



healthy families  
new york

*Home Visiting Program*

*HFNY is an evidence-based home visiting program offering services to expecting parents and new families, beginning weekly and decreasing over time, until the child starts school or Head Start.*

Research demonstrates the critical importance of early life experiences on children's health and development.

HFNY focuses on the safety of children by supporting families in targeted high risk communities.

Services include educating families on parenting and child development; connecting families with medical providers for prenatal/well-baby visits and immunizations; assessing children for development delays; and helping families access community referral resources and services.

HFNY is open to first-time parents as well as parents with multiple children, who are pregnant and/or have at least one child less than three months of age.

**Goals:**

- **Prevent child abuse and neglect**
- **Promote positive parenting skills and parent-child interaction**
- **Ensure optimal prenatal care and child health and development**
- **Enhance family self-sufficiency**

*Research proves HFNY works for a diverse array of families from first-time teen parents to those who have had experience with the child welfare system.*

*Improves birth outcomes*

- 48 percent reduction in low birth weight (LBW) deliveries among women who enrolled before the 31<sup>st</sup> week of pregnancy.

*Prevents child abuse and neglect*

- 50 percent reduction in subsequent confirmed Child Protective (CPS) reports after seven years for mothers with a confirmed report prior to program entry.
- 49 percent reduction in the rate at which children of young, first-time moms who enrolled early in pregnancy were confirmed as victims in CPS reports between ages five to seven.

*Promotes success in school*

- 50 percent less likely to repeat first grade.
- 70 percent more likely to score above grade level in first grade on three specific behaviors that promote learning. 2.7 times more likely to be participating in a gifted program by age seven.
- 26 percent reduction in receipt of special education services by age seven.
- 23 percent reduction in below average scores for receptive vocabulary for children of young, first-time mothers who enrolled in the program early in pregnancy.

*Supports positive parenting*

- At age two, home-visited mothers were more likely to endorse appropriate limit setting strategies.
- At age three, home-visited mothers were more likely to be observed using parenting strategies that stimulated the child's cognitive skills and were sensitive to the child's needs and cues.
- At age seven, home-visited mothers used non-violent discipline strategies more often.

*Saves money*

- \$1,000 to serve a family during pregnancy is totally recovered before a child's birth -- due to reductions in low birth weight births.
- For mothers with histories of CPS reports, a return of over \$3 for every \$1 invested by child's seventh birthday.

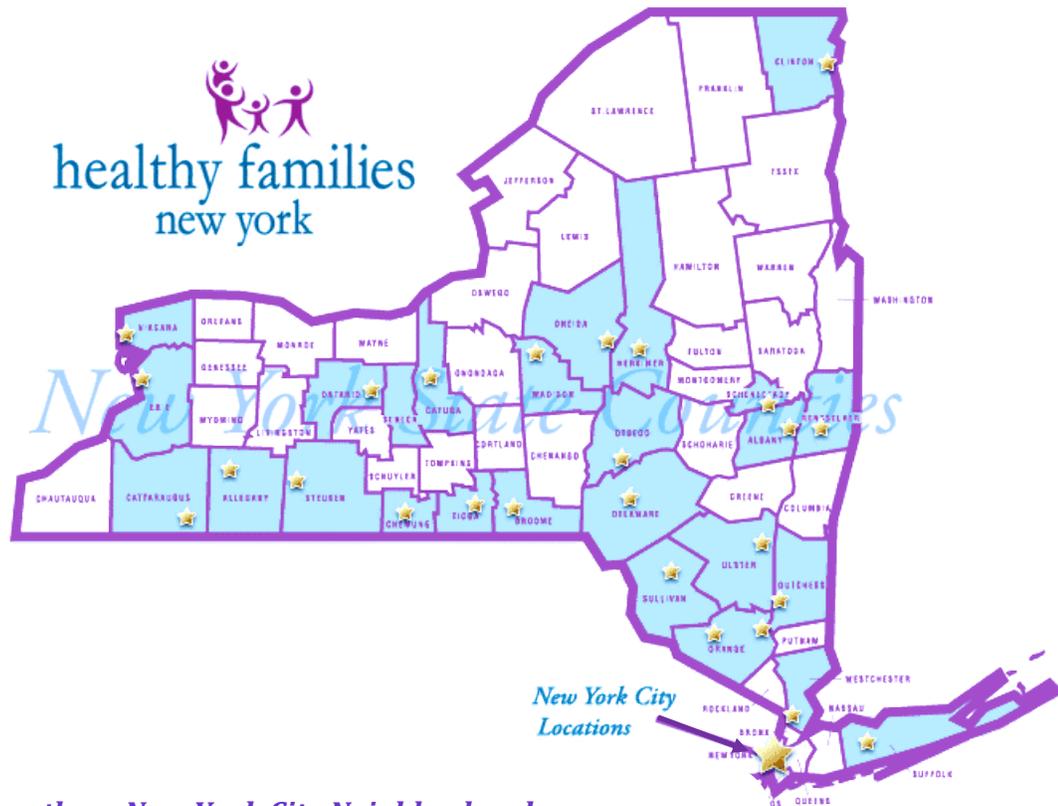
For more information and research results,

# HEALTHY FAMILIES NEW YORK

*A home visiting program that works!*

Visit [www.healthyfamiliesnewyork.org](http://www.healthyfamiliesnewyork.org)

- OCFS currently funds **36 HFNY programs** in high-need communities throughout the state, including all five New York City boroughs and 24 counties.
- On average **5,600 families** receive HFNY home visiting services annually.
- Average annual per family cost of the program is \$4,000 Upstate and \$5,000 in New York City.



### *Serving these New York City Neighborhoods:*

**BRONX:** Southeast Bronx, Soundview, South Bronx, Morris Heights

**BROOKLYN:** E. New York State, Bushwick, Flatbush, Bedford-Stuyvesant

**MANHATTAN:** Central Harlem, Washington Heights, E. Harlem, Lower East Side

**QUEENS:** Jamaica

**STATEN ISLAND:** North Shore

### **Unique Measurable Impacts:**

HFNY has been proven to be effective using a randomized, controlled trial (RCT), and has been designated a “proven program” and evidence-based by the RAND Corporation and the U.S. Department of Health and Human Services.

### **Unique Features of HFNY:**

- Managed by a strong infrastructure that includes evaluation, training, quality assurance and an extensive data system.
- Staff are hired from and represent the language and culture of the community served.
- Staff receive intensive training from nationally-certified trainers.
- Promotes fatherhood involvement.