

AN OVERVIEW OF HEALTHY FAMILIES AMERICA



a program of Prevent Child Abuse America

Healthy Families America is an effective and proven model for early childhood home visiting with positive impacts in eight areas essential for children. Currently more than 75,000 families are served by more than 600 Healthy Families America sites in 38 states, the District of Columbia, American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, the US Virgin Islands and Canada. *Learn more about proven models of home visiting at homvee.acf.hhs.gov*

healthyfamiliesamerica.org

HFA embodies an infant mental health approach, with the belief that early, nurturing relationships are the foundation for life-long, healthy development.

Program Goals of HFA

- ◇ Build and sustain community partnerships to systematically engage overburdened families in home visiting services prenatally or at birth
- ◇ Cultivate and strengthen nurturing parent child relationships
- ◇ Promote healthy childhood development and growth
- ◇ Enhance family functioning by reducing risk and building protective factors

“If this program didn’t exist, I wouldn’t have as much insight as to what I’m supposed to be doing at certain stages in her life...I’d probably be a lot more nervous when she cries because I wouldn’t know that she’s supposed to cry, because I’m still trying to get to know her, you know.”

~HFA Participant

HFA WORKS

HFA evaluation results from more than 20 states, including 9 randomized control trials, demonstrate positive outcomes in all six domains required by the federal *Maternal Infant Early Childhood Home Visiting (MIECHV)* program. For example, our studies show improvements in:

- Child safety (reduced child abuse and neglect);
- Child health, including increased birth weight;
- Parent-child interaction;
- School readiness and adjustment in 1st grade;
- Family self-sufficiency; and,
- Coordination of services and referrals.

ABOUT HFA

Launched in 1992, Healthy Families America (HFA) is a nationally recognized, evidence-based home visiting model designed to work with overburdened families who are at-risk for adverse childhood experiences, including child maltreatment.

In February 2011, the United States Department of Health and Human Services designated HFA as a proven home visiting model. This distinction came after a thorough and transparent review of the home visiting research literature that considered more than 250 home visiting models.

THE BOTTOM LINE: HFA is a voluntary home visiting model that is family-centered, culturally sensitive, strengths based, and proven effective in promoting healthy child development and preventing child abuse and neglect.

Our Vision: All children receive nurturing care from their family essential to leading a healthy and productive life.

Our Core Values: Valuing children, Strengthening families, and Engaging communities.

More Information: Please visit healthyfamiliesamerica.org to read more about HFA’s positive impacts for children, families, and communities.