

HEALTHY FAMILIES AMERICA

Contra Costa Health Services



◆ VALUING CHILDREN



◆ STRENGTHENING FAMILIES



◆ EMPOWERING COMMUNITIES

Healthy Families America (HFA) is a nationally recognized evidence-based home visiting program model designed to work with overburdened families who are at-risk for adverse childhood experiences, including child maltreatment. It is the primary home visiting model best equipped to work with families who may have histories of trauma, intimate partner violence, and mental health and/or substance abuse issues. HFA services begin prenatally and are offered free and voluntarily for up to 3 years after the birth of the baby.

HFA helps parents provide a safe and supportive home environment, gain a better understanding of their child's development, obtain access to health care and other supportive services, use positive forms of discipline, and nurture the bond with their child, reducing the risk factors linked to child maltreatment.

HFA Program Goals:

- ◆ Build and sustain community partnerships to engage overburdened families in home visiting services
- ◆ Cultivate and strengthen nurturing parent-child relationships
- ◆ Promote healthy childhood growth and development
- ◆ Enhance family functioning by reducing risk and building protective factors

Positive Parenting

Home visitors work with parents to build on their existing strengths and minimize potentially harmful behavior. They help parents build a strong parent-child relationship and develop skills to increase their sensitivity and responsiveness towards their children.

Self-Sufficiency

The more stable the home environment, the stronger the foundation on which to raise a child. HFA programs work to improve families by facilitating enrollment in school, making referrals for employment and housing, encouraging them to seek counseling for substance abuse and domestic violence to provide more positive child-rearing environments for their children.

Improved Family Health

Home visitors encourage families to use medical services and access preventive health care services to achieve high immunization rates. They motivate parents to access timely well-baby care and to participate in regular prenatal care, leading to fewer birth complications and low birth weight babies.

School Readiness

Children participating in HFA receive early developmental screenings and, if needed, are referred to appropriate services to address delays. Home visitors help parents provide stimulate healthy brain development and to develop strong, nurturing parent-child bonds, so that their children are more cognitively, emotionally, socially, and behaviorally ready to enter school.



Healthy Families America
Contra Costa Health Services
Family, Maternal & Child Health
(FMCH) Programs
Phone (925) 313-6254
www.cchealth.org/fmch

