



HEALTHY FAMILIES AMERICA

Description

Healthy Families America (HFA) is a program that provides home visiting services to new and expectant families with children who are at risk of experiencing maltreatment or adverse childhood experiences. Developed by Prevent Child Abuse America, HFA is a nationally accredited program with comprehensive goals. These goals include fostering and strengthening nurturing parent-child relationships, promoting healthy childhood growth and development, and enhancing family functioning by reducing risk factors and building protective factors.

HFA implements a range of strategies, such as screening and assessments, to identify families most in need of services. It offers intensive, long-term, and culturally responsive support to both parents and children. Additionally, HFA assists families in connecting with medical providers and accessing other necessary community services.

HFA is considered a well-supported practice by the Title IV-E Prevention Services Clearinghouse (<https://preventionservices.acf.hhs.gov/>).

Target Population

Families are eligible to receive HFA services beginning prenatally or within three months of birth. This program is designed to serve the families of children who have increased risk for maltreatment or other adverse childhood experiences. Each HFA site is able to determine which family and parent characteristics it targets. For example, sites may choose to target low-income families, single parent households, or families who have experienced substance use, mental health issues, or domestic violence.

Dosage

Services begin as early as prenatally and continue for a minimum of three years. For the first six months after birth, families are offered at least one in-home visit per week, approximately an hour in duration. After six months, families may move to less frequent visits (bi-weekly and then monthly). Movement to less frequent visits depends on the needs and progress of the family and in times of crisis, visit frequency can increase.

Recommended Locations/Delivery Settings

Services are usually delivered in the family's home.



Healthy Families America, continued

Education, Certifications and Training

HFA home visiting staff must have at least a high school diploma or equivalent, experience providing services to families, and knowledge of child development. Supervisors and Program Managers must have at least a Bachelor's degree with three years prior experience. All HFA staff are encouraged to seek Infant Mental Health endorsement. The National Office offers several trainings for HFA staff. All staff are required to attend a four-day core training that is specialized based on role (assessors, home visitors, and supervisors). Supervisors attend one additional day for the core training and an optional three days of training that focuses on building reflective supervision skills. Program managers are required to attend core training plus three days of training focused on how to implement the model to fidelity using HFA's Best Practice Standards. HFA also offers supplemental online training, advanced training, and on-site technical assistance.



Materials for traditional HFA are available in English and Spanish.

Contact Information for Developers

Website: <https://www.healthyfamiliesamerica.org>

Phone: (312) 663-3520

Email: hfamail@preventchildabuse.org

National Info

- Kansas
 - Website: <https://www.dcf.ks.gov/services/pps/pages/ffpsa.aspx>
- Nebraska
 - Website: <https://dhhs.ne.gov/Pages/Family-First.aspx>
 - Email: DHHS.FamilyFirst@nebraska.gov
- Ohio
 - Website: <https://jfs.ohio.gov/ocf/family-first.stm>
 - Email: familyfirst@jfs.ohio.gov
- Wisconsin
 - Website: <https://dcf.wisconsin.gov/family-first>
 - Email: dcfhomevisiting@wisconsin.gov or dcfweb@wisconsin.gov
- Michigan
 - Website: <https://www.michigan.gov/mdhhs/adult-child-serv/prevention-services>
- North Dakota
 - Website: <https://www.hhs.nd.gov/family-first>