Home Visiting: What it is and where it’s going

Home Visiting Lunch & Learn

Presented by First Lady Tracey Quillen Carney, Delaware General Assembly Kids Caucus, Delaware Early Childhood Council, and KIDS COUNT in Delaware

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Building a solid foundation for the future
What is home visiting?

Home visiting is an effective method in supporting expectant and new parents to strengthen their child’s development.
Home visiting is a two-generation approach

Home visiting delivers both parent and child-oriented services that support the whole family.

It includes many different models which vary in goals and content of services.

Currently, 19 models meet federal Health and Human Services effectiveness criteria as evidence-based home visiting service delivery models.

Many promising practice models exist which may reflect community and family needs.
**Common features of evidence-based home visiting models**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voluntary</td>
<td>No cost to the family</td>
</tr>
<tr>
<td>Driven by the family’s desires and goals for their own family</td>
<td>Includes parenting support and information about child development and early learning</td>
</tr>
<tr>
<td>Delivered in the home or another location the family desires</td>
<td>Includes developmental and social-emotional screenings</td>
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<tr>
<td>Relationship-based approach with the family and a trained home visitor</td>
<td>Connects families to other needed services</td>
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</tbody>
</table>
Studies find a return on investment of $1.80 to $5.70 for every dollar spent on home visiting, consistent with established research on other types of early childhood interventions.

Source: The National Home Visiting Resource Center 2021 Yearbook
With proven outcomes for children and families

For families participating in home visiting, compared to those who don’t participate in home visiting:

- Pregnant women are more likely to access prenatal care and carry their babies to term
- Higher rates and duration of breastfeeding
- Children are less likely to need emergency medical care
- Fewer Child Protective Services reports
- More positive parenting practices and parent-child interactions
- More reading time with parents, more stimulation and support for learning
- Improved early language and cognitive development, greater math and reading achievement, reduced absenteeism rates, and decreased in-school and out-of-school suspensions
- Parents more likely to be in school or training programs, and to be employed
- For mothers, improved physical and mental health, reduced depressive symptoms and parenting stress

*Source: The National Home Visiting Resource Center 2021 Yearbook*
Home visiting, while a proven intervention itself, can not resolve every challenge. Home visitors must have a strong array of community supports to connect families to in order to be most effective.

Home visiting is a vital piece of a robust prenatal-5 system that supports all young children and their families.
Poll question
From getting started to working effectively

**Compare Indicators Across States**

Use this interactive table to get a snapshot view of all states’ results on any Yearbook indicator in our three domains – Good Health, Strong Families, and Positive Early Learning Experiences. Explore the results for all states on the map and through sortable listings by Expand to Read More.

Select an Indicator to Explore the Findings

**Potential home visiting beneficiaries served**

<table>
<thead>
<tr>
<th>State</th>
<th>Percentage/Rate</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rhode Island</td>
<td>6.7%</td>
<td>W</td>
</tr>
<tr>
<td>Kansas</td>
<td>6.5%</td>
<td>W</td>
</tr>
<tr>
<td>Maine</td>
<td>5.5%</td>
<td>W</td>
</tr>
<tr>
<td>Missouri</td>
<td>5.4%</td>
<td>W</td>
</tr>
<tr>
<td>Kentucky</td>
<td>4.5%</td>
<td>W</td>
</tr>
<tr>
<td>Indiana</td>
<td>4.2%</td>
<td>W</td>
</tr>
<tr>
<td>Iowa</td>
<td>4.1%</td>
<td>W</td>
</tr>
<tr>
<td>Oklahoma</td>
<td>3.5%</td>
<td>W</td>
</tr>
</tbody>
</table>

**Source:** State of Babies Yearbook 2021
Expanding home visiting opportunities - examples

- Continuum
- Service array
- Systems enhancements
“Hot topics” of discussion in home visiting

• Considering both evidence-based and promising practice models
• Flexibility in what “home” is in delivering services, incorporating some virtual home visiting
• Leveraging multiple funding streams, including American Rescue Plan opportunities
• Strengthening the workforce
Thank you!

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Learn more about ZERO TO THREE at www.zerotothree.org
Resources

- Center for Health Care Strategies brief: Addressing Racial and Ethnic Disparities in Maternal and Child Health Through Home Visiting Programs
- Home Visiting history and Timeline 1500-2012
- Home Visiting Yearbook 2021
- Illinois Family Connect Early Evaluation Report
- Migration Policy Institute brief on reaching immigrant and refugee families
- MIECHV-eligible home visiting models
- NCSL overview of home visiting and state legislation
- S690 authorizing universal home visiting in New Jersey
- State of Babies Yearbook 2021
- ZERO TO THREE updates on state home visiting initiatives