



# Enhanced Home Visiting

Outcome Evaluation Results

Summary

# Healthy Beginnings Enhanced Home Visiting



- All families screened at birth for indicators of poor child health outcomes.
- In-depth assessment offered to screened-in families to determine how to best meet their identified needs.
- Families enter the program and can receive home visiting support from birth to 3 years of age.



# Background to the Evaluation

- Early Planning
- Based on Evidence
- Participatory
- Logic Model

<http://www.gov.ns.ca/hpp/publications/HB-eval-framwork-report.pdf>



# Our Evaluation Approach

- **Phase I** (2006): Program Implementation
- **Phase II** (2007): Quality Assurance / Process
- **Phase III** (2009): Family Outcomes
  
- **Western Shared Service Area** (South Shore Health, South West Health and Annapolis Valley Health) implemented Phase III
  - Parenting Capacity
  - Parenting Practices
  - Achieving Goals
  - Unanticipated Outcomes



# Evaluation Implementation

- External evaluation consultant (March – July 2009)
- Data collection methods:
  - **Family Story Sharing / Focus Group Sessions**
    - 30 families participating in the program
  - **Provider Story Sharing Session**
    - 20 providers: CHV Coordinators, CHV, Community Outreach Workers
  - **Family Outcomes Survey**
    - 83 families participating in the program
  - **NCAST Feeding Scale Data Analysis**
    - data from 149 families



# How HB-EHV has Helped Families?

- **85-95%** of respondents felt that HB-EHV “**helped a lot**” in providing **helpful information on parenting**.  
(growth and development, teaching their child and understanding a child’s behavior and feelings).
- **98%** of participants indicated they were “**very satisfied**” with the HB-EHV program.
- **92%** said, “**yes, definitely**”, when asked if they would recommend the program to a friend in need of support.



# Support for Relationships

**61%** of respondents from the *Family Outcomes Survey* indicated that HB-EHV:

***“helped a lot with building healthy relationships”***



Care for Self:

*Signs of Depression*

*Coping Skills*

*Referrals*

*Connecting with Others*

*Taking Time for Self*

*Coping with Grief*



# Linking to Resources



**58%** of respondents felt that  
HB-EHV

***“helped a lot” with linking  
them to helpful resources  
in the community***

Such as:

- ***Finding Daycare***
- ***Budgeting***
- ***Applying for Social Assistance***
- ***Finding Housing***
- ***Accessing Food***
- ***Support for Custody Issues***
- ***Information on Programs to Complete High School***





# Why the HB-EHV Program Works

- **Non-Judgmental**

*97%: “treated my family with respect”*

- **Core Values**

*74%: “respectful of their cultural beliefs and practices”*

- **Confidentiality and Trust**

*“CHV respected my privacy and I could trust the CHV”*



- **Strength Based and Family Centered**
  - *98% of families agreed that HB staff saw strengths in them they didn't know they had*
- **Committed and Accessible**
  - *Willing to help, timely follow up, helped them to solve their own problems*
- **Good Resources and Practical**
  - *Hands-on program, practical information, tips and tools for raising and caring for children*
- **Supportive Environment and Team**
  - *Diverse skill set, strong communication and support*



# **Challenges With the Healthy Beginnings-EHV Program**



# Providers' View of Families' Challenges

## **System Level**

- Lack of transportation to services
- Families face very difficult circumstances
- Lack of consistency or diverse approaches from other organizations involved with families

## **Program Level**

- Lack of access to EHV and other services for some families
- Lack of a prenatal component in the Program



# Challenges Faced by Providers

- Managing one's expectations when families' needs are high
- Maintaining a work/life balance and ensuring case loads are fair
- Maintaining boundaries with the families
- Too much paper work and documentation



# Families' View of Challenges

## Program Level

- Length of program
- Initial fear
- Busy schedules
- Maintaining boundaries
- Reaching fathers



# The Difference HB-EHV Has Made in Families Lives

- Increased Confidence in Parenting; To Advocate and Seek Help
- Increased Parenting Knowledge and Skills
- Increased Ability to Cope With Stress
- Enhanced Self-esteem and Empowerment
- Enhanced Communication and Relationship Building
- Achieving Goals
- Enhanced Community Linkages



# Additional Findings

- The Program's principles, values and approach has been embraced by staff and appears to fully engage families.
- Staff of the Program have experienced personal growth by learning with families, reflecting upon practice and networking with other staff.
- The Program is helping to address and improve the mental health of some families.
- The Program is building capacity across organizations to effectively support healthy child development and impact outcomes for families.





# Summary

- Healthy Beginnings: Enhanced Home Visiting is one of very few evidenced based programs in Nova Scotia designed to identify and work with very vulnerable families to improve child and family health outcomes.
- Results from a robust evaluation are very strong and indicate that the program is making a difference and improving outcomes for children and families.
- Families, communities and partners have embraced this program, resulting in a high and increasing demand for the program.
- Evidence shows that positive outcomes will not be achieved unless the program starts early (ideally during pregnancy) and is intense, particularly in the beginning (weekly visits initially).



# Recommendations

The findings encourage and support:

- Continued Program Implementation and Linkage With Other Strategies
- Program Monitoring and Professional Development
- Sharing the Results
- Identify and Plan Next Steps With the Specific Recommendations



Thank You!

