



**SAN MATEO
COUNTY HEALTH**

All together better.

Civics 101

Generational Impacts of Home Visiting Health Care Services

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SERVICES**



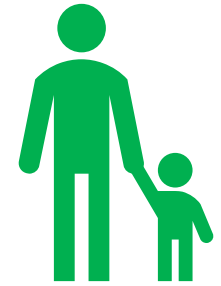
Family Health Services

Direct Service

- Pregnant Women / Parents
- Children / Youth
- Children with Special Health Care Needs

Community Education

Provider Relations / Support



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SERVICES**

Joining with families as early as possible to meet their goals toward improved health and brighter futures.



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Acknowledgements

The Home Visiting Program Staff, Supervisors and Managers in Family Health.

Funders



Acknowledgements

Community Advisory Board

Behavioral Health and Recovery Services

CORA

Global Grandmothers

Golden Gate Regional Center

Health Plan of San Mateo

Izzi Early Education (formerly Institute for Human and Social Development)

Lucile Packard Children's Hospital

New Creation Home Ministries

Peninsula Family Service, Early Head Start

Planned Parenthood, Mar Monte

San Mateo County Board of Supervisors – Office of Supervisor Carole Groom

San Mateo County Department of Housing

San Mateo County Human Services Agency

San Mateo County Office of Education

Star Vista

The Primary School

4Cs

San Mateo Medical Center

Daly City Youth Health Center

JobTrain



"There is a magic window during pregnancy...it's a time when the desire to be a good mother and raise a healthy, happy child creates motivation to overcome incredible obstacles including poverty, instability or abuse with the help of a well-trained nurse."

David Olds, Ph.D., Founder,
Nurse-Family Partnership





Nurse-Family Partnership is...

- An evidence-based, community health program
- Transforming lives of vulnerable first-time mothers living in poverty
- Improving prenatal care and pregnancy outcomes, quality of parenting and life prospects for mothers by partnering them with a registered nurse

**Every dollar invested in Nurse-Family Partnership can yield
more than five dollars in return.**



Nurse-Family Partnership Eligibility Criteria

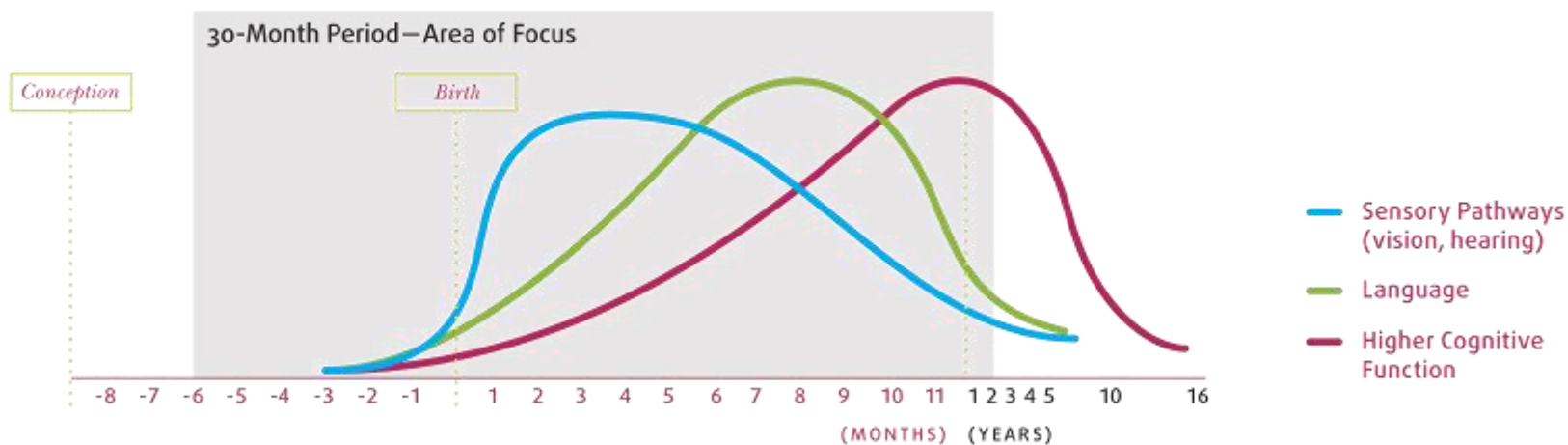
1. First-time mother-to-be
2. Enrollment prior to 3rd trimester of pregnancy
3. San Mateo County resident
4. Low Income (generally Medi-Cal eligible)

Length of service is from pregnancy through child turning 2 years old



Human Brain Development

Synapse formation dependent on early experiences



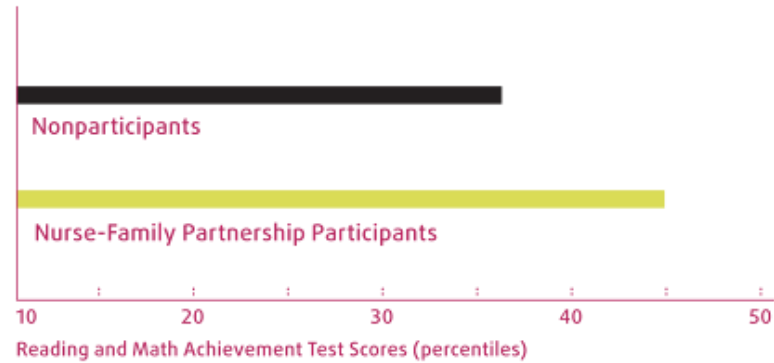
Source: Nelson, C.A., *From Neurons to Neighborhoods* (2000).
Shonkoff, J. & Phillips, D. (Eds.)

Research



Academic Achievement

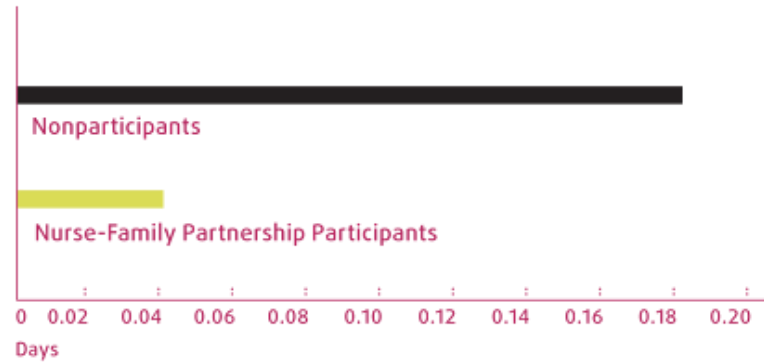
Grades 1–3, Age 9—Memphis
(Born to low-resource mothers)



Source: Reproduced with permission from *Pediatrics*, Vol. 120, e838, Copyright © 2007 by the AAP.

Days Hospitalized for Injuries

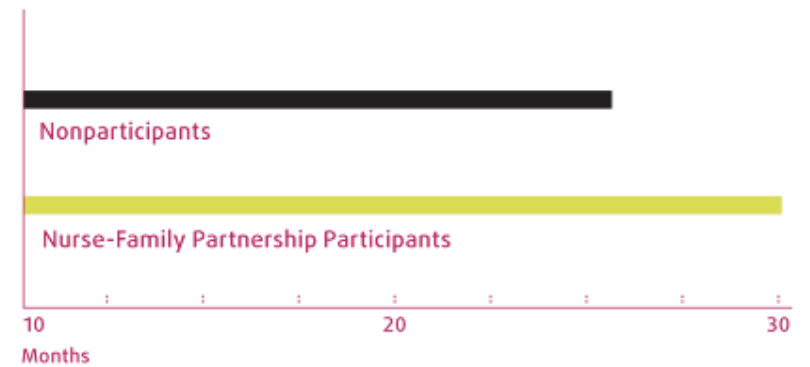
Birth to age 2—Memphis



Source: *JAMA*, 1997, Vol. 278, 650, Copyright © 1997, American Medical Association. All rights reserved.

Months Between Births

Between first and second child
(by first child's fifth birthday)—Memphis

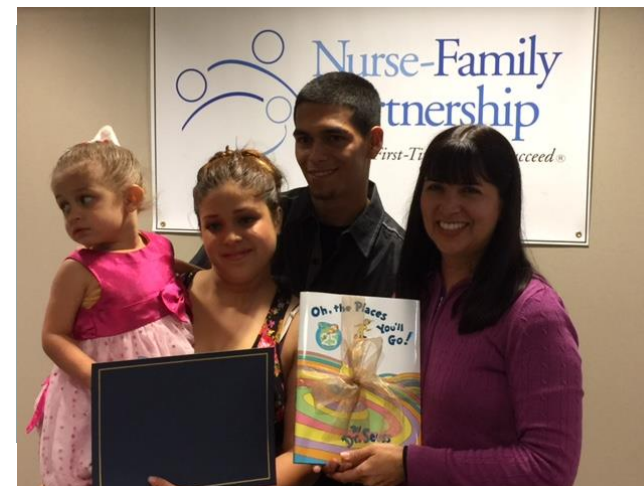


Source: *JAMA*, 2000, Vol. 283, 1987, Copyright © 2000, American Medical Association. All rights reserved.

San Mateo County NFP Client Demographics



- A total of **865** women have been served in the program since the launch of NFP in 2012
- Most clients are between 18-24 years of age
 - **22.3%** < 15
 - **22.2%** 15-17
 - **25.2%** 18-19
 - **23.7%** 20-24
 - **12.7%** 25-29
 - **13.9%** > 30
- **82.2%** of clients identify as Hispanic or Latina; **15.9%** Non-Hispanic or Latina; **2.9%** declined to answer



San Mateo County NFP Program Outcomes

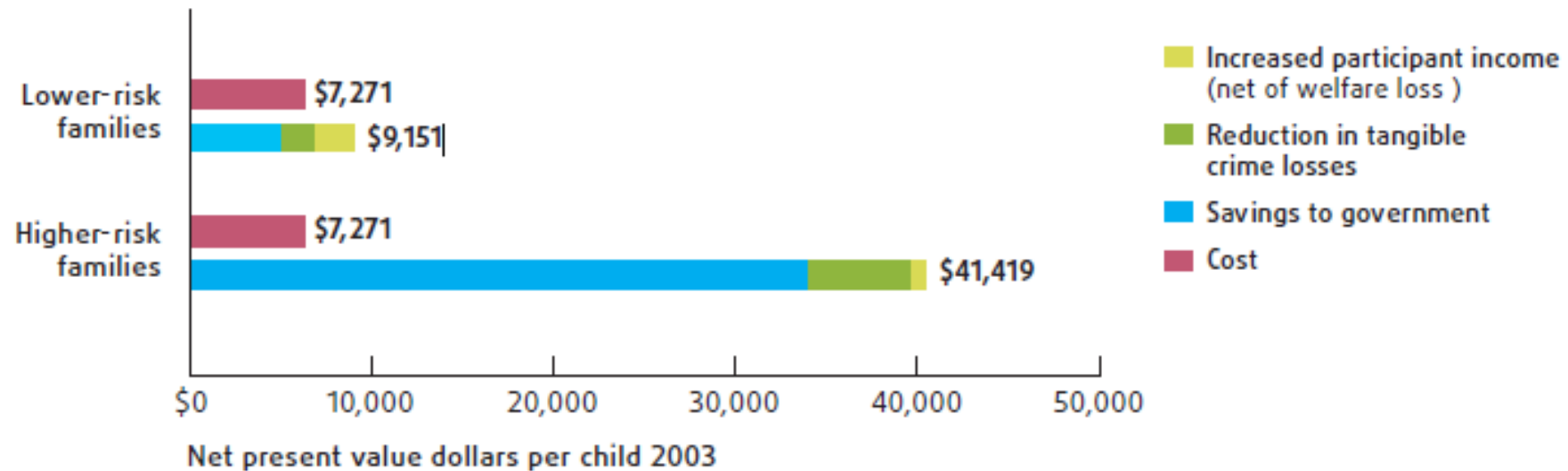


- **95.8%** of NFP toddlers are up-to-date with immunizations by 2 years of age
- **98.1%** of NFP mothers report breastfeeding at birth and nearly **57.8%** continue to breastfeed at 6 months; **43.1%** are breastfeeding at 12 months
- **In the last year 99%** of NFP infants and toddlers were assessed with the ASQ-SE2 [Ages and Stages Social Emotional developmental tool] at 6, 12, 18 and 24 months of age





Monetary Savings



Source: 2005 RAND Corporation Study



Healthy Families
America®

Raecine & Raylan

“ I didn’t know how to raise a kid. I needed help. I didn’t know where to go. I’m an only child myself, so raising a boy, I had no clue...[Healthy Families America] changed my life to the nth degree—to the point that I wanted to finish school just for him, to have a better life for him, to show him that you can overcome anything. ”



Healthy Families San Mateo...

- Is a leading family support and evidence-based home visiting program
- Believes that early, nurturing relationships are the foundation for healthy development.
- Promotes healthy child development and growth
- Enhances family functioning by reducing risk and building protective factors



Healthy Families San Mateo Eligibility Criteria

1. All pregnant people
2. Enrollment prior to giving birth
3. San Mateo County resident
4. Medi-Cal eligible

Length of service is from pregnancy through child turning 3 years old



Healthy Families San Mateo Client Demographics (Entire County)

A total of **672** women in the county have been served in the program since the launch of the program in 2019

Client Ages

- **3.0%** <20
- **17%** 20-24
- **28%** 25-29
- **29%** 30-35
- **23%** Over 35

79% of clients identify as Hispanic or Latina; **18%** Non-Hispanic or Latina; **3%** declined to answer/unknown

SUCCESS STORY

J.R is a 32-year-old first time single mom of a two-year-old child. This mom had to overcome many obstacles since she started receiving HFSM services in October 2020 because of the **premature birth of her child**. In addition, mom is facing a variety of other stressors including **custody issues and personal health issues**. Mom has been able to **successfully graduate from college with a BA in communications** and has obtained support accessing services and implement the parenting skills she has learned. She always followed through with baby's Well-Child Checks and Early Intervention appointments through GGRC and Stanford Specialty clinics. Mom shared that the **Growing Great Kids Protective Shield** impacted her, and she uses it as a reminder to protect her son from negative stress. Mom frequently says during her visits "I know my job as a mom is to protect my child". The protective shield is a strategy to demonstrate the protective layers we provide for our children creates resiliency and is a powerful intervention provided to not only this family but many other families in the program. This mom is an involved **hands-on mom** and maintains a **positive connection and attachment to her baby**. She is always interested in **learning parenting skills** and participating in developmental and play activities with her baby, especially sensory play activities. She also makes homemade toys at home. Mom finds joy in her connection to her son even when she is facing stressful situations. She expresses the positive things in her life during her visits and has learned to focus on what is going "right".

Mom has expressed gratitude for the consistent services she received during COVID. She said she was grateful that somehow the program was able to "figure it out", to continue providing services through COVID. Mom said she felt support even when "the world was in crisis". Mom said she was "amazed" by how the program reached out including through virtual Doxy.me visits and currently Face to Face visits. She also appreciated when the program sent her Growing Great Kids materials through the mail, provided regular check-ins and **culturally centered visits**.



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Healthy Families
America® — AFFILIATE —



**SAN MATEO
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All together better.

Maintaining life changing services during a global pandemic



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Lessons Learned

- Flexibility
- Client-centered
- Connecting as early as possible



Success

- Virtual visits & support groups
- Linkages to community resources
- Outdoor visits
- Increased # of services provided
 - FY 19/20 – 4,356
 - FY 21/22 – 7,140



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Questions?
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