

Home Visiting in Washington State

Home Visiting Services: July 2022–2023

Home visiting programs are voluntary, family-focused services offered to expectant parents and families with new babies and young children to support the physical, social and emotional health of your child.

Either before a child's birth or the child's first few years of life, families are voluntarily matched with trained professionals. These home visitors engage families in their homes or community settings to provide information and support related to children's healthy development, support parent-child relationship and provide information on importance of early learning and connections to other information, services and supports in the community.

Who we serve:



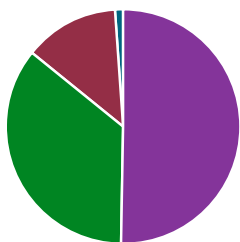
1 in 2 families served are experiencing poverty with incomes at or below the Federal Poverty Level (FPL) (50%)



4 in 9 caregivers are employed full-time or part-time (44%)



1 in 4 caregivers completed their high school education or GED (25%)



Children Served by the HVSA

■ Under 1 Year Old.....	50%
■ 1-2 Years Old.....	35%
■ 3-4 Years Old.....	13%
■ 5 Years Old and Over	1%

Numbers Served



3,015 Children



2,999 Families



988 Pregnant Women



3,245 Caregivers



41,116 Total Number of Home Visits

15,211 Total Number of Encounters

Maternal Health and Well-Being

Home visiting is known to reduce maternal depression and parental stress, and reduces mothers' experiences with intimate partner violence (MIHOPE). Screening for maternal depression and screening for intimate partner violence are the first steps to identifying women who are at risk, followed by a referral to additional resources.

- 2 in 3 mothers served by the HVSA received **depression screening** (65%).
- About three-fifths (59%) of the women served by the HVSA received **intimate partner violence screening**. Without in-person visits during the pandemic, IPV screening may have been postponed to minimize risk to the caregiver. IPV screenings were often delayed or not completed to support safety during virtual home visits when it was not always known if other household members were present.

Pregnancy and Early Infancy

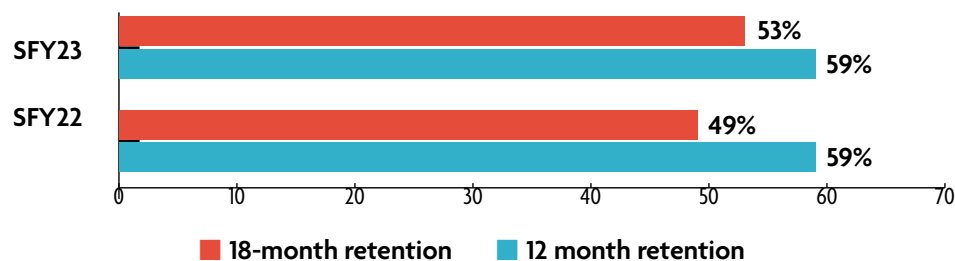
Home visiting programs engage mothers prenatally to improve maternal and infant health, particularly among the most vulnerable populations experiencing additional risk factors:

- **14% pregnant women** served by the HVSA were **under 20 years of age**.
- **Fewer than half of the infants** continued to receive some breastmilk at 6 months of age (37%), lower than the Washington state average (68%, Breastfeeding Report Card).
- Nearly half (49%) of all infants enrolled continued to receive some breastmilk at 6 months of age, lower than the Washington State average (68%, Breastfeeding Report Card, 2023). This may be a reflection of caregiver stress.

Service Utilization

Referrals to home visiting were most commonly from **health providers, other community programs**, and from **friends and family**.

Nearly 2/3 of the families referred to the home visiting program stayed with the program for at least 12 months (59%) while about half (49%) stayed for 18 months.



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Parenting and Child Development

Home visiting improves the quality of the learning in the home environment, specifically offering support for children's learning and literacy Mother and Infant Home Visiting Program Evaluation (MIHOPE).

- 85% of children served were less than three years old.
- 79% of children served had a parent read, tell stories, or sing songs with them daily, in a typical week.
- 58% of the children were assessed for developmental milestones.
- 73% of children received their last recommended well-child visit.
- About half of the caregivers were observed and coached on best practices for interacting with their children (53%).

* For more information on the full MIHOPE study, visit www.mdr.org/project/mother-and-infant-home-visiting-program-evaluation-mihope#overview