

Home Visiting in Washington State

Home Visiting Services: July 2020 – June 2021

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.

From July 2020-June 2021 home visiting services were adapted to the COVID-19 pandemic. Families connected to their assigned home visitor 81% virtually/remote and 19% in face to face visits. These adaptations impacted some of the data presented here because some of the screenings are not recommended for non-face to face settings, such as the Intimate Partner Violence (IPV) screening.

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:



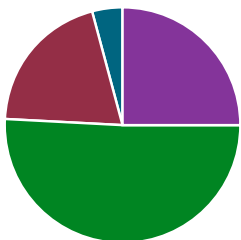
2 in 3 families served are experiencing poverty with incomes at or below the Federal Poverty Level (FPL) (66%)



1 in 4 caregivers did not complete their high school education or GED (29%)



4% of families reported housing instability



Children Served by the HVSA

Under 1 Year Old	25%
1-2 Years Old	51%
3-4 Years Old	20%
5 Years Old and Over	4%

Numbers Served



2,614 Children



2,585 Families



762 Pregnant Women



2,005 Caregivers



32,137 Total Number of Home Visits

17,825 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.

- 2 in 3 mothers served by the HVSA received **depression screening** (62%).
- Fewer than half (45%) of the women served by the HSVA received **intimate partner violence screening** yet over 100 women were referred for violence prevention services. 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:

- **1 in 7 pregnant women** served by the HVSA self-identify as non-Hispanic African American, American Indian/Alaska Native, or Native Hawaiian or other Pacific Islander. In Washington State, approximately **1 in 10 pregnant women** report these identities.
- 1 in 4 pregnant women served by HVSA are **less than 20 years old**.

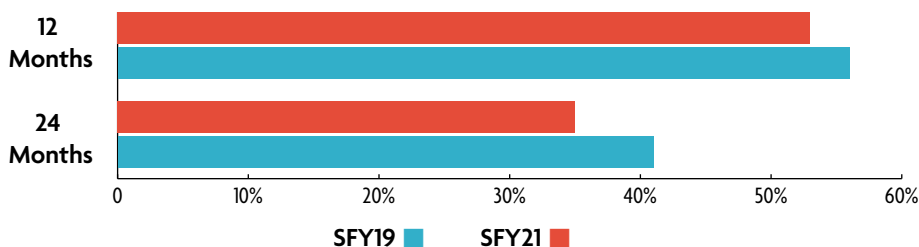
Over half of infants continued to receive some breastmilk at 6 months of age, lower than the Washington state average (75%, Breastfeeding Report Card).

91% of caregivers in the HVSA report putting their infant to sleep on their backs, while 34% also put their infant to sleep in own bed without soft bedding, an improvement over the past year.

Service Utilization

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

Over half of the families (56%) who exited during the participated in at least 12 months of service and 41% remained in services for at least 2 years.



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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 (MIHOPE).

- 76% of children served were less than three years old.
- 8 out of 10 children served had a parent read, tell stories, or sing songs with them daily, in a typical week.
- Half of the children were assessed for developmental milestones.
- 7 in 10 children received their last recommended well-child visit.
- Fewer than 1 in 4 caregivers were observed and coached on best practices for interacting with their children. However, home visitors reported a shift to more coaching with the caregiver as the active participant.

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