

HOME VISITING INTERIM PROJECT

The ten year Washington State Early Learning Plan has as its goal the building of a statewide system that supports school readiness for children in Washington. The Early Learning Plan was developed by the Department of Early Learning, the Office of the Superintendent of Public Instruction, and Thrive by Five Washington (Thrive) with assistance from an intensive public outreach effort. Comments were gathered from town hall meetings around the state, online surveys, and from Tribal Nations leaders. In addition, national and state experts on closing the academic achievement gap and early learning system building were consulted. The first strategic goal in the plan is the provision of high-quality, safe, and healthy early care and education opportunities for all children. In order to achieve this first strategic goal, the ten year plan identifies the availability of home visiting to at-risk families as a critical step. Currently, an estimated 2 percent to 11 percent of eligible families in Washington receive evidence-based home visiting services.

Home visiting programs link parents with trained professionals or paraprofessionals who visit the home and provide information and support related to children's healthy development and early learning. The visits in the family's home are voluntary and often begin during the mother's pregnancy and extend through the child's first three years of life. The professionals or paraprofessionals also help the family address stressful situations and cope with various risk factors. Evidence based home visiting programs contribute to children being safer, healthier, better prepared to learn, and more likely to become successful adults.

The Home Visiting Services Account (HVSA) was established in 2010 by the Washington state legislature to fund and support evidence and research-based voluntary home visiting programs. The HVSA also helps to build and maintain the infrastructure necessary for the training, quality improvement, and evaluation of the home visiting programs that are funded. The Washington State Department of Early Learning (DEL) is required to contract with Thrive by Five Washington (Thrive) to administer programs funded through the Account. Both private and public funds are contained in the HVSA and Thrive raises private funds to match public support. The HVSA Advisory Committee¹ provides counsel and guidance to Thrive regarding research and distribution of funds from the HVSA to eligible home visiting programs in local health departments; nonprofit organizations and federally recognized Indian tribes located in the state. Advisory Committee members have direct or related experience with program implementation, monitoring, evaluation, funding and/or policy development of evidence based home visiting as well as early learning, and meeting the needs of cultural diversity and underserved communities.

The focus of this report is to provide information on the programs receiving state or federal money to deliver home visiting services in Washington.

FUNDING FOR HOME VISITING

State and private:

Washington State is providing \$934,000 in public funds to home visiting for fiscal year 2012. Thrive by Five Washington is contributing \$616,173 of private funding to support home visiting services. These funds will also be used to assist with training, technical assistance and evaluation.

State and private dollars support a selection of 13 local programs implementing four home visiting models: Nurse Family Partnership; Parents as Teachers; Parent Child Home Program; and Steps to Effective and Enjoyable Parenting. It is expected that the state and private funding will support home visiting services to at least 450 families. The 13 local programs are located in Pierce, King, Spokane, Snohomish, Thurston, Mason, Yakima, and Wahkiakum counties.

The Nurse-Family Partnership model: Low-income, first-time moms receive home visits from registered nurses and get the care and support they need to have a healthy pregnancy, provide responsible and competent care for their children, and become more economically self-sufficient. From pregnancy until the child turns two years old, the nurse home visitors form a trusting relationship with the first-time mothers, facilitating self-confidence and empowering them to provide a better life for their children and themselves. Nurse-Family Partnership's outcomes include long-term family improvements in health, education, and economic self-sufficiency.

The Parents as Teachers model: A curriculum-focused home visiting program that provides parents with early childhood, school readiness, and family support information and services. Through the Parents as Teachers home visiting program, parents gain knowledge about their children's social, emotional, intellectual, language, and motor development. They also learn ways to facilitate healthy growth. Parent educators in the Parents as Teachers program are able to detect developmental delays at an early stage along with any health issues so that children can be referred to appropriate resources. A 2004 study conducted by the Washington State Institute for Public Policy titled "Benefits and Costs of Prevention and Early Intervention Programs for Youth" found that the Parents as Teachers program realized an \$800 per child return on investment for communities.²

The Parent-Child Home Program: Low-income families are served and children who aren't in licensed preschools or day-care centers are targeted. The home visitors model reading, play

and conversation in order to build language and literacy skills. "Fostering verbal interaction between parents and their young children is a critical component of healthy and successful development (Bruner, 1964 and 1966; Vygotsky 1962). The importance of this interaction has been further validated by the brain and language development research. "

Steps to Effective and Enjoyable Parenting (STEEP): This program emphasizes the premise that a secure attachment between parent and infant establishes ongoing patterns of healthy interactions. Through home visits and group sessions, **STEEP** facilitators help parents to understand their child's development. Parents learn to respond sensitively and predictably to their child's needs and to make decisions that ensure a safe and supportive environment for the whole family.

Federal: Through the federal Health Care Reform Act, Washington has received Maternal, Infant, and Early Childhood Home Visiting (MIECHV) funding in the amount of 2.4 million for the 2011-2013 biennium. The federal money for the biennium (\$2.4 million) is allocated to the HVSA through the state budget. Thrive will receive \$1,281,499 of the federal funding for 2012 and some federal FY10 carryover funds will be used to fund the programs and services the first year of implementation. Thrive will provide a minimum match of .25 to the dollar for the federal dollars (\$320,375). In addition to the contract with Thrive, federal dollars are also used for home visiting grant oversight, required evaluation and systems development.

Evidence-based programs

Nurse-Family Partnership					
Counties	Families served*	State funding (FY12)	Private match for state funding**	Federal MIECHV funding	Private match for federal funding (TBD)
King	75	\$140,000		\$250,000	
Mason	24	\$50,000	\$50,000		
Pierce	75	\$150,000	\$50,000	\$145,000	
Snohomish	25			\$123,000	
Spokane	25	\$100,000			
Thurston	25	\$100,000			
Yakima	37	\$140,000		\$63,000	
Total	286	\$680,000	\$100,000	\$581,000	

Parents as Teachers					
Counties	Families served*	State funding	Private match for state funding**	Federal MIECHV funding	Private match for federal funding (TBD)
Clallam	75			\$208,000	
Pend Oreille	25			\$56,000	
Snohomish	42	\$50,000	\$50,000		
Spokane	48	\$100,000			
Wahkiakum	35	\$70,000			
Yakima	43	\$34,000		\$71,000	
Total	268	\$254,000	\$50,000	\$335,000	

Research-based or promising practices (RBPP)

Parent-Child Home Program					
Counties	Families served*	State funding	Private match for state funding**	Federal MIECHV funding	Private match for federal funding (TBD)
King	30		\$100,000		
Yakima	21		\$54,960		
Steps to Effective and Enjoyable Parenting (STEEP)					
Pierce	65		\$150,000		
Total RBPP	116		\$304,960		

**Projections based on program grants and planning*

***Private funding based on varying grant cycles*

¹ Members of the HVSA Advisory Committee are Nancy Ashley, *Parent-Child Home Program*; Amy Astle-Raaen, *DSHS*; Kelli Bohanon, *DEL*; Molly Boyajian, *Thrive*; Sheila Capestany, *Open Arms Perinatal Services*; Kathy Chapman, *Dept. of Health*; Linda Clark, *Washington Parents as Teachers*; Allison Cusick (Stacy Donovan), *Washington Dental Service Foundation*; Sangree Froelicher, *Thrive*; Nancy Gagliano, *Thrive*; Cathy Garland, *South King County Children's Home Society*; Erica Hallock, *United Ways of Washington*; Judy King, *DEL*; Marcy Miller, *Thrive*; Lauren Platt, *Nurse Family Partnership*; Riley Peters, *DOH*; Sarah Weber, *Bill & Melinda Gates Foundation*; Lois Schipper, *Dept. of Public Health*; Nancy Vernon, *DEL*; Laura Wells, *Fight Crime: Invest in Kids Washington State*;

² Steve Aos, Roxanne Lieb, Jim Mayfield, Marna Miller, Annie Pennucci. (2004) *Benefits and costs of prevention and early intervention programs for youth*. Olympia: Washington State Institute for Public Policy.