



Healthy Opportunities for Parents to Experience Success (HOPES)

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 model of home visiting. A standard tool is used to identify level of risk and screens for the family conditions and characteristics that impact child development growth, development, and health. Examples include family coping skills, parenting skills, and family functioning. Following the screen, families identified as "high-risk" are offered HOPES-HFI services and voluntarily agree to participate.

Healthy Families Iowa (HFI) Program Goals:

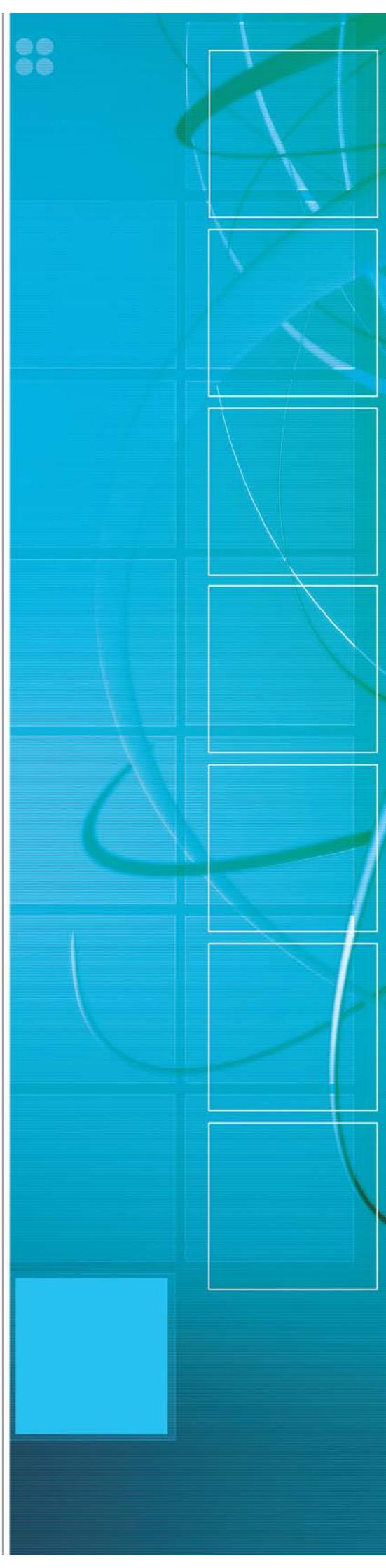
1. Promote optimal child health and development.
2. Improve family coping skills and functioning.
3. Promote positive parenting and family interaction.
4. Prevent child abuse and neglect, as well as infant mortality and morbidity.

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.

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 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 Specifics

- Voluntary home visiting program following HFA standards (critical elements).
- Provides support to overburdened (high risk) families with children during the prenatal to preschool years.
- Identifies families through a standardized screening process.
- Identifies barriers and develops an individual family support plan (family goals) based on the family's strengths and needs.





Program Quality 2015

Number of Children participating in HOPES HFI programming: **656**
Number of families participating in HOPES HFI programming: **593**
Number of home visits to families in the HOPES HFI program: **8654**

Efficiency: Average annual cost per family \$1163.00

- *All 11 HOPES HFI programs are Healthy Families America Accredited*
- *16 HFA Trainings were offered in the state to approximately 40 Healthy Families America staff*

Program Outcomes 2015

Prenatal Enrollment –

- 47% of families were enrolled prenatally

First time Mothers –

- 50% of those enrolled were 1st time Mothers

Maternal Depression screening –

- 89% of Mothers were screened for maternal depression
- 82% of mothers were referred to services due to positive maternal depression screen.

Developmental Delays –

- 69% of children were screened for developmental delays
- 52% of children were referred to early intervention services due to developmental delays

Additional outcomes related to program goals:

- 80% of participating families improved or maintained healthy functioning, problem solving and communication.
- 60% of participating families increased or maintained social supports.
- 81% of participating families made connections to additional concrete supports.
- 71% of participating families increased their knowledge about child development and screening.
- 53% of participating families improved nurturing and attachment between the parent and the child(ren).

For more information, please contact HOPES HFI Program Manager PJ West at pj.west@idph.iowa.gov

