

## What is Healthy Families America?

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Healthy Families America (HFA) is a voluntary, evidenced based, trauma informed, home-visiting program for new and expectant parents. HFA promotes child well-being and prevents abuse and neglect of children in communities through family focused and empathic support provided in the home.

## Components of HFA

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- Family goal planning
- Prenatal support
- Maternal and infant/child screenings
- Service planning
- Family events

## Goals/Outcomes

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- Improve birth outcomes
- Promote positive parenting practices
- Cultivate and strengthen nurturing parent-child relationships
- Improve child safety and prevent maltreatment
- Promote healthy child development
- Improve school readiness

## Service Delivery

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- HFA can be provided prenatally through age 5.
- Tiered services are provided and intensity of service is based on family progress;
- Home visits typically start out weekly and occur for one hour.
- Visits occur in the home but can occur in a community setting if needed.
- Highly trained home visitors are equipped with curriculum and other tools to help provide education and support to families.

## Target Population

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- Families can enroll prenatally through 24 months of birth (22 months or less for Lincoln Lancaster County Health Department).
- HFA is designed to serve families of children who have increased risk for maltreatment or other adverse childhood experiences.
- Each HFA site may determine certain characteristics that it targets such as low-income, single parent households, families who have experienced substance use, mental health needs, and/or domestic violence.

***\*HFA and Early Development Network (EDN) services are not the same and families may participate in both if they choose to.***