



Applying the Healthy Families America Program to Empower Black & African American Women and Improve Health Outcomes

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Dr. Angelique Anderson, Interim Community Services Coordinator/Black Infant Health Coordinator

Dr. Shandi Fuller, MCAH Medical Director, Deputy Health Officer Solano County Public Health
Robyn Smith, Mental Health Clinical Supervisor





WHO WE ARE!

Dr. Angelique Anderson

Interim BIH Coordinator



Deborah Espinoza

Sr. Health Services Manager
Maternal Child Adolescent
Health



Dr. Shandi Fuller

MCAH Medical Director,
Deputy Health Officer
Solano HEALS Co-Facilitator



Robyn Smith

Mental Health Clinical
Supervisor





GOALS OF THE PRESENTATION



1. Share how the Solano Black Infant Health (BIH) program is working to improve the health of African American & Black women and decrease health and social inequities, empower Black women to lead healthier lives, and make positive connections to their culture, community, and services
2. Share how Solano BIH is utilizing the Healthy Families America evidence-based home visiting model with local enhancements and equity initiatives to achieve #1



WHY THIS WORK IS IMPORTANT

Solano County Maternal Child & Adolescent Health Needs Assessment (2020-2024) showed:

- Black babies are TWO times more likely to be born too early
- Black babies are TWO times more likely to be born too small
- Black babies are TWO times more likely to die before their first birthday
- Short-term and long-term problems for babies due to prematurity and low birth weight

Compared to White women nationally:

- Black women are four times more likely to die during pregnancy and child-birth
- Systemic racism, stress caused by discrimination, and other contributing factors cause health inequities





CURRENT SERVICES



Individual intensive (up to child's 3rd birthday) and light touch case management services



Mocha Mommas Thrive special interest virtual and in-person groups and Community Events— safe sleep, yoga, baby massage, Kwanzaa services



Mocha Mommas Thrive nine-week family group sessions with focus on health, parenting, goal setting, and social support development services



Solano Health Equity for African American and Black Lives (Solano HEALS) addressing root causes of health inequities through community systems change, education, and collaboration with community partners



ADVANTAGES OF HEALTHY FAMILIES AMERICA

IMPROVEMENT IN MATERNAL HEALTH

HFA reduced pregnancy complications by 70%, **bolstered mothers' mental health**, and lowered parenting stress. HFA **helped moms avoid risky behaviors**, including reducing alcohol and marijuana use by nearly half and increasing the use of condoms by almost 40%.



REDUCED PREGNANCY
COMPLICATIONS BY

70%

IMPROVEMENT IN CHILD HEALTH

HFA reduced the rate of low birth weight births by 48% among moms who enrolled prenatally, and **increased the number of moms who chose to breastfeed**. More children had health insurance and a primary care provider, in addition to receiving more well-baby visits and **fewer visits to the emergency room**.

HFA REDUCED THE RATE
OF LOW BIRTH WEIGHT
BIRTHS BY

48%



IMPROVEMENT IN FAMILY ECONOMIC SELF-SUFFICIENCY

HFA moms were **more likely to continue their education**, including teen moms who were **seven times more likely to complete at least one year of college** compared to those who did not receive HFA services. Also, 32% fewer young moms reported being homeless.



32%

FEWER YOUNG
MOMS REPORTED
HOMELESSNESS

REDUCTION IN CHILD MALTREATMENT

HFA **reduced child maltreatment** according to parents' self-reports, which provide a more comprehensive measure of child maltreatment than official cases. First-time moms who enrolled prenatally and moms with prior CPS involvement experienced the greatest benefits.

REDUCTION IN JUVENILE DELINQUENCY, FAMILY VIOLENCE AND CRIME

Moms in HFA reported engaging in 30-40% less intimate partner violence.

MOMS IN
HFA REPORTED

30%



40%

LESS INTIMATE
PARTNER VIOLENCE

INCREASE IN POSITIVE PARENTING PRACTICES

HFA parents had **more confidence in themselves as parents** and did more to promote healthy child development, such as having **more positive interactions with their children**, and providing higher-quality and **safer homes**. Parents also **used more positive discipline** with less yelling and less physical punishment compared to families who did not receive HFA home visiting services.

INCREASE IN LINKAGES AND REFERRALS

HFA **connected families with essential community services**, including family planning. Through HFA, more families enrolled in TANF, and received greater SNAP benefits.



HFA: EFFECTIVE WITH FAMILIES OF COLOR

Interventions Relevant to Children and Families Being Served with Family First Funding that Have Been Shown to be Effective with Families of Color

Research Brief Executive Summary

**SAFE
STRONG
SUPPORTIVE**

safe children | strong families | supportive communities

casey family programs | casey.org

Table 1. Interventions rated by the FFPSA Clearinghouse for which we have information about their effectiveness with children and families of color

*Promising, ** Supported, ***Well-Supported

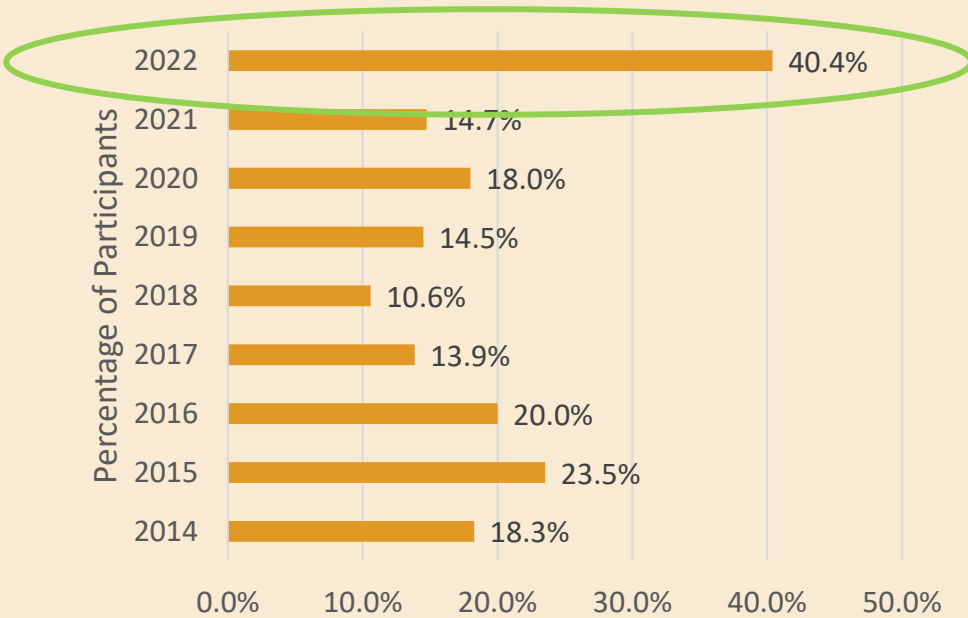
Intervention	American Indian or Alaska Native	Asian	Bi-Racial or Multi-Racial	African American	Latino	Native Hawaiian or Pacific Islander	Other
Adolescent Community Reinforcement Approach				X	X		
Brief Strategic Family Therapy (BFST)***				X	X		
Child First** (formerly Child and Family Interagency Resource, Support, and Training)					X		
Child-Parent Psychotherapy*			X	X	X		
Eye Movement Desensitization and Reprocessing – Standard Protocol**							X
Family Check-up***				X	X		
Family Spirit*	X						
Functional Family Therapy (FFT)***				X	X		
Healthy Families America***	X	X	X	X	X	X	
Homebuilders - Intensive Family Preservation and Reunification Services***	X			X	X	X	
Incredible Years – School Age Basic Program*		X		X			X
Intercept @** (formerly Youth Villages Intercept)				X			
Interpersonal Psychotherapy (Weissman et al. Manual)**				X			X

casey family programs | casey.org

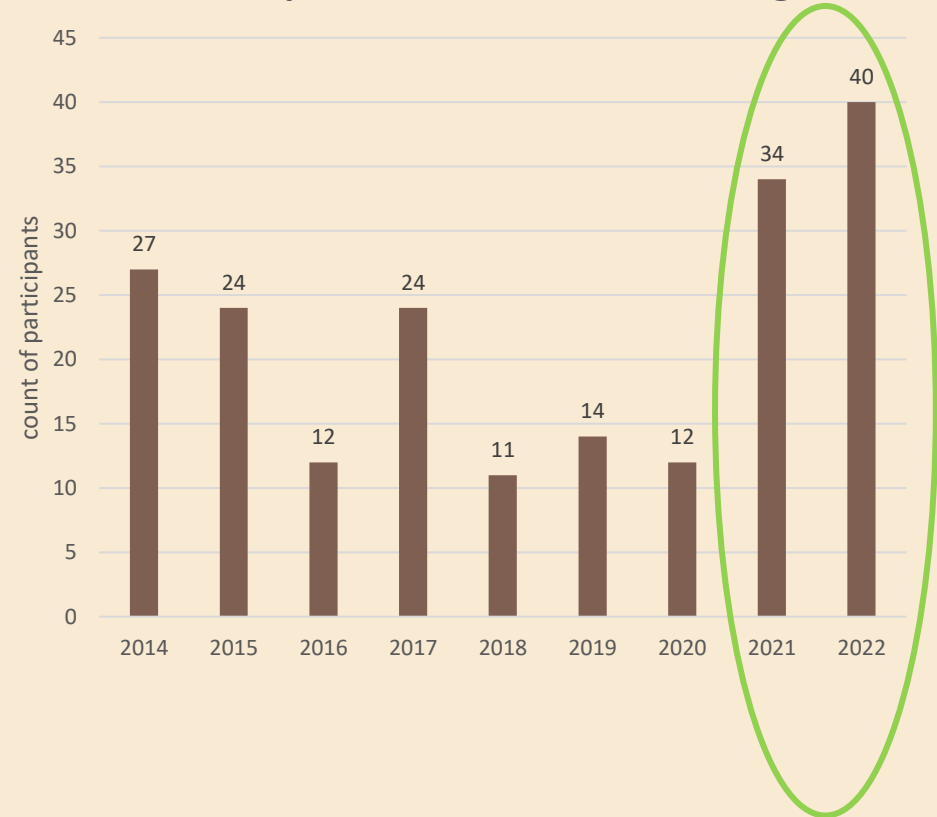


INCREASED NEEDS: SUBSTANCE ABUSE AND UNSTABLE HOUSING

History of Substance Abuse



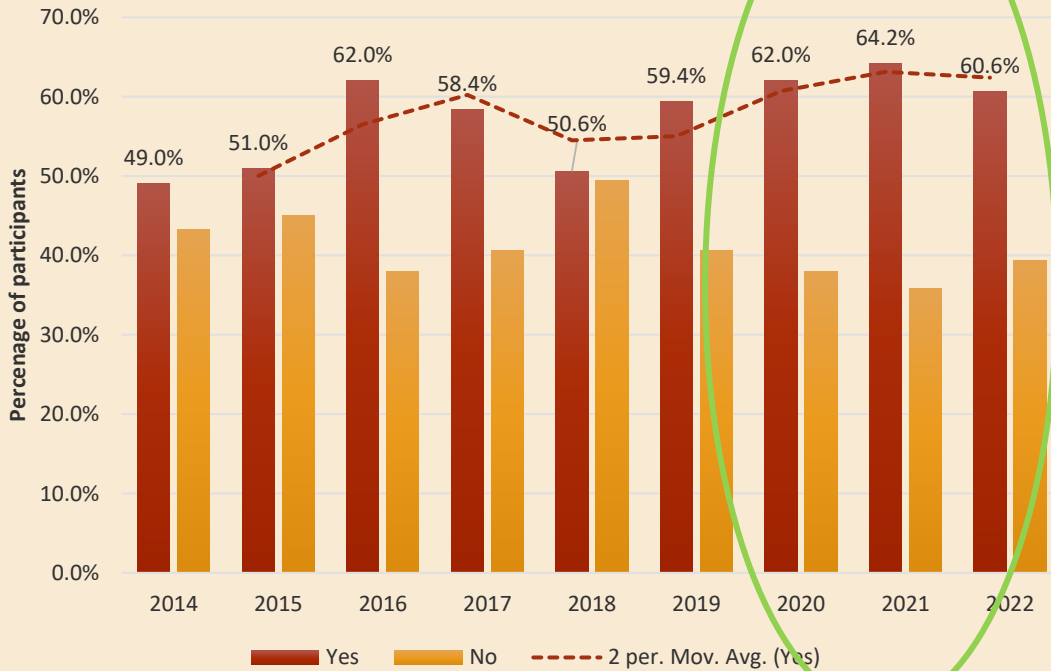
Participants with Unstable Housing



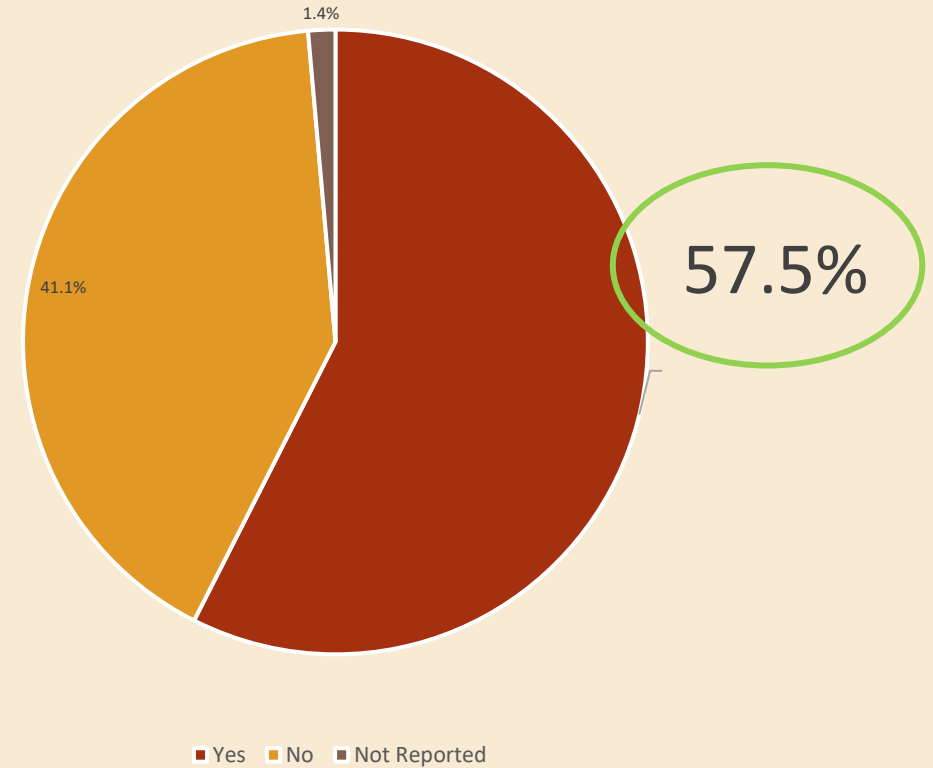


INCREASED NEEDS: MENTAL HEALTH

History of Depression in Participants

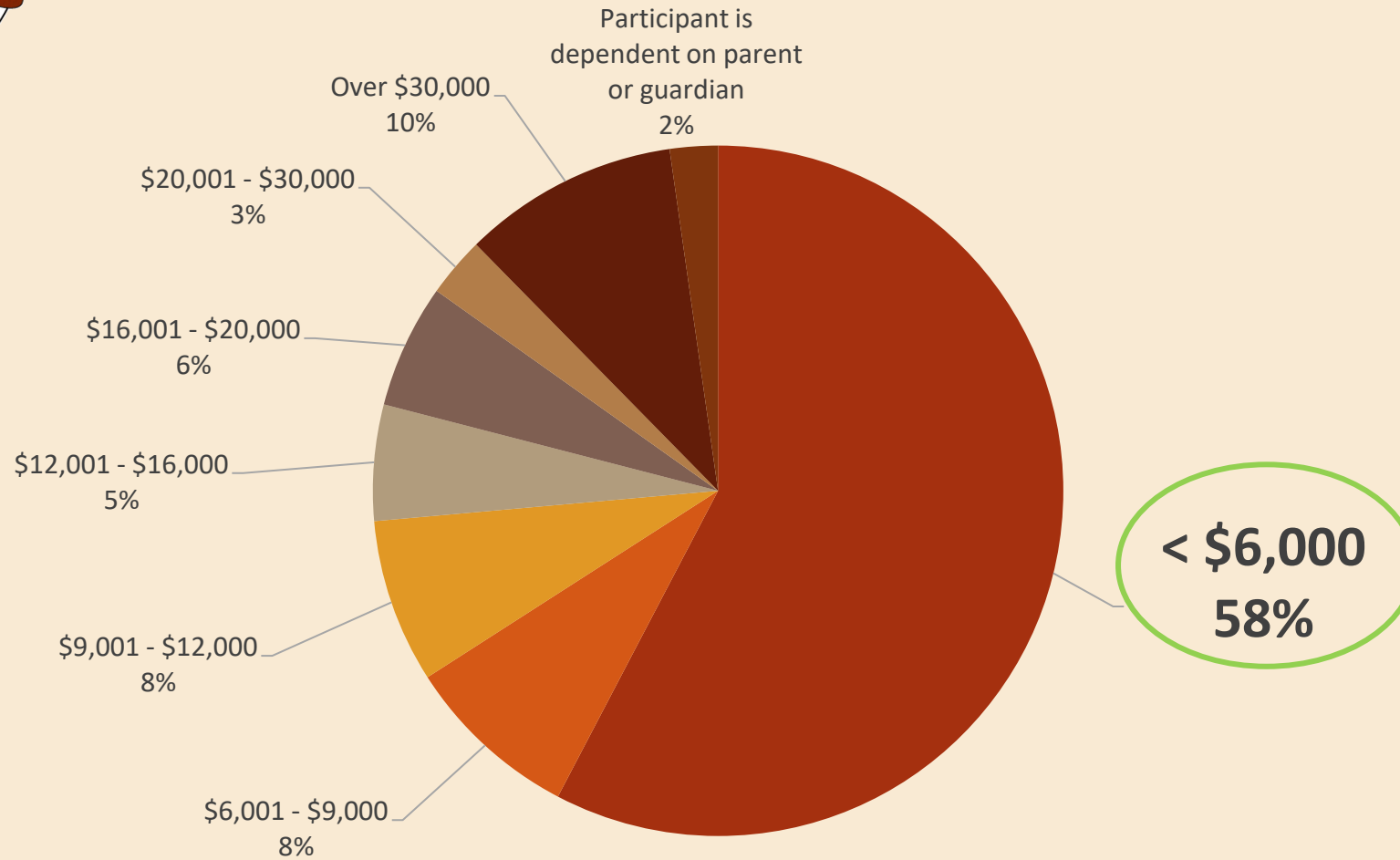


History of Depression in Participants 2014-2022





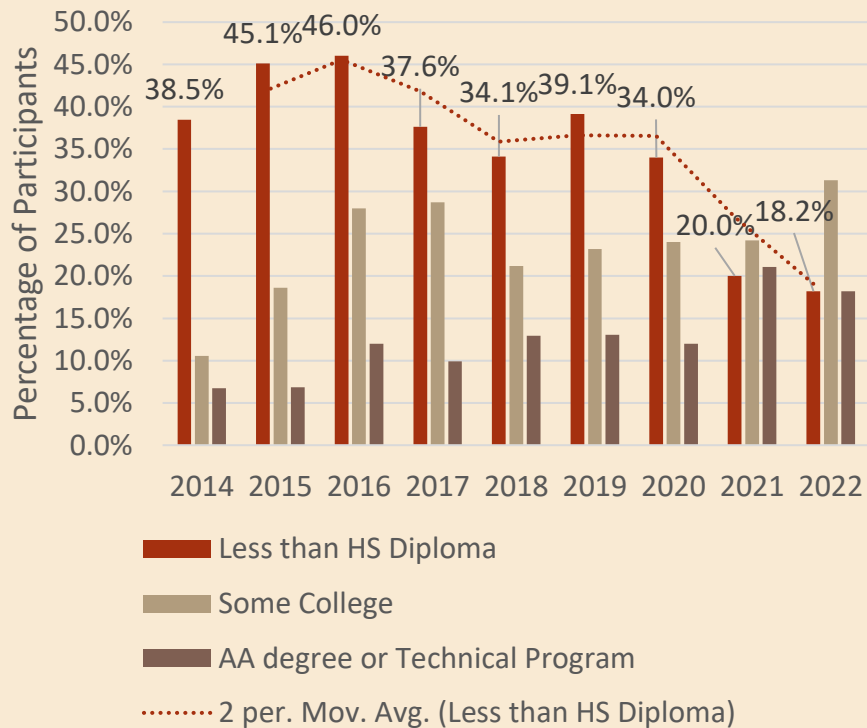
HFS CLIENTS: ANNUAL INCOME 2014-2022





EDUCATION TRENDS OVER TIME

Education of Participants

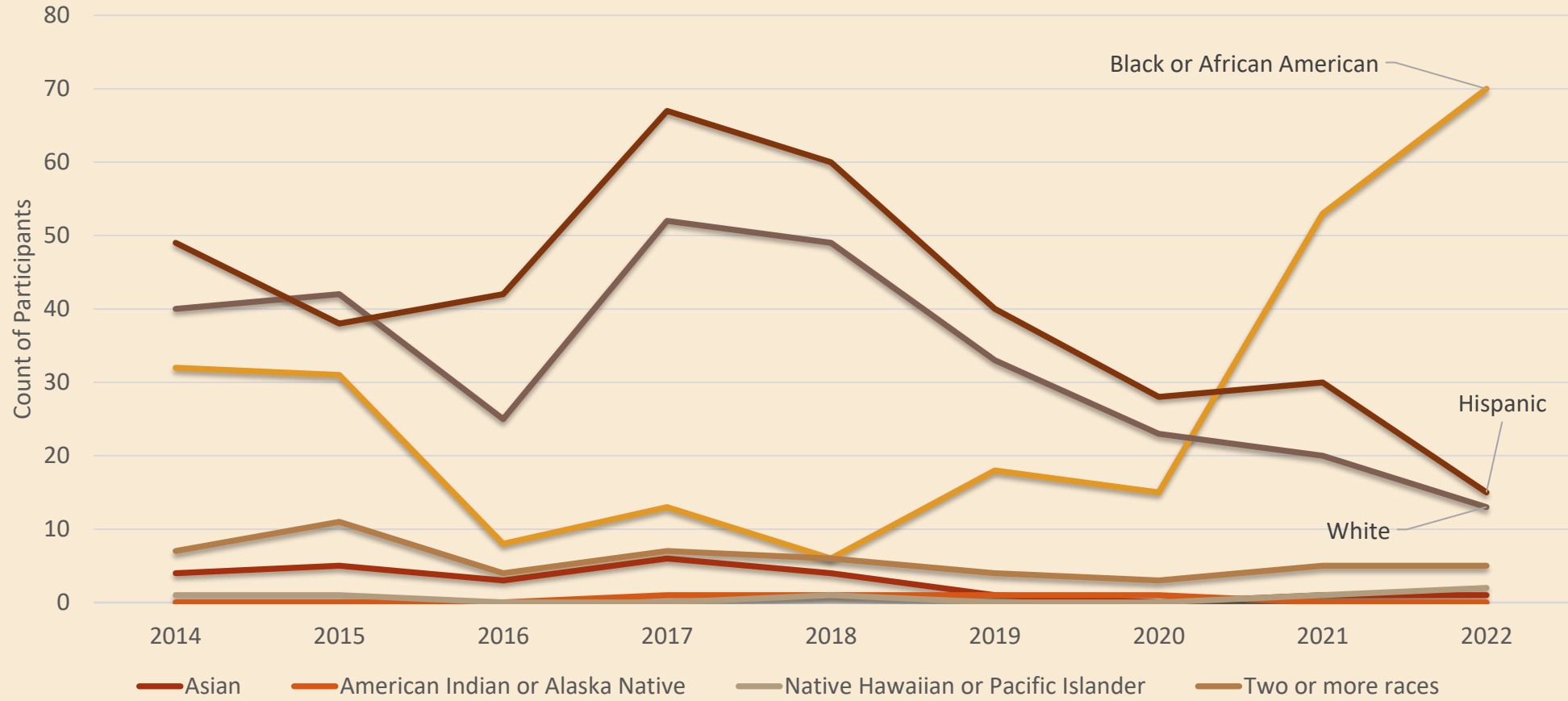


Despite higher education (protective factor), a Black birthing person with a college degree has significantly diminished perinatal outcomes compared to a White birthing person with less than a High School Diploma.



HFS DEMOGRAPHICS: ALL CLIENTS OVER TIME

Race and Ethnicity of Participants





SOLANO BIH: TRANSITION TO HFA MODEL

- Created culturally specific training plan to enhance BIH staff training and increased required training from 40 to 380 hours (includes HFA trainings)
- All BIH staff attended required HFA Training, including the Supervisor. Supervisor mentored by HFS existing clinical supervisor
- Adjusted eligibility criteria and screening criteria; no change to FROG assessment
- Consulted with HFA National, shared proposal to enhance with BIH focus, ensured changes would not impact model fidelity
- Selected a secondary culturally specific parenting curriculum & trained all staff *Effective Black Parenting*



WHAT HAPPENS DURING A HOME VISIT?

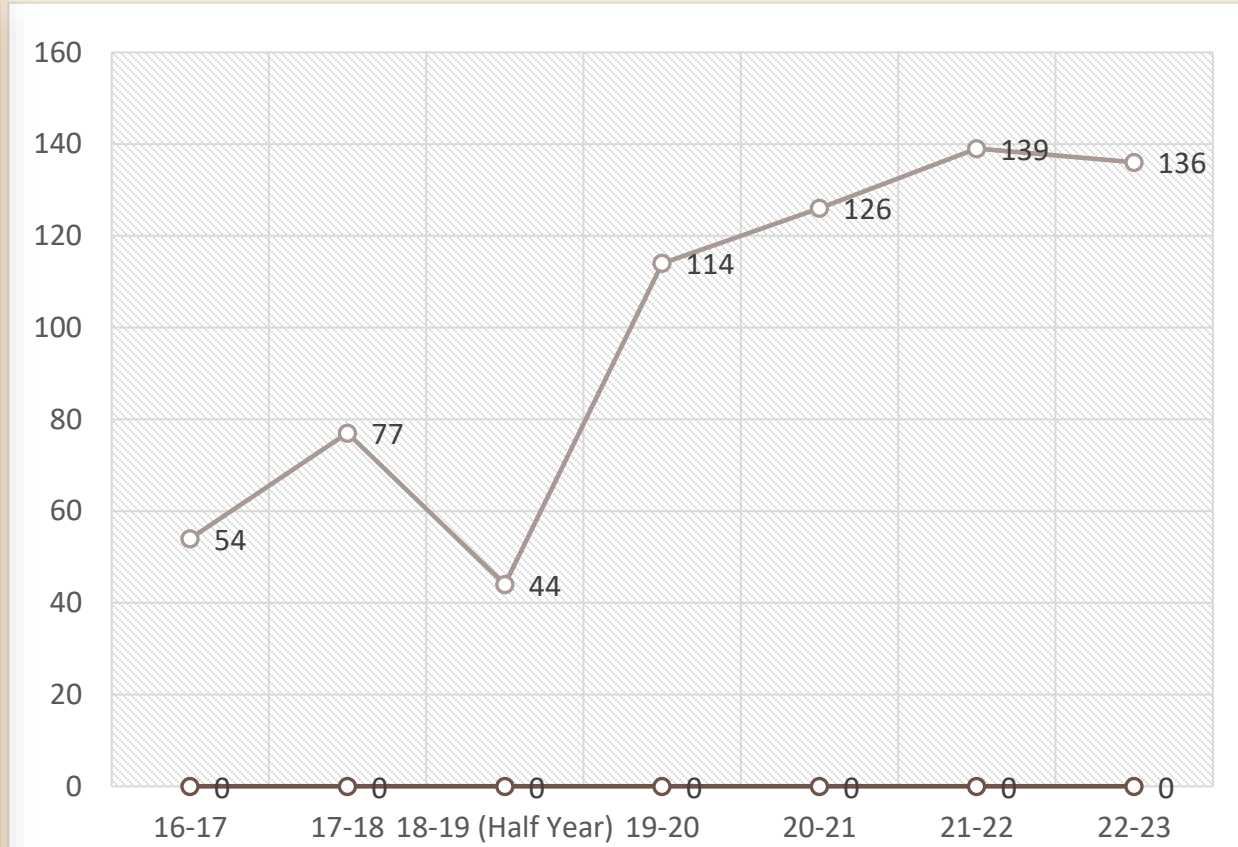


- Family service planning and goal setting
- Support to obtain basics needs- food, housing, transportation, employment
- Support parents with accessing needed prenatal and postpartum health care including medical, dental, and mental health appointments
- Prenatal and postpartum screening and follow up
- Screenings and assessments to determine risk for child maltreatment or other adverse childhood experiences
- Assessment of parent-child interactions
- Developmental screenings and delay tracking for healthy child development
- Maternal and child health and safety education and advocacy including safe sleep and breastfeeding
- Routine screenings of maternal depression, substance use, intimate partner violence
- Parenting curriculum
- Well-child tracking and assurance of timely immunizations
- In partnership with the family, address family challenges identified in initial family assessment
- Assess safety of the home and support families in making home safer
- Community resource referrals and follow-up



BLACK INFANT HEALTH PROGRAM: NUMBERS SERVED

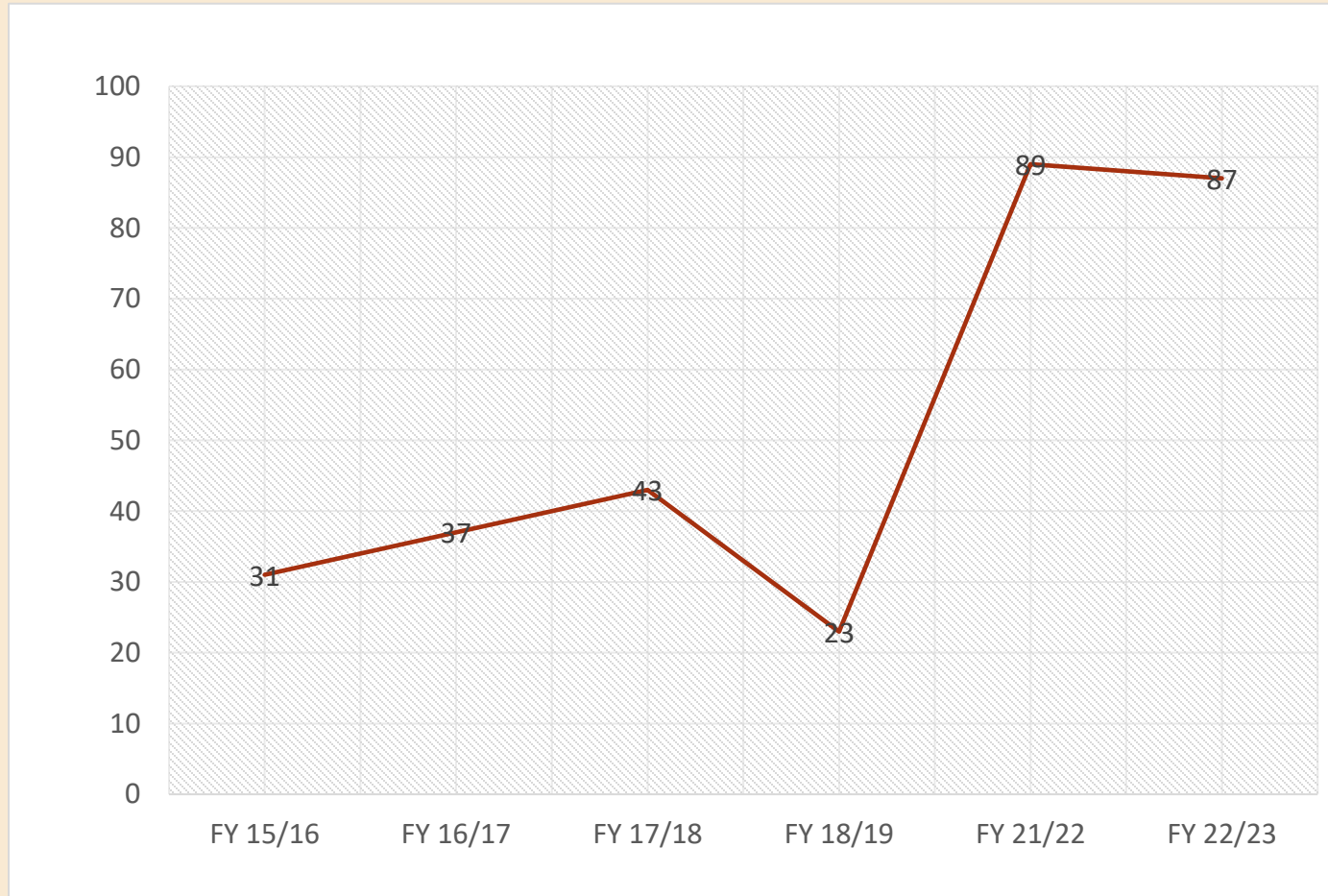
Limited Case Management, Intensive Home Visiting, Group Sessions and MMT Educational Classes, Sponsored Community Events & Client Supports





BLACK INFANT HEALTH PROGRAM: NUMBERS SERVED

Group Participation and Ongoing Case Management Only

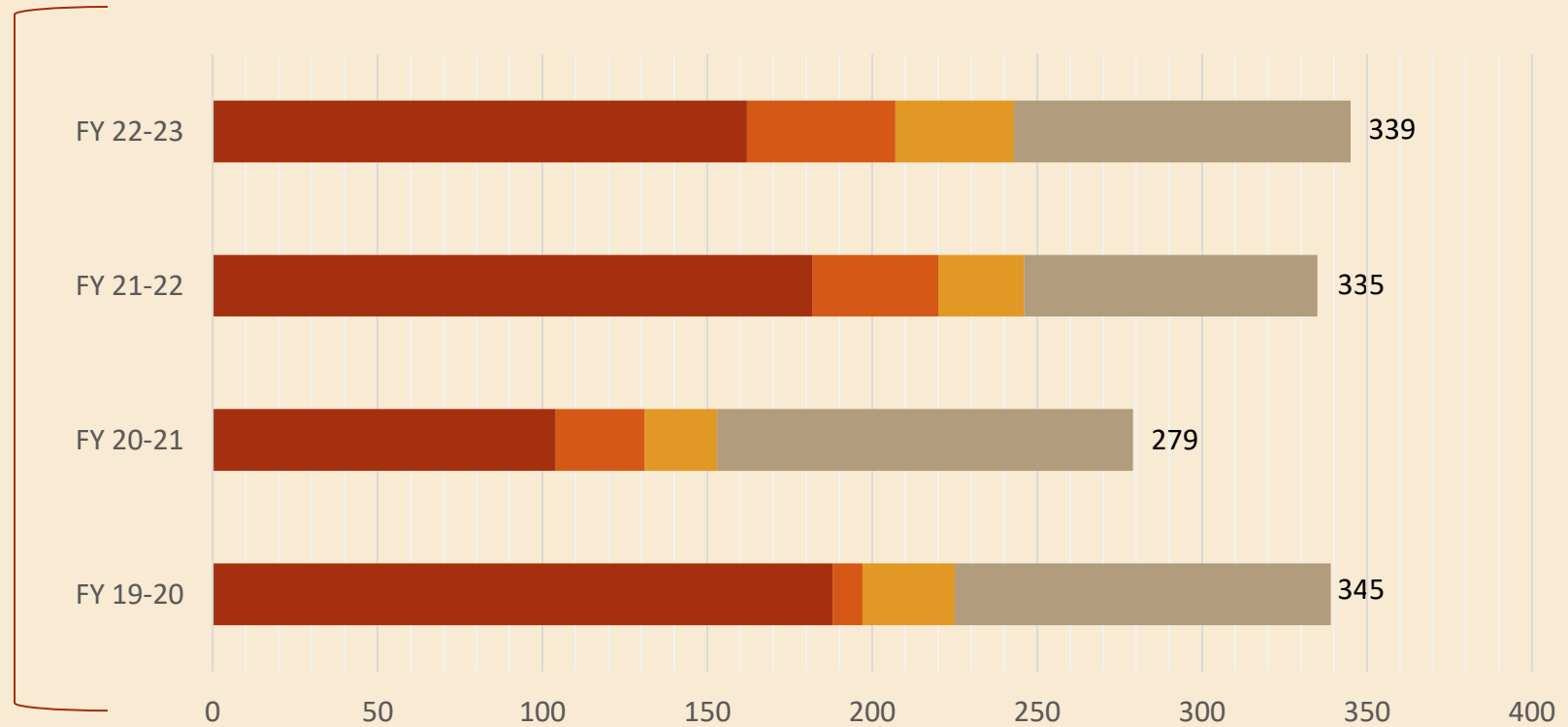




SOLANO MCAH HOME VISITING PROGRAMS (ALL)

Black/African American Perinatal Families Served

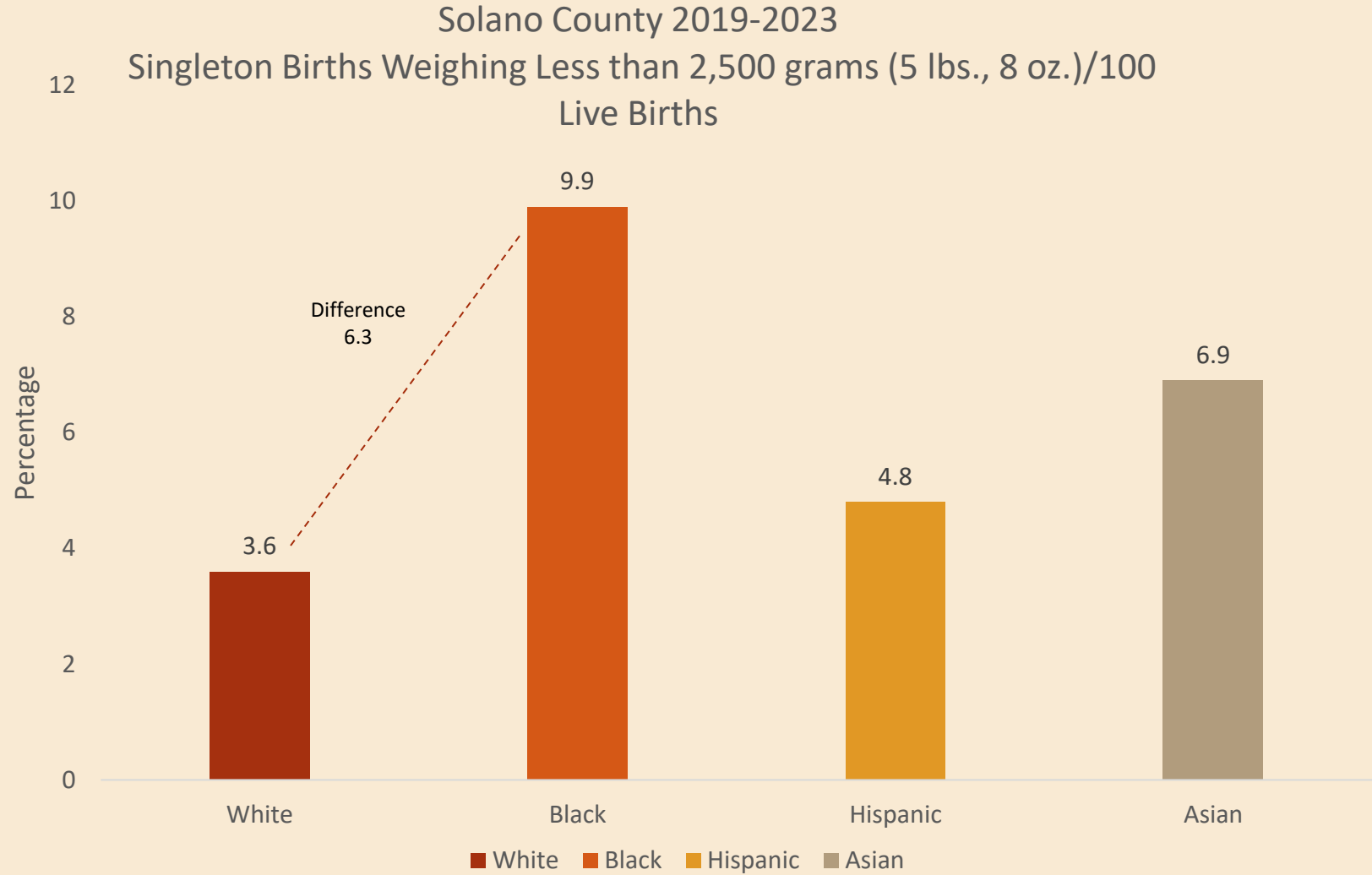
■ IMPACT ■ CalWORKs HVP/HFA ■ NFP ■ BIH



Solano averaged 550 births to Black/AA annually during this time frame



BIRTH OUTCOMES: BIRTH WEIGHT

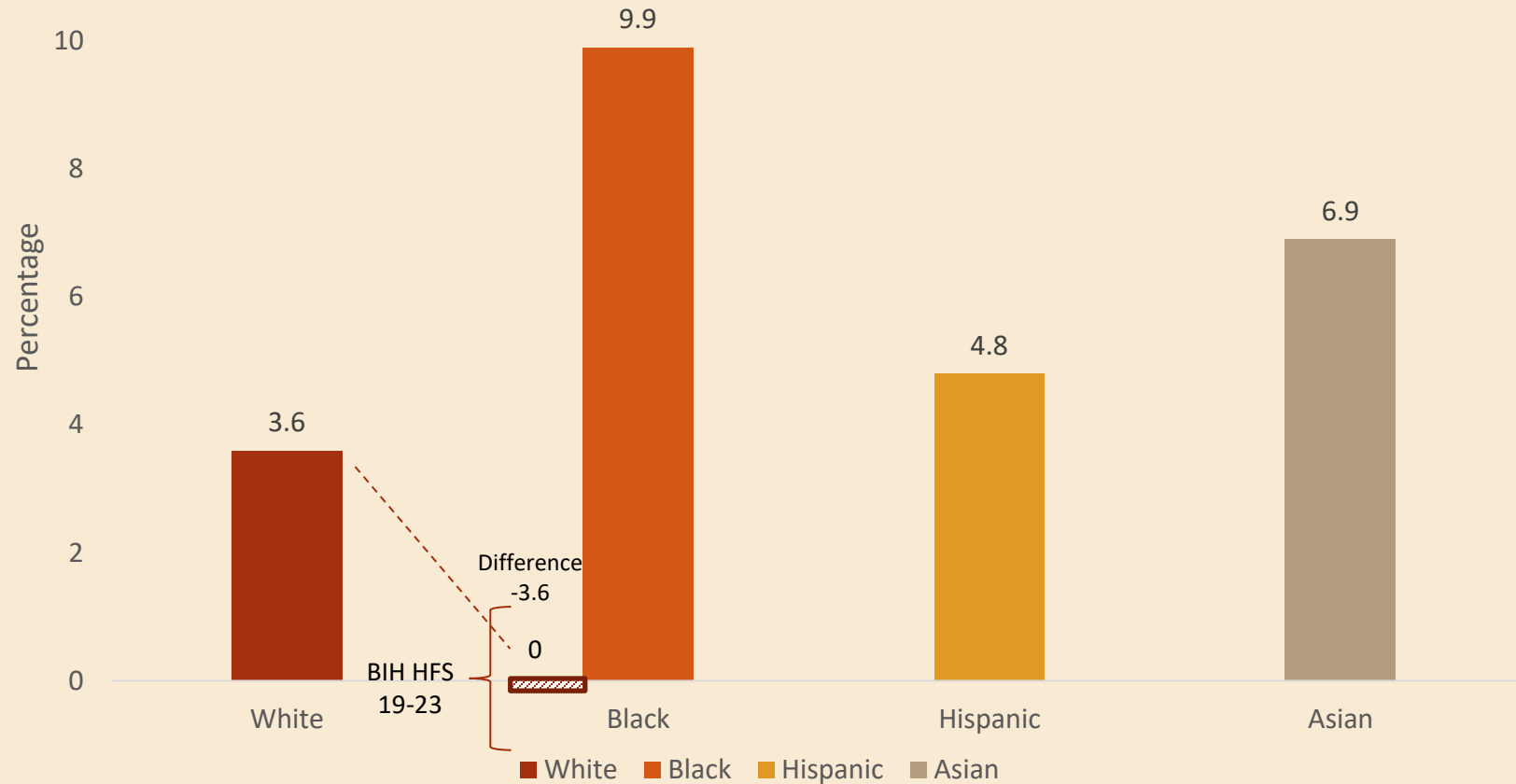




BIRTH OUTCOMES: BIRTH WEIGHT WHEN ENROLLED IN 1ST AND 2ND TRIMESTER

Solano County 2019-2023

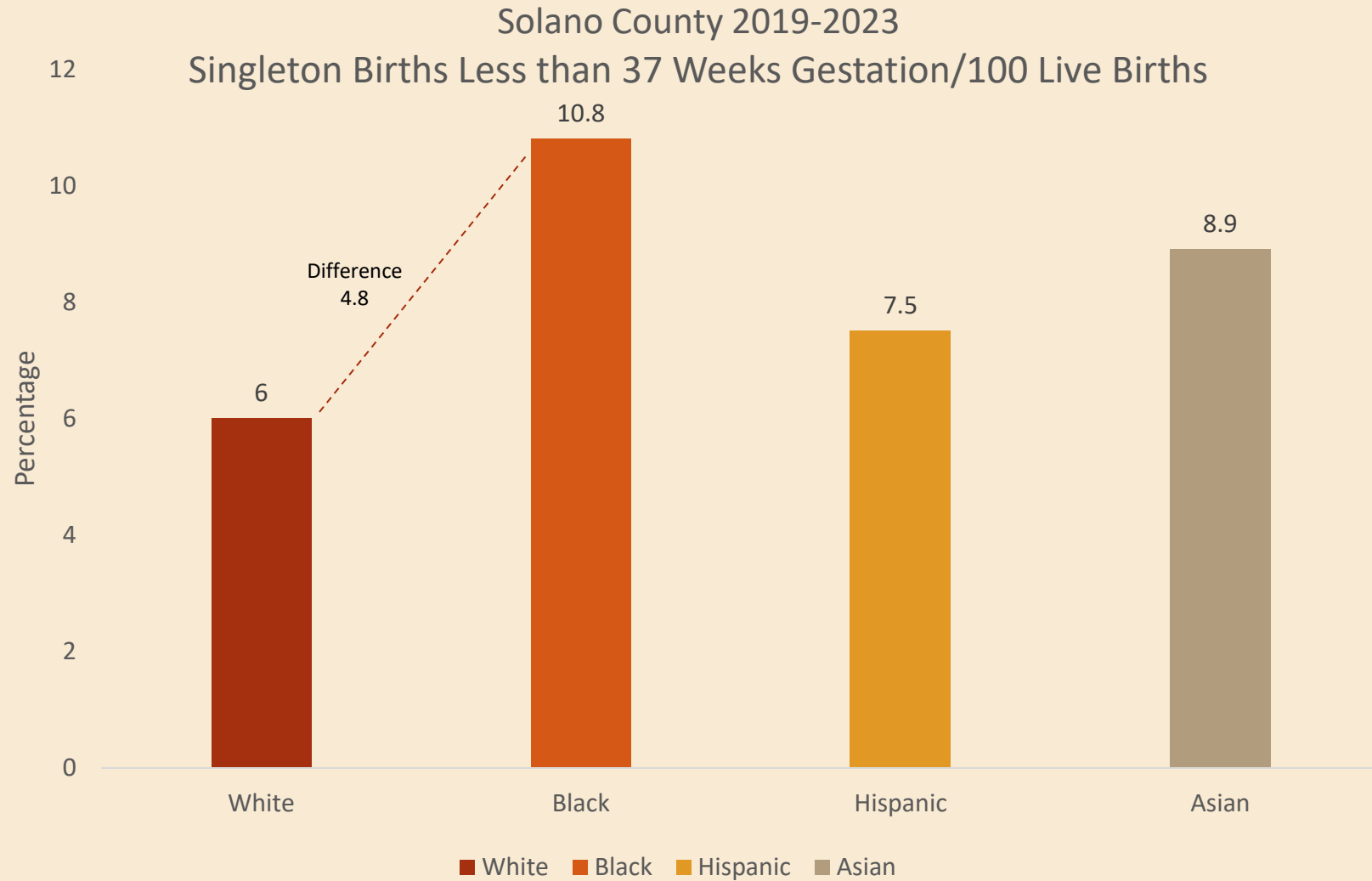
Singleton Births Weighing Less than 2,500 grams (5 lbs., 8 oz.)/100 Live Births



31% High-Risk Pregnancy



BIRTH OUTCOMES: PREMATURITY

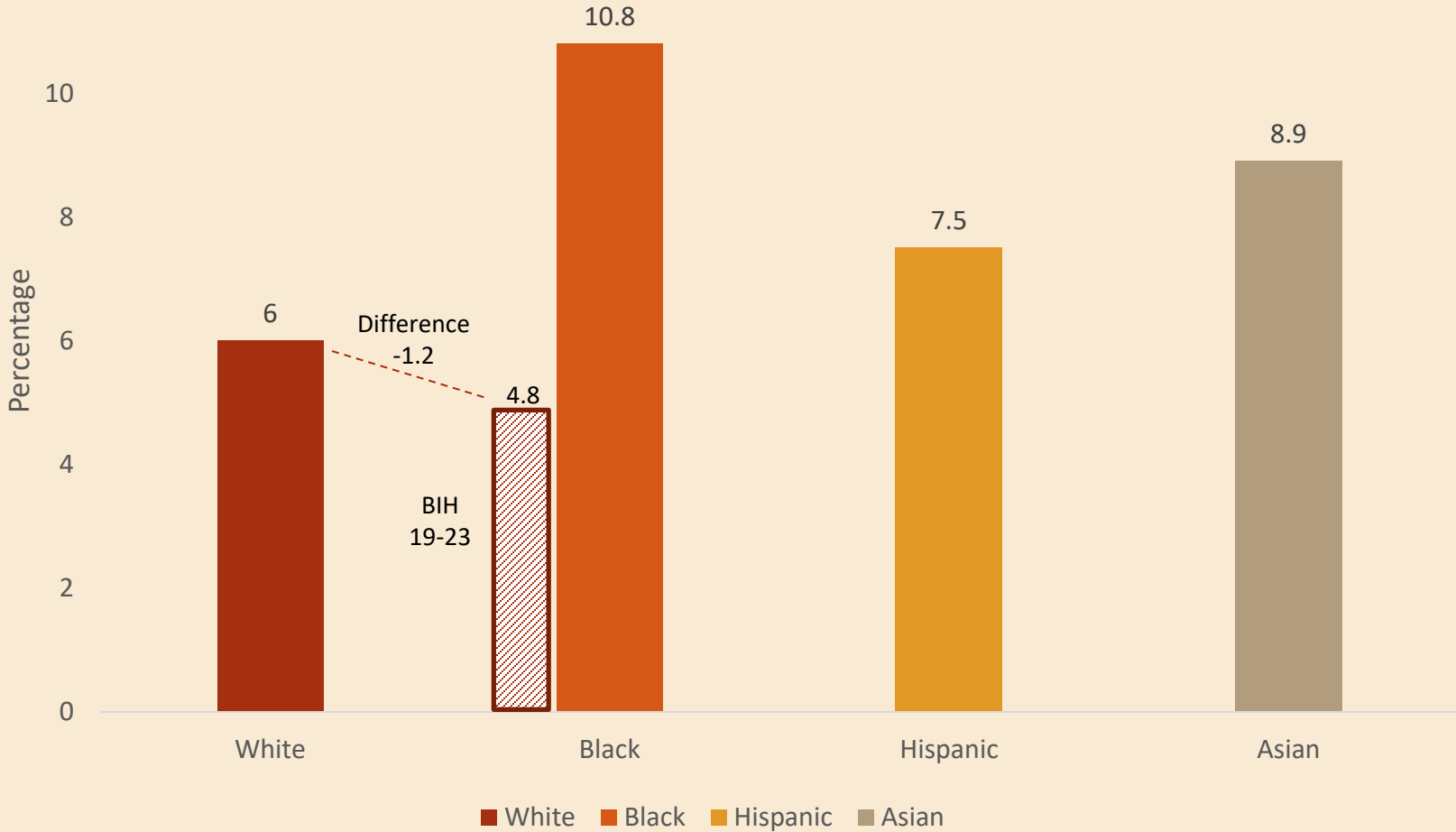




BIRTH OUTCOMES: PREMATURITY WHEN ENROLLED IN 1ST AND 2ND TRIMESTER

Solano County 2019-2023

Singleton Births Less than 37 Weeks Gestation/100 Live Births



31% High-Risk Pregnancy Rate



IMPROVED OUTCOMES

BIH-HFS has overwhelming increased & positive outcomes for:

- Edinburgh Postpartum Depression Scale Screens
- Home safety checks
- Completion of goals
- Meeting attendance requirements
- Initiating breastfeeding
- Completing prenatal and postpartum assessments
- Postpartum check-ups
- Prenatal medical home
- Birth control use following delivery
- Infant medical home by 2 months old

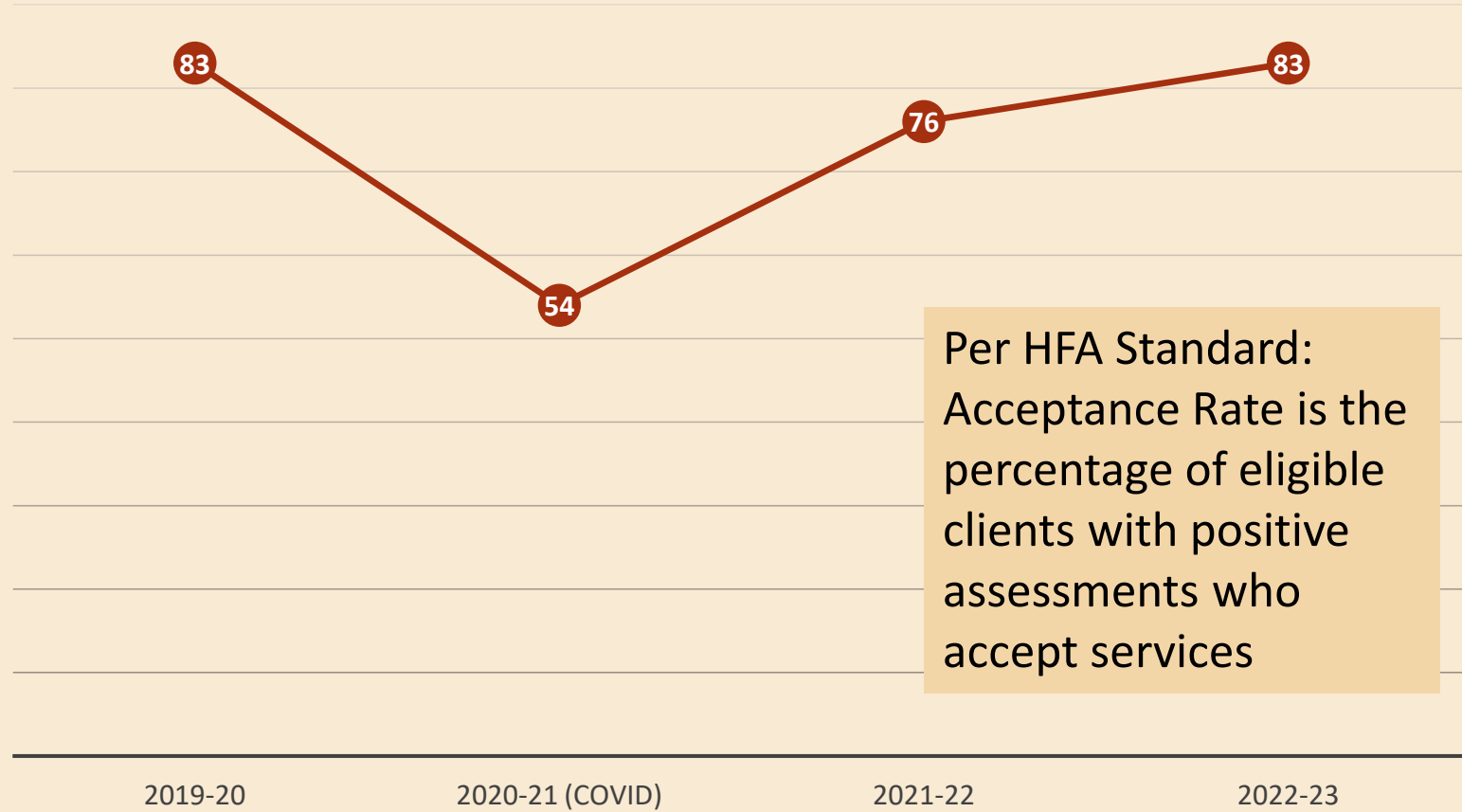




ACCEPTANCE RATES



1 Year Acceptance Rates



Per HFA Standard:
Acceptance Rate is the
percentage of eligible
clients with positive
assessments who
accept services

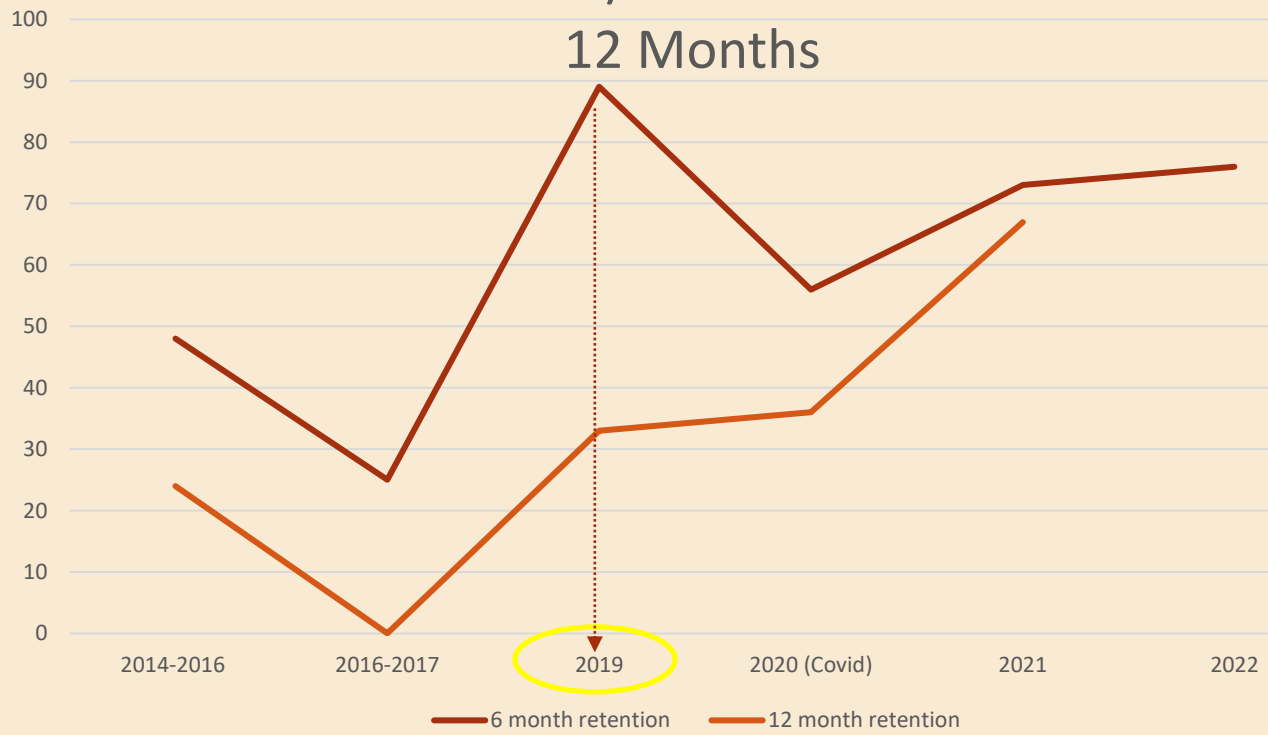
—●— BIH HFS



RETENTION RATES

Retention rates for Black/AA families in HFS has steadily increased since implementing BIH HFS

Retention of Black/AA Families HFS at 6 and 12 Months





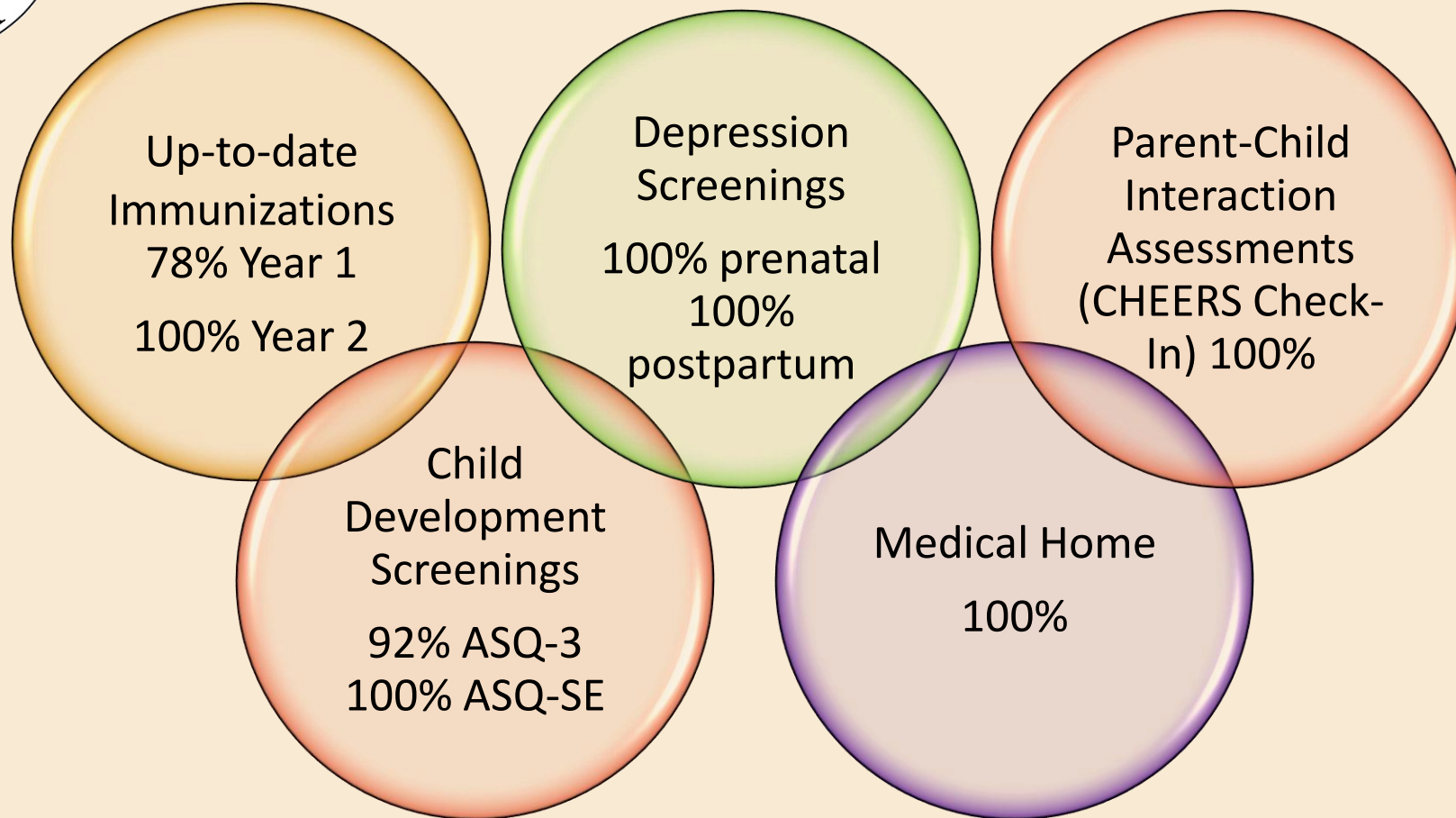
ACTIVE PARTICIPATION



- BIH HFS families are consistently meeting with their home visitor as required by the model (exceeding 75% home visit completion rate)
- BIH HFS participants receive an average of 22 home visits per year, with weekly visits for the most intensive services. This doubled the dosage of services received in the prior model.



HFS REACCREDITATION 2023: OUTCOMES FOR BIH FAMILIES





HFS REACCREDITATION 2023: MODEL FIDELITY RETAINED WITH BIH EXPANSION

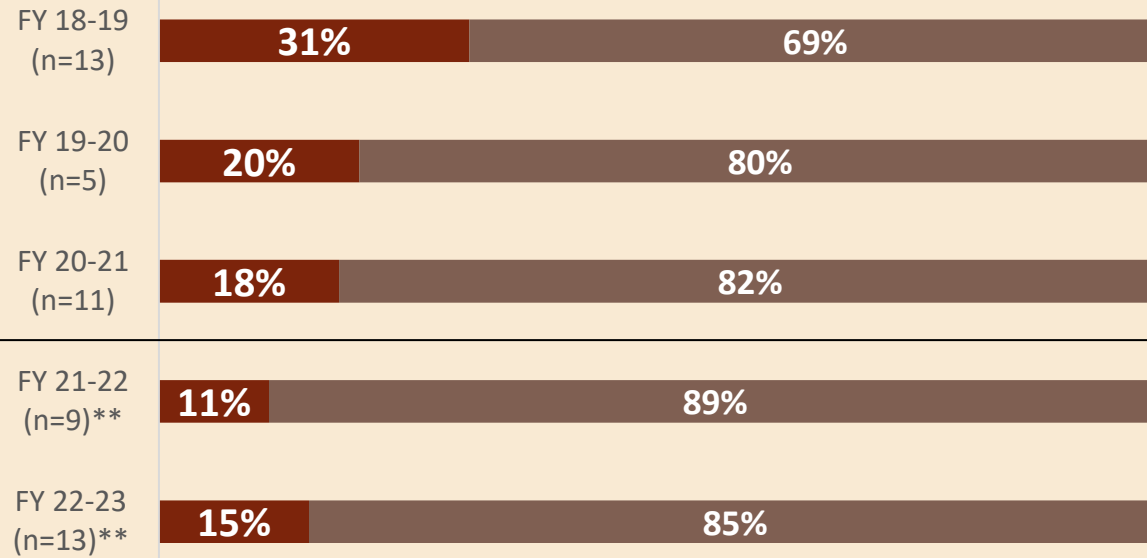


Initiate services prenatally or at birth (15) (3-Exceeded)	Standardized assessment tool (6) (3-Exceeded)	Voluntary services (13) (3-Exceeded)	Intensity of Services (15) (3-Exceeded)
Culturally Competent Services (14) (3-Exceeded)	Supporting Interaction and Child Development (25) (2- Met)	Optimal Health and Development (20) (3-Exceeded)	Caseloads (7) (3-Exceeded)
Service Provider Selection (11) (3-Exceeded)	Role Specific Training (3-Exceeded) (25)	Wrap Around Training (3-Exceeded) (24)	Supervision (17) (2- Met)
	Governance and Administration (28) (3-Exceeded)	150 out of 155 (97%) required standards were met or exceeded	

BIH ANNUAL CLIENT SURVEY RESULTS

■ Agree ■ Strongly Agree

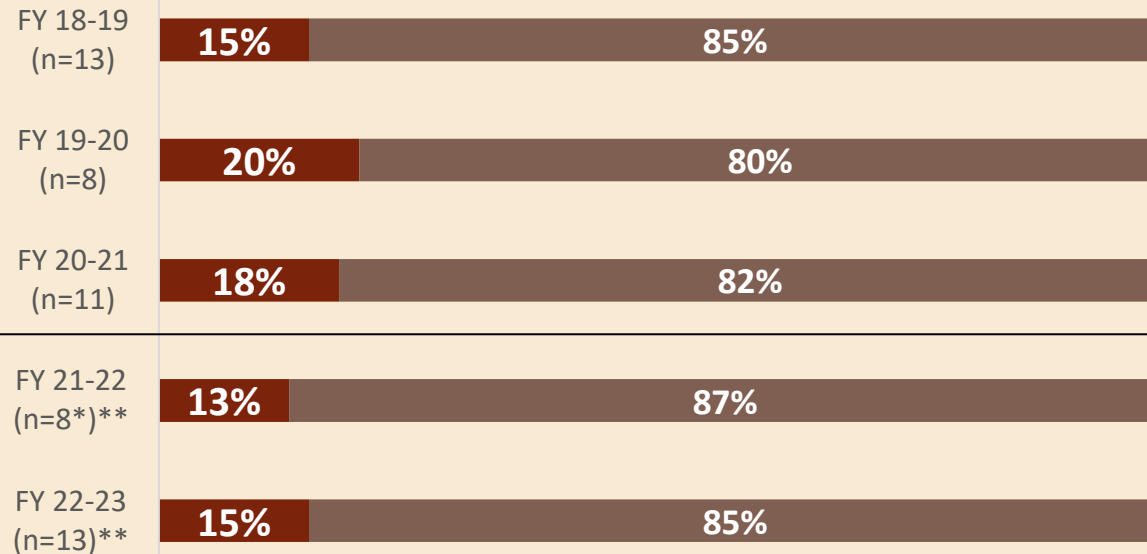
Home visitor assisted participant in accessing services based on language and cultural needs.



Prior to new staff training

After new staff training

Educational materials, handouts, and activities respectful of participants' cultural beliefs and practices.



Prior to new staff training

After new staff training

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

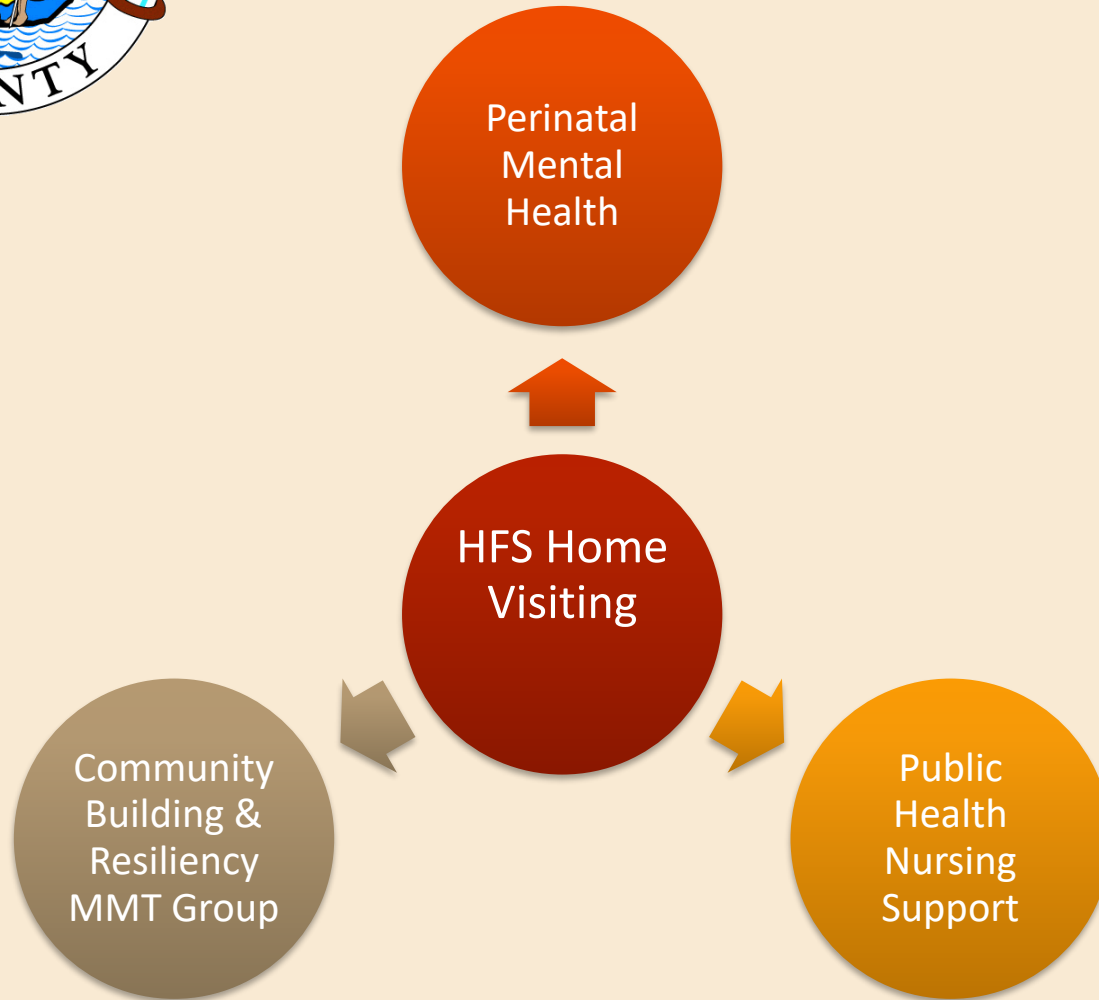


HFA NATIONAL ON HEALTHY FAMILIES SOLANO

“HFA’s Best Practice Standards evolve as the needs of families evolve and based on emerging research and the experience of HFA sites who do this workday in and day out. A hallmark of the HFA model is its ability to extend flexibility in key areas to best accommodate the needs and the assets of each individual community, while still maintaining the standardized commitment to quality and the evidence base that you trust and rely on. To this end, Healthy Families Solano has demonstrated their fidelity to the model through their recent accreditation visit. Healthy Families Solano demonstrated their outstanding prioritization in hiring practices and staff selection based on personal characteristics, lived expertise and knowledge of the community they serve. The site also has a strong Community Advisory Board who are really engaged and have rich conversations offering strategies to strengthen services, as well as being fully engaged by coordinating and helping out on community events. Overall, it is really clear this is a strong and committed team who work to support one another and their families in a variety of ways.” - Cris Massey, Healthy Families America Training and Technical Assistance Specialist



ENHANCEMENTS TO HOME VISITING SERVICES





MOCHA MOMMAS THRIVE (MMT)



- Culturally affirming, 8-week sisterhood group designed as an enhancement to home visiting services
- Designed to help develop and redefine thoughts about healthy mothering
- Aims to increase the protective factors of participants to build resiliency
- Curriculum was created and facilitated by Dr. Angelique Anderson
- Starting in June 2021, there have been 7 cohorts with 77 unique participants
- Evaluation conducted by Applied Survey Research
- Evaluation included 2 focus groups, pre/post protective factor survey results, client and staff satisfaction surveys



MOCHA MOMMAS THRIVE

Focus group participants expressed why they joined MMT:

- To be in community with other Black mothers
 - Centered perspective
 - Safe space where one did not feel the need to edit or dilute thoughts and feelings
 - Expanded village, knowing one is not alone in this Black motherhood journey
 - A therapeutic activity
- To hear experiences from other mothers with similar lived experiences as me.
- To learn parenting skills and gain resources to help navigate layered family dynamics (shared parenting time and co-parenting tip during divorce, new to motherhood, parenting children in differing developmental stages, etc.)



The Mocha Mommas learned that it's okay to prioritize taking care of themselves and to set boundaries.

*I also liked how we touched on care for ourselves as Black women - self-love - and how we feel guilty about that. **Learning to fill our own cups first so we can fill our kid's cups.***

***We consider struggle the norm and just keep going.** It was really, really refreshing to find out that it was actually okay to put yourself first, take care of ourselves, so we can be the best for our kids or whoever we are caring for.*

***I have learned to set boundaries and keep to them...** I have also learned to say no, and my people pleasing days have been drastically reduced.*



The Mocha Mommas gained a sense of appreciation for the supports in their lives, and they learned to be more open to asking for help and receiving support.

It allowed me to appreciate having a spouse and him being present in our daughter's life.

I've kind of learned to be a little bit more patient with those around me that really just want to support and help.



Gave me courage to reach out and ask for help when I need it.

Communication and compromising with my spouse - coming to an understanding of how to raise our child.

The Mocha Mommas have new tools for considering their children's needs and communicating with them differently.

It made me want to be more patient with answering their questions and explaining things rather than shutting them down with "because I said so".



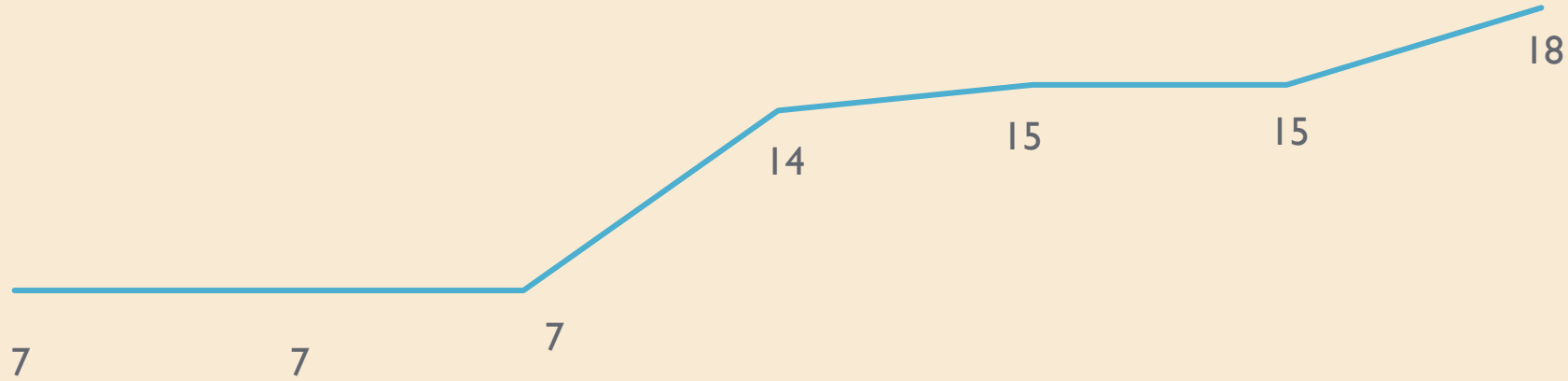
*I learned to be more open about my emotions. I also learned how to be more open to how they're feeling about certain situations. Because of this, **we are growing together**, becoming more emotionally mature.*

Recognizing my kid's love language. Slowing down to hear them and watch their behaviors to see what they're trying to communicate.



MMT GROUP PARTICIPATION

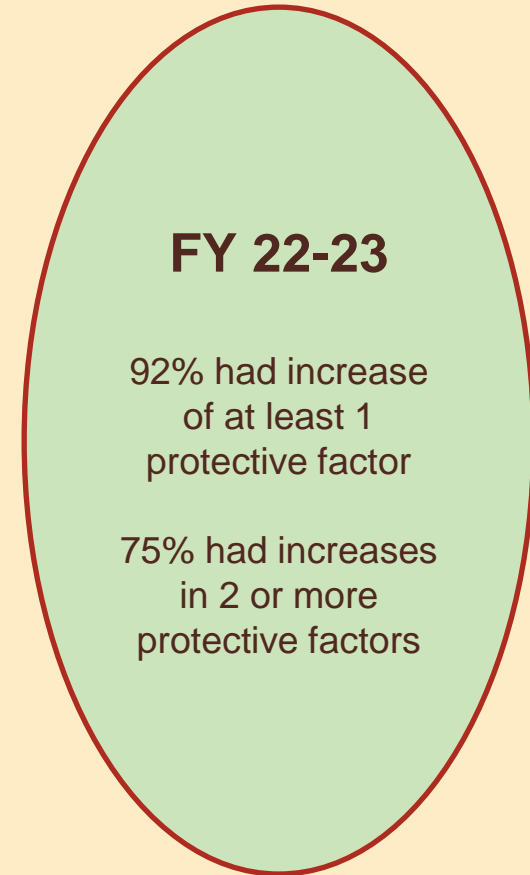
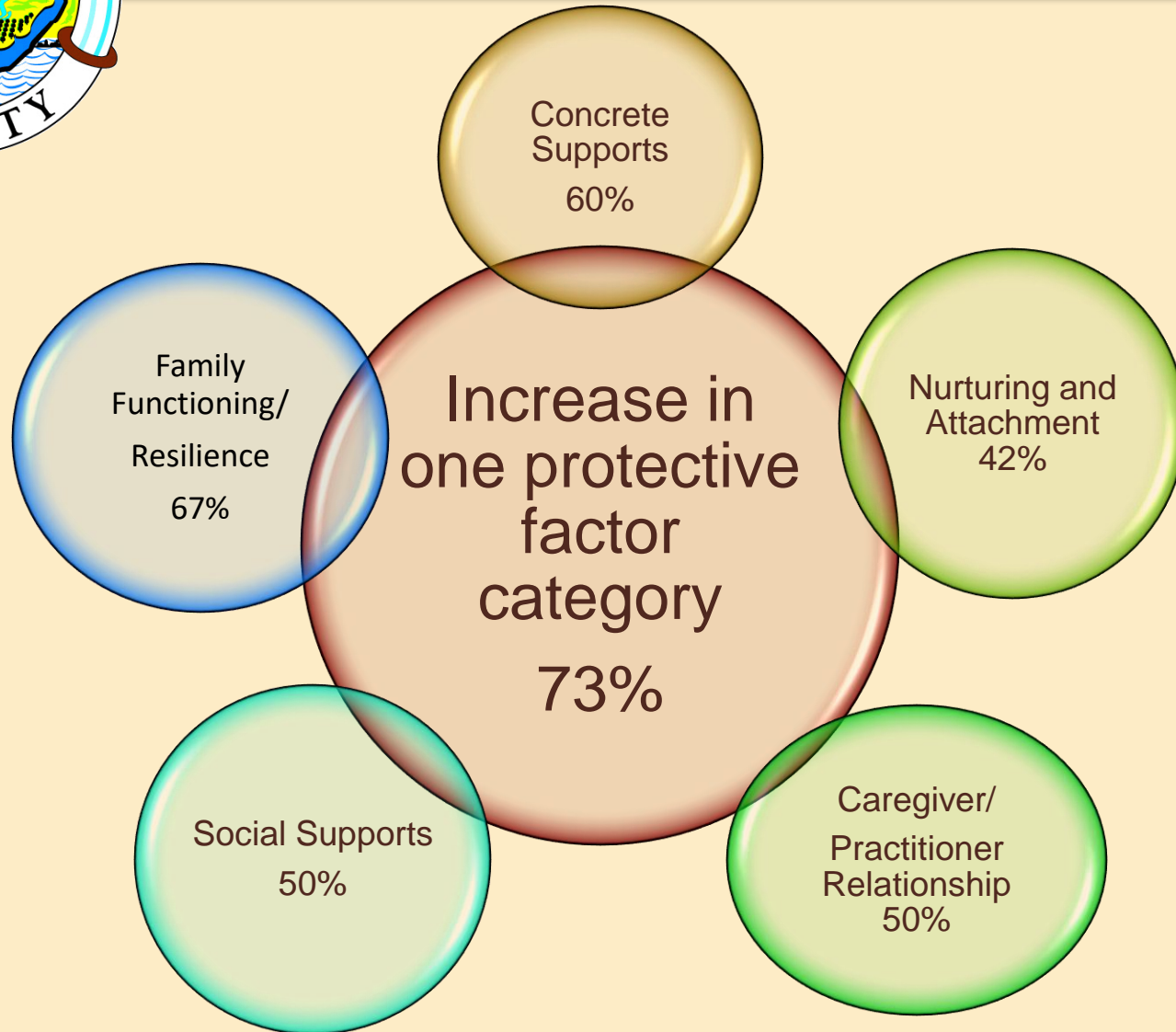
MMT Cohort Session Participants



- Cohort 1: Started June '21
- Cohort 2: Started Sept. '21
- Cohort 3: Started Dec. '21
- Cohort 4: Started Mar. '22
- Cohort 5: Started Sep. '22
- Cohort 6: Started Jan. '23
- Cohort 7: Started Mar. '23



PROTECTIVE FACTORS FOR RESILIENCY





BIH HFS & PERINATAL MENTAL HEALTH (PMH)

- BIH participants have access to up to 9 in-home individual PMH sessions with LCSW
- Cognitive behavioral therapy in group or individual sessions utilized with evidence-base Mothers and Babies depression prevention and intervention program
- Care coordination and collaboration between BIH case managers, LCSW's and Social Workers during monthly case conference
- African American/Black perinatal women served in PMH program has more than doubled since the BIH restructure, increasing access to crucial perinatal mental health services

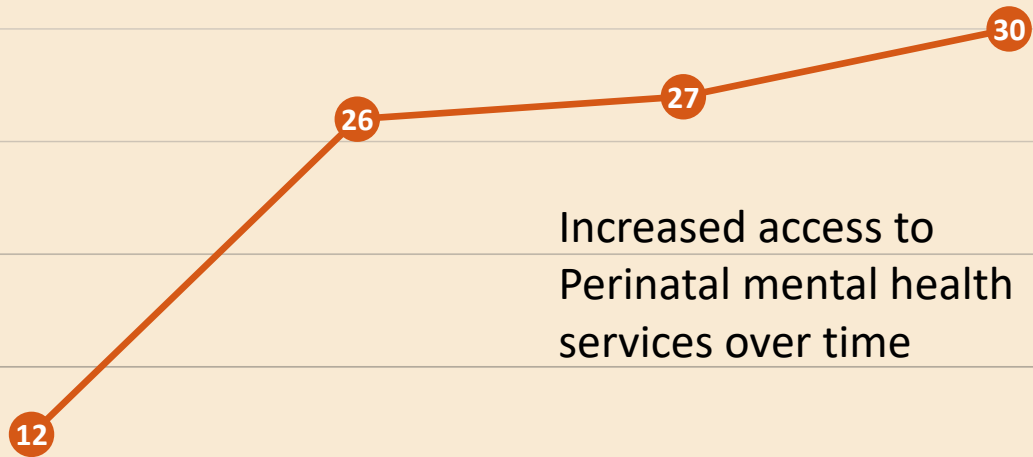




BIH HFS & PERINATAL MENTAL HEALTH



MCAH Perinatal Mental Health Services



FY 19-20 FY 20-21 FY 21-22 FY 22-23

—●— Number of African American/Black Families Served by MCAH Perinatal Mental Health



BIH & PUBLIC HEALTH NURSING ENHANCEMENT

- BIH participants have direct access to in-home public health nursing services with staff collaboration during monthly case conference
- Nursing services are offered by one PHN to support the following areas:
 - Breastfeeding issues
 - Possible Failure to Thrive
 - Recent infant discharge from hospital
 - Newborn congenital diagnosis
 - New parent/lots of health questions about baby or postpartum recovery
 - Prenatal diagnosis (gestational diabetes, pre-eclampsia)

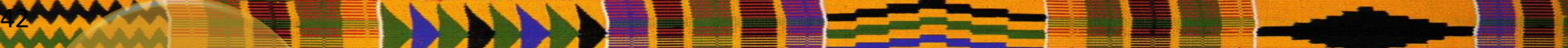




SOLANO HEALS (HEALTH EQUITY FOR AFRICAN AMERICAN/BLACK LIVES)

- Launched in 2017 with the technical supports of City MatCH to address macro and meso determinants directly impacting issues of maternal and infant mortality/morbidity
- Collaborative engagement effort of Solano County Public Health employees, local residents, health care providers, community organizations, and faith-based leaders, that focuses on combating perinatal health inequities adversely impacting Black/African American, perinatal families in Solano County
- Hiring for part-time positions in the areas of facilitation, data analyst, outreach, and financial lead





Systems Change Through Community Driven Projects (Solano HEALS)

SOLANO HEALS

Downstream/Upstream Strategies



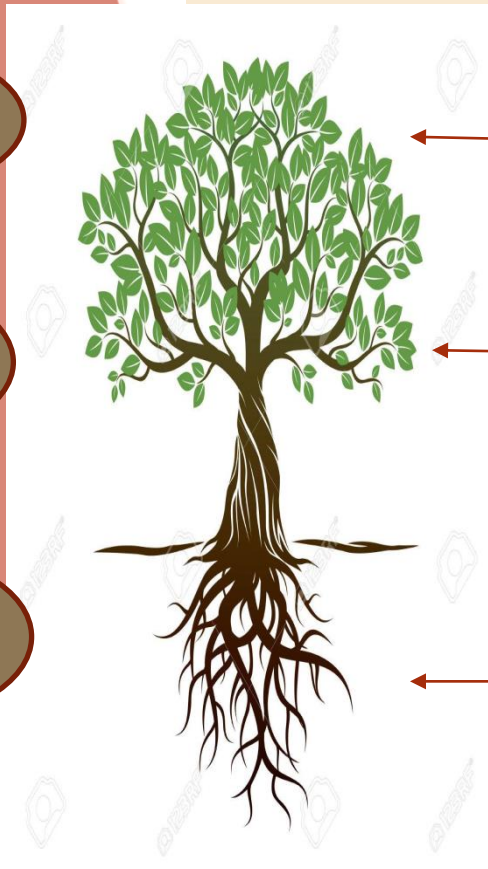
Centering Pregnancy Groups



Mental Health Toolbox



Race Equity Trainings



Health Outcomes

Individual

Prematurity, very low birth rate, infant mortality, maternal mortality rates

Visible/Surface Level Problems

Community/ population

Unequal environment: wealth, jobs, healthcare, education, incarceration rates, healthy foods, clean air

Root Cause

Everyone: attitude, policies, institutions, environment

Poor health: High BP, asthma, diabetes, obesity, toxic stress

Historic and current racism and toxic stress





SOLANO HEALS DOULA TRAINING PROGRAM

- New 3-year funding through First 5 Solano County FY 23-24, 24-25, 25-26
- Partners include:
 - First 5 Solano
 - Kaiser Permanente
 - Divine Birthright,
 - Aliados Health
 - Touro University
- Exclusively Black Doula Training and mentorship program with collaboration and technical support with a goal of legacy health and fiscal building for local birth workers
- Aims to train 8-14 annually, 14 enrolled in the first year
- Total cohorts to be offered: 1 in year 1, 2 in years 2 & 3
- Topics: childbirth education, anatomy of pregnancy, comfort measures, lactation support, adult and infant CPR, Medi-Cal doula enrollment, business development

New Program
Coming FY 23-24





COMMUNITY HEALTH IMPROVEMENT



- Solano County Public Health released a Request for Proposals for the Community Health Improvement Plan (CHIP) Implementation for FY 22-23 to address Maternal and Infant Health Strategic Health Issue
- Contractor Selected- Innovative Solutions
- Aims to expand and improve prenatal care options for pregnant Black women while providing 5 sessions of trauma-informed nutritional education by an African American/Black doula
- Medically Tailored Meal (MTM) program will provide culturally appropriate MTM and grocery boxes to 30 African American/Black perinatal women for 12 weeks.
- Aims to increase knowledge about the relationship between food behavior and toxic stress to build food resilience.
- MTM to partner with Black Infant Health/MMT to identify & serve qualifying families



PARTICIPANT EXPERIENCE



(Video)



QUESTIONS & ANSWERS

Thank you for your continued support of the Black Infant Health programs and families!

Any Questions?

Supporters and funders

