

# Metro Alliance for Healthy Families



## Newborns don't come with an instruction manual

Raising healthy, successful children is a challenge for ALL families – even more so for first-time parents who may be vulnerable and highly mobile. The Metro Alliance for Healthy Families (MAHF) is a proven effective home visiting program that engages parents in identifying and pursuing family goals. Families are served without regard to where they live and move within the Twin Cities region.



*“I was lost and confused and my home visitor helped me be a stronger person by giving me guidance and being compassionate along the way. She was the first to notice symptoms of my postpartum depression and referred me to get the appropriate help I needed.”*

*- Parent in the program*

## Early intervention prevents costly services down the line

If we want a prosperous future, there is no better investment than making sure infants and toddlers are safe and have nurturing early experiences that build a strong foundation for the architecture of their brains.

*“My Home Visitor helped me prepare to bring my son into the world. From birthing videos, to getting a car seat, assembling it properly and safely, talking about the stages of development, and setting goals for my child and myself even before he entered the world.”*

*- Parent in the program*

## MAHF provides high-quality, evidence-based services

Home visits are provided by more than 60 MAHF public health nurses, family support workers, early childhood educators, and social workers. Home visiting is provided following the Healthy Families America (HFA) evidence-based model. In follow-up surveys, 9 out of 10 parents state that the program has increased their confidence as parents, and recommend the program to family or friends.



## Key 2015 Accomplishments

MAHF received national accreditation from Healthy Families America, certifying that MAHF meets standards in twelve categories, including program operations, financial management, and quality of home visits by trained staff. The U.S. Department of Health and Human Services recognizes Healthy Families America as an effective evidence-based home visiting program.

MAHF received a significant grant from the Greater Twin Cities United Way: \$500,000 per year for three years - the third time MAHF has been funded by the United Way.

## MAHF reaches many families in 2015



Services provided to **684** families making **10,424** home visits

Since 2007, MAHF has served 1,970 families and provided 68,914 home visits



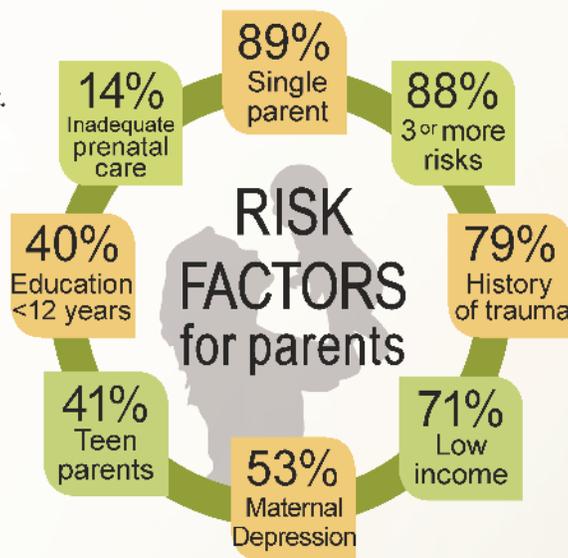
One-year olds have increased access to preventive health services

<b>99%</b> of families met the target for connection to primary health provider	<b>98%</b> of families were current with well-child exams	<b>96%</b> of MAHF children were fully immunized
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## MAHF parents face many life challenges

MAHF is reaching families who can most benefit from the service. Families face multiple risks, challenges and circumstances that make parenting difficult and optimal child development unlikely.

Over three-quarters experienced abuse and family disruption themselves as children, and more than half screened positive for maternal depression by their home visitor.



## Children achieve milestones for growth and development

**94%**  
rated within average range for cognitive and physical growth

**87%**  
rated within average range for behavioral/emotional milestones

## Child maltreatment reduced or prevented

A 2013 study found that child protection services were required nearly 50% less often for MAHF families, compared to a comparison group.

A 2005 study of the Dakota County pilot program found that providing intensive home visiting services to one family (\$6,150) costs about a quarter of the expense of investigating and prosecuting a single case of abuse in the county's child protection system (\$26,000 per case in 2002 dollars).

### Partners:

MAHF partners include Anoka, Carver, Chisago, Dakota, Hennepin, Isanti, Ramsey, Scott, and Washington Counties and the city of Bloomington. The Alliance is based on a Joint Powers Agreement and has a ten-member Governing Board of elected officials.

### Funding and support:

MAHF is grateful for financial support from the Greater Twin Cities United Way and for the participation of Fairview Ridges Hospital. MAHF Partners also contribute ongoing support to sustain MAHF. Thanks to the Minnesota Department of Health for providing training and technical assistance.



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To learn more, visit:  
[www.metroallianceforhealthyfamilies.org](http://www.metroallianceforhealthyfamilies.org)

