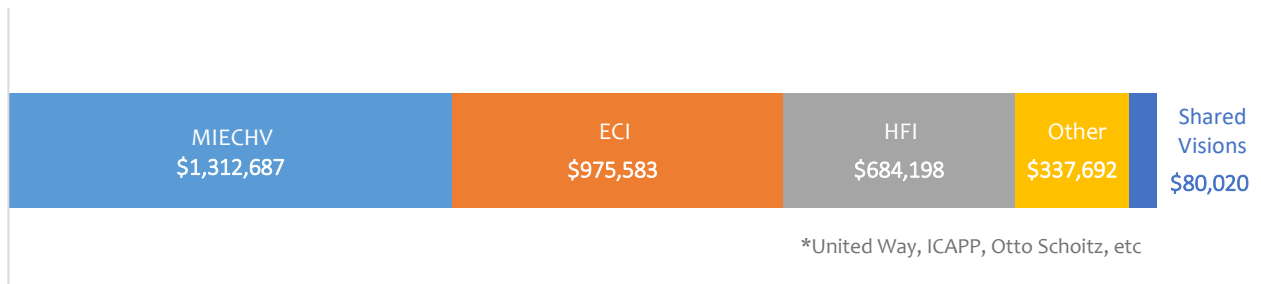
### PROGRAM OFFERINGS

- ✓ Provide voluntary home visiting services that follow HFA standards (critical elements).
- ✓ Support overburdened (high risk) families with children during the prenatal to preschool years.
- ✓ Identify qualifying families through a standardized screening process.
- ✓ Identify barriers and develop an individual family support plan (family goals) based on the family's strengths and needs.

## PROGRAM STATISTICS | 2018-2019



## PROGRAM FUNDING STREAMS



---

## PROGRAM EFFICIENCY

---

AVERAGE ANNUAL  
COST  
PER FAMILY

**\$1,406.13**

---

---

CAREGIVER ENROLLMENT  
PRIOR TO BIRTH

**48.6%**

 Up 2.8% from FY18.

---

---

ENROLLMENT  
OF FIRST-TIME  
MOTHERS

**42.1%**

 Down 2.7% from FY18

---

---

MATERNAL DEPRESSION  
SCREENINGS

**85.9%**

49.5% of those screened were referred to services due to positive screening results.

45.5% of mothers served were already receiving services.

---

---

CHILDREN SCREENED  
FOR DEVELOPEMNTAL DELAYS

**72%**

 Down 3% from FY18.

16.6% of those screened had positive results

43.9% of those screened were referred to services

37.8% of those screened were already receiving service

---

---

## ADDITIONAL OUTCOMES RELATED TO PROGRAM GOALS FOR PARTICIPATING FAMILIES

---

Percentage of participants who improved or maintained healthy functioning, problem solving and communication.

**87%**

↓ Down 3.2% since FY18.

---

**85.6%**

↓ Down 0.6% since FY15.

---

Percentage of participants who increased or maintained social supports.

Percentage of participants who made connections to additional concrete supports.

**81.6%**

↑ Up 7.4% since FY18.

---

**83.8%**

↓ Down 0.2% since FY18.

---

Percentage of participants who increased their knowledge about child development and screening.

Percentage of participants who improved their nurturing and attachment skills between the parent and child(ren).

**80.8%**

↓ Down by 2.7% since FY18.

---

For more information, please contact HOPES HFI Program Manager  
Kristy Roosa at [Kristy.Roosa@idph.iowa.gov](mailto:Kristy.Roosa@idph.iowa.gov)