



## 2019 Maine Home Visiting Summary Report

Maine Center for Disease Control and Prevention

*Ensuring a Strong Start for Infants and Toddlers in Maine*

Twenty years ago, Maine was one of the first states in the nation to invest in the health and well-being of its youngest citizens by establishing a statewide home visiting program for new parents.

**The *Maine Families Home Visiting Program* remains one of the state's most critical cost-saving investments to improve childhood health and learning outcomes, prevent child abuse and neglect, enhance future productivity, and reduce future demand on tax supported services.**

*Maine Families Home Visiting* is a **voluntary** program available for pregnant women, expectant couples, and parents or primary caregivers of children from birth to age three.

It is offered in every county of the state, through a well-established and rigorously accountable system of performance-based contracts with **local agencies**.

Services are delivered by **highly trained specialists** to ensure safe home environments, promote healthy growth and development for babies and toddlers, and provide key connections to needed services. Family visitors use a non-judgmental and compassionate approach that empowers parents with skills, tools, and confidence to nurture the healthy growth of their baby.

The intensity and length of service is matched to family needs in response to an individualized needs assessment. This allows for **careful optimization of resources**, in which highest-need families receive more frequent visits over a longer period of time. Priority is given to adolescent parents, families living in poverty, and families

struggling with substance use, mental health, co-occurring, or family violence issues. Due to the **high quality, accountability, and demonstrated results** of the *Maine Families Home Visiting* program, Maine has received continued funding from the Maternal, Infant, and Early Childhood Home Visiting (MIECHV) grant. This federal grant, together with critical funding from the state, allows *Maine Families* to continue serving vulnerable families in every county of our state.

With a baseline operating budget of about \$8 million for direct service, the statewide network of 11 local *Maine Families Home Visiting* contracted agencies employed over 110 extensively trained and certified professionals **servicing more than 2,000 families annually**. The program's performance-based contracting structure, together with its commitment to evaluation and quality assurance, has demonstrated an exceptionally high level of accountability, as well as consistently **positive outcomes** for participating children and their families.



***In 2017, all Maine Families Home Visiting sites underwent Parents As Teachers (PAT) Quality Endorsement, a comprehensive external review of each site's results plus demonstration that all model requirements were being met. Maine was the first state in the nation to earn Blue Ribbon Affiliate status for ALL sites and maintained that status annually!***





# Quick Facts FY2019

All *Maine Families Home Visiting* local implementing agencies share a single web-based Electronic Records and Information Network that allows for statewide evaluation and continuous quality improvement. All available data points listed were generated by this system for the reporting period October 1, 2018, to September 30, 2019, unless noted otherwise. Comparative data indicated by \* is from the 2019 *Maine KIDS COUNT Data Book*.

## SERVICE DELIVERY

- **2,008** families with **2,070** children were served
- **2,014** females and **547** males were enrolled
- **21,076** home visits were conducted
- **20.9 months** was the average length of participation per family

## ADULT PARTICIPANT DEMOGRAPHICS

### Age and Marital Status

- 12% of female participants were 21 or younger
- 4% of female participants were under 18
- 44% of primary caregivers were married
- About 28% of participants were parenting alone
- 8.5% of families primarily spoke a language other than English; over 20 different languages were represented

### Education level

- 10% of primary caregivers had not completed high school (22% without a diploma continued their education while participating)
- 46% of primary caregivers had not completed any education or training beyond high school

### Household income

- 53% of families had an annual income of less than 100% of the Federal Poverty Level
- Most participants (77%) had an annual income of less than 200% of the Federal Poverty Level

## CHILD AND FAMILY OUTCOMES

### Protecting Children from Violence, Abuse, and Neglect

In FY2019, Maine Families continues to serve increasing numbers of families involved with Child Protective Services (CPS). Of the 162 families involved with CPS at enrollment, 130 had no further reports for child abuse or neglect during their participation with Maine Families. Family visitors prevent child abuse and neglect by helping families to build skills and confidence for managing the stresses of parenting. Family visitors provide tools to help understand child behavior and address behavior challenges.

### Postpartum Care

- 82% of mothers received a postpartum care visit with a health care provider within 8 weeks of birth, increasing the opportunity to take measures to plan their next pregnancy.

### Caregiver Screening

- 85% of caregivers were screened for depression/substance use
- 89% of primary caregivers were screened for intimate partner violence (IPV)
- 89% of those screened positive for intimate partner violence accepted a referral to IPV resources

### Child Health

- 87% of children 19-35 months had up to date immunizations (\*73.7% 24-35 months statewide)
- 99.7% of children had an identified Primary Care Provider (\*Statewide 55.8% had a medical home)
- 98% of children had health insurance (\*95.2% statewide)
- 69% of children were covered by MaineCare (\*50.2% statewide)
- 77% of children were up to date with the most recent well-child check-up
- 67% of mothers continued breastfeeding for at least three months among families who enrolled prenatally

### Secondhand Smoke

Family visitors provide ongoing support for tobacco cessation and eliminating child exposure to second-hand smoke. In FY2019, 89% of participating children were not exposed to secondhand smoke.

### Developmental Support, Screening, and Intervention

As a result of developmental screenings with trained family visitors, 222 children were identified with possible developmental delays and 99.6% of those were provided supports to help address those delays early—before more costly remediation is needed in school. Maine Families encourages early literacy activities, and 96% of children had a family member who reported reading, singing, or telling stories with the child daily.

### Home Safety

Family visitors help families to prevent child injuries and trips to the emergency department by providing regular home safety education/assessments and assisting with safety improvements.

- 5% of enrolled children had injury-related visits to the ER
- 64% of families reported they always placed their babies on their backs, without bed-sharing or soft bedding.

### Increasing Family Self-Sufficiency

- 1,676 families were linked to at least one community resource.

