



Evidence-Based Home Visiting Interventions

March 24, 2025



SAN MATEO COUNTY HEALTH
**FAMILY HEALTH
SERVICES**

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"There is a magic window during pregnancy...it's a time when the desire to be a good mother and raise a healthy, happy child creates motivation to overcome incredible obstacles including poverty, instability or abuse with the help of a well-trained nurse."

David Olds, Ph.D., Founder,
Nurse-Family Partnership



SAN MATEO COUNTY HEALTH
**FAMILY HEALTH
SERVICES**

Overview



Nurse-Family Partnership is...

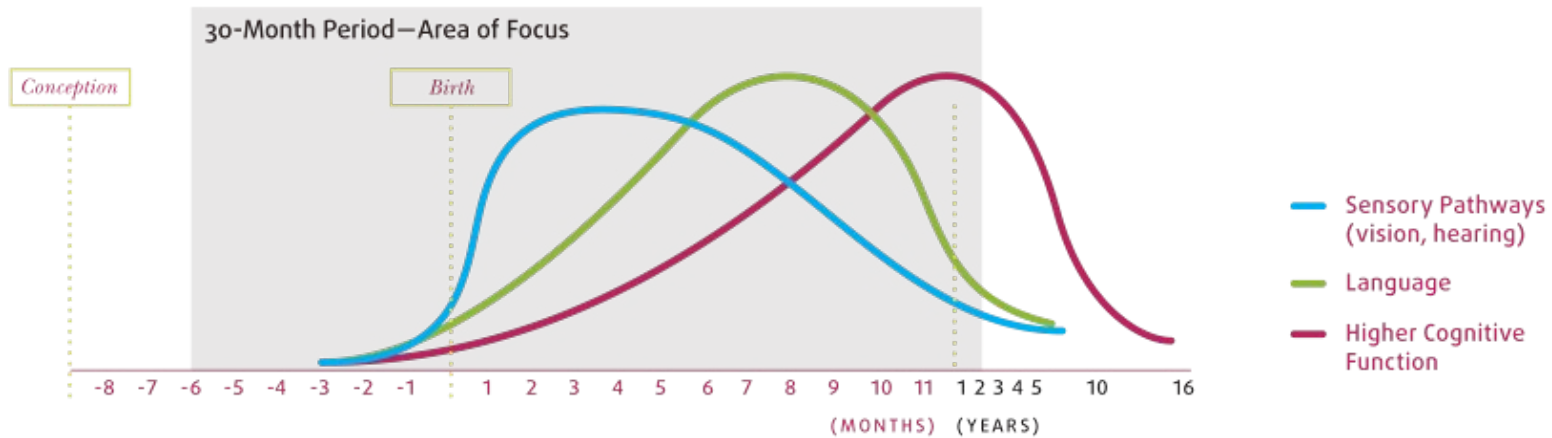
- An evidence-based, community health program
- Improving prenatal care and pregnancy outcomes, quality of parenting and life prospects for mothers by partnering them with a registered nurse
 1. Improve pregnancy outcomes
 2. Improve child health and development
 3. Improve families' economic self-sufficiency

Overview



Human Brain Development

Synapse formation dependent on early experiences



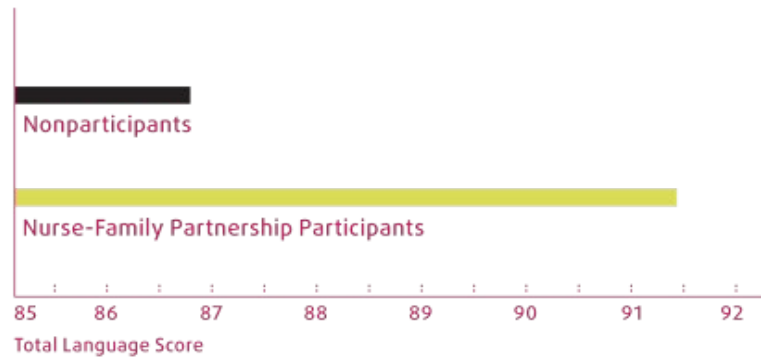
Source: Nelson, C.A., *From Neurons to Neighborhoods* (2000).
Shonkoff, J. & Phillips, D. (Eds.)

Research



Preschool Language Scale

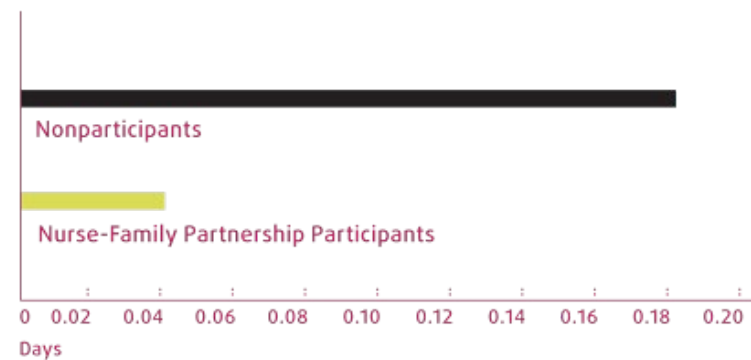
Age 4—Denver
(Born to low-resource mothers)



Source: Reproduced with permission from *Pediatrics*, Vol. 114, 1565, Copyright © 2004 by the AAP.

Days Hospitalized for Injuries

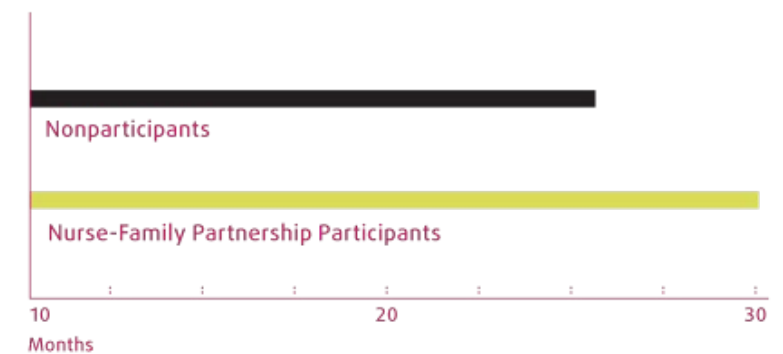
Birth to age 2—Memphis



Source: *JAMA*, 1997, Vol. 278, 650, Copyright © 1997, American Medical Association. All rights reserved.

Months Between Births

Between first and second child
(by first child's fifth birthday)—Memphis



Source: *JAMA*, 2000, Vol. 283, 1987, Copyright © 2000, American Medical Association. All rights reserved.



Healthy Families San Mateo is...

- A leading family support and evidence-based home visiting program using the Healthy Families America (HFA) model
- Believing that early, nurturing relationships are the foundation for healthy development
- Promoting healthy child development and growth
- Enhancing family functioning by reducing risk and building protective factors



Research in The Healthy Families America (HFA) Model

BUILD NURTURING RELATIONSHIPS WITH THEIR CHILDREN

HFA PARENTS CREATE POSITIVE EXPERIENCES FOR THEIR CHILDREN AND NAVIGATE CHALLENGING PARENTING MOMENTS

- Promote healthy child development
- Interact more positively with their children
- Express confidence as parents, with lowered parenting stress

"I have learned through Healthy Families that you don't need to use physical punishment or call your kids names to get them to listen to you. I've learned different ways to be calm and the importance of getting on their level to understand their emotions and to let her know I get it. I've learned that she isn't screaming because she is trying to make me mad she is screaming because she is having a hard time. I can show her that I understand and then she knows she can trust me because I am calm with her."

HFA Research

CHAMPION THEIR CHILDREN'S HEALTH AND DEVELOPMENT

OFF TO A GOOD START

- Better birth outcomes
- More likely to be breastfed

48% fewer infants are born at low birthweight

RECEIVING HEALTH CARE SERVICES

- More likely to have health insurance
- Receive more well-child visits and developmental screenings



READY FOR AND SUCCEED IN SCHOOL

- Show enhanced cognitive development
- More excel academically and receive gifted services

26% fewer children receive special education services

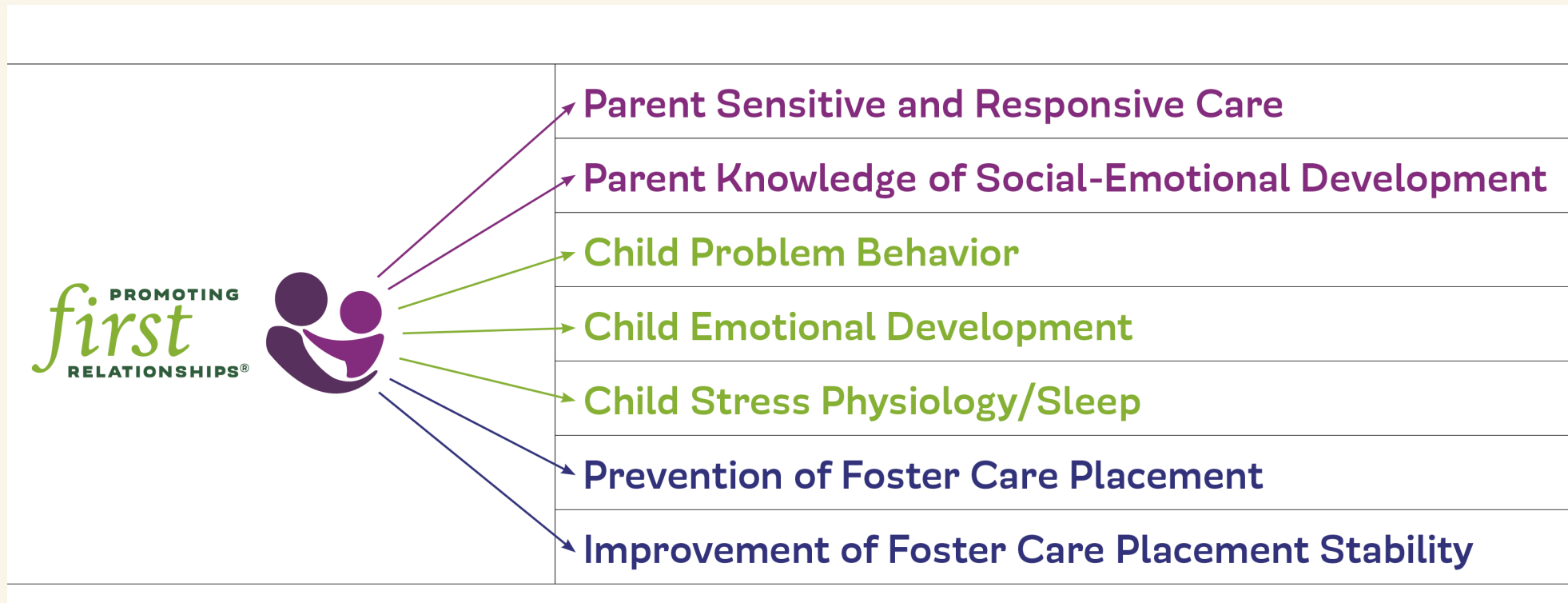


Promoting First Relationships (PFR)...

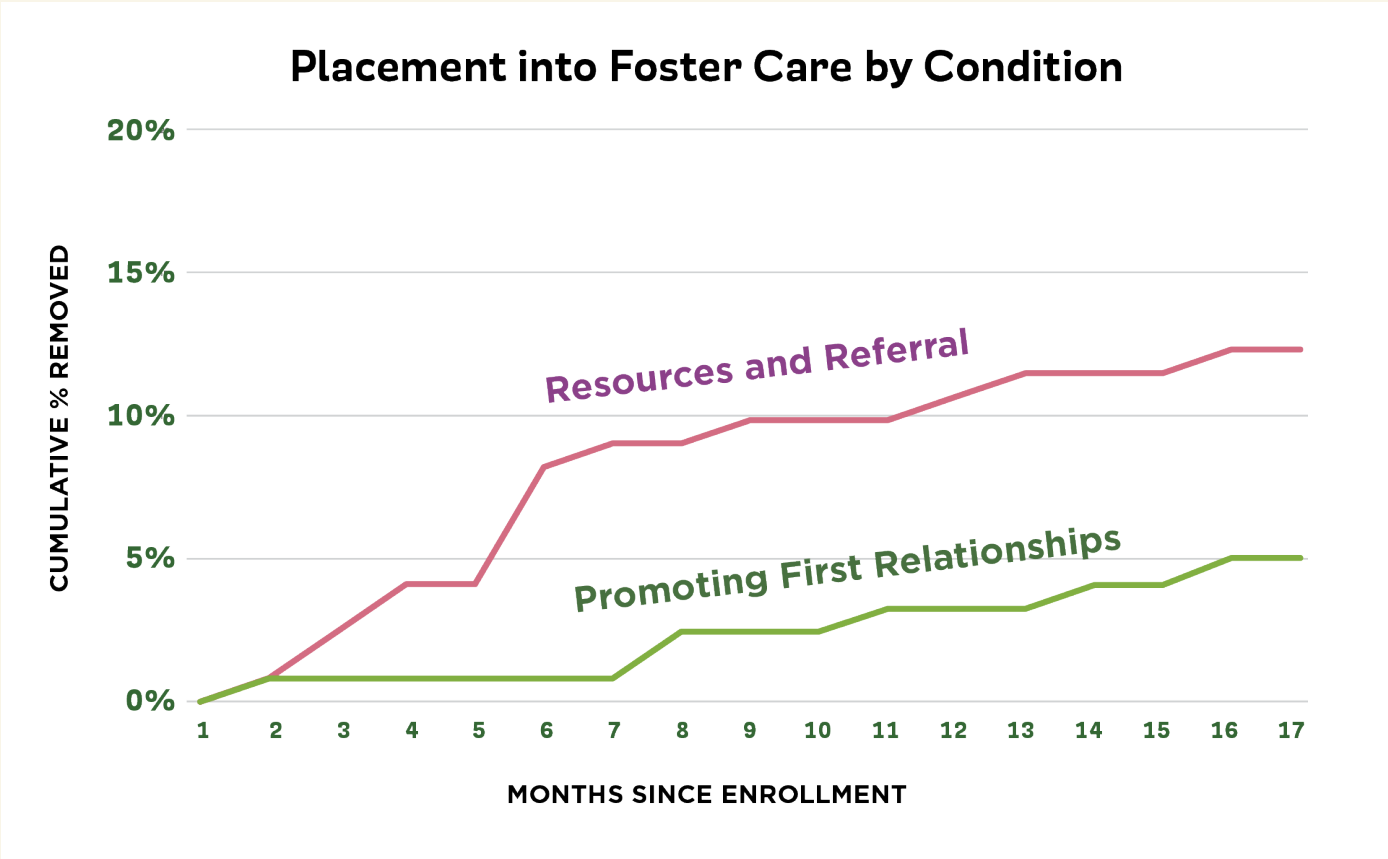
- Is an evidence-based program dedicated to promoting children’s social-emotional development through responsive, nurturing caregiver-child relationships
- Increases early, positive interactions between child and caregivers to build the foundation necessary for growth and development in social, emotional, behavioral, language, and cognitive domains



Summary of PFR's Direct Impact

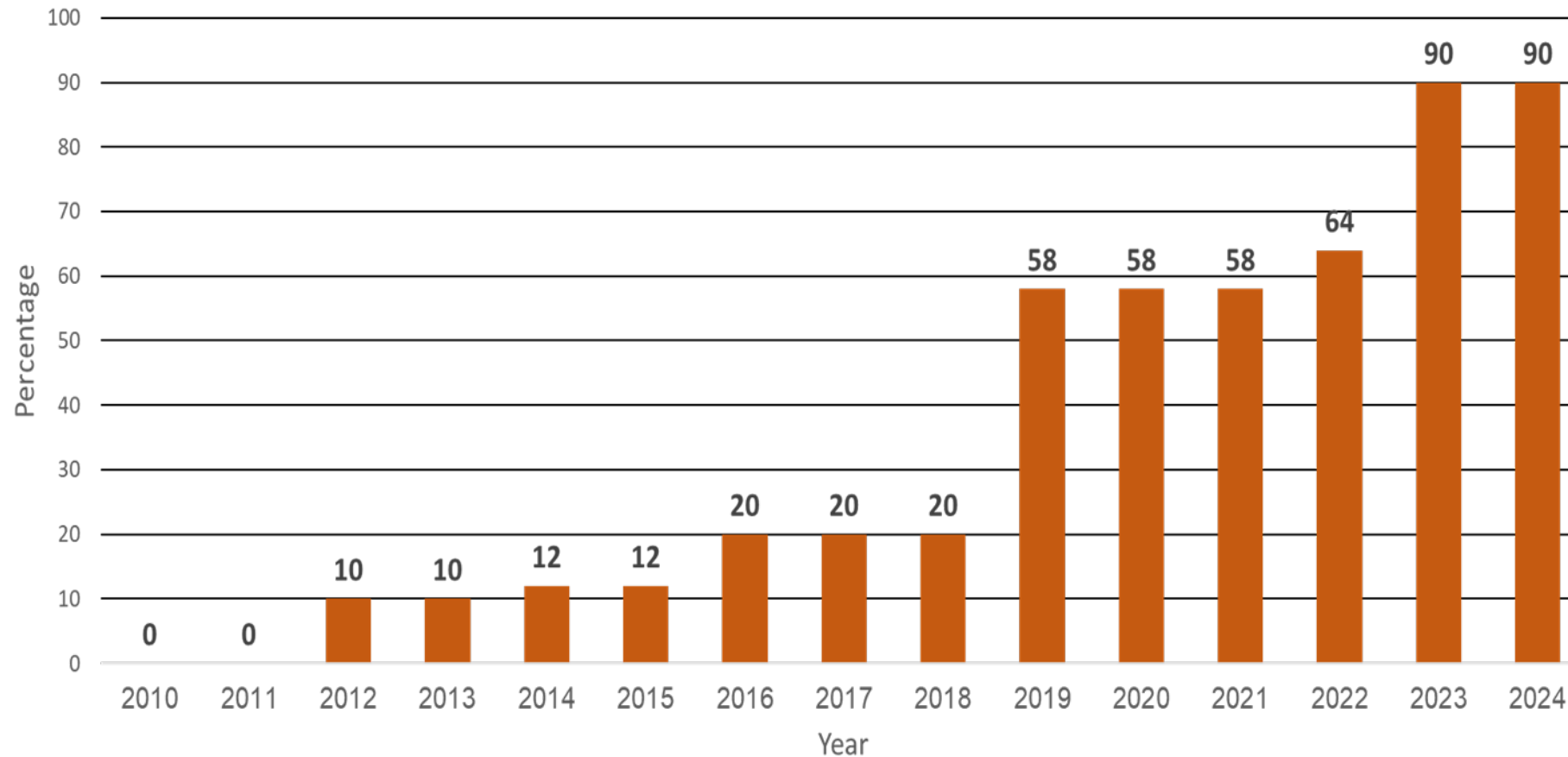


PFR Keeps Families Together: Child Removal Rates Cut in Half



Children in the PFR condition were significantly less likely to be removed from their parents' homes (6% vs 13%).

Estimated Percentage of FHS Home Visiting Staff in Evidence-Based Home Visiting Program

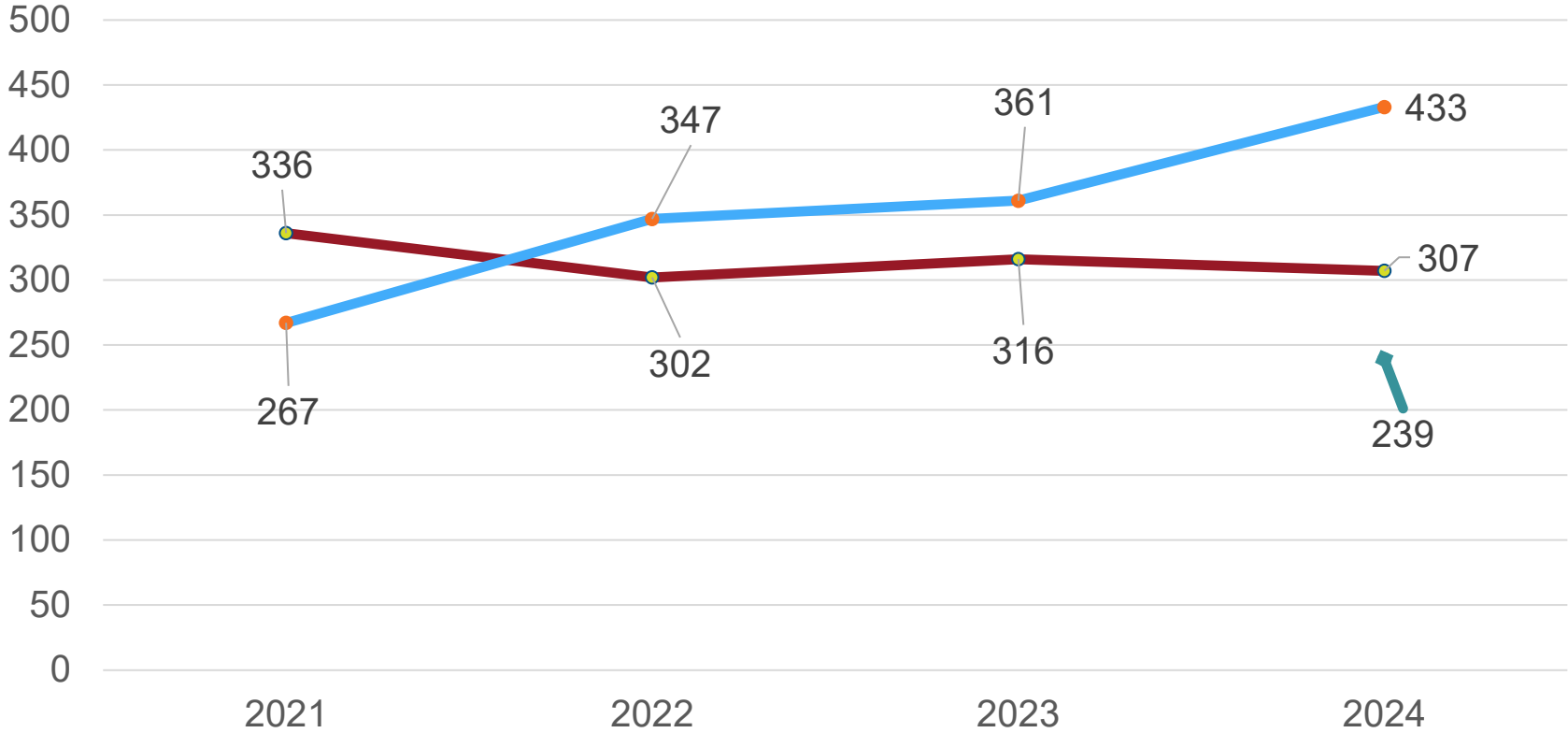


Other FHS HV Programs:

Prenatal Advantage Black Infant Health: Evidence-Informed HV program for African-American families.

Children and Family Services: Partnership with Human Services Agency; use SafeCare curriculum.

Unique Number of Adults Served by Home Visiting Programs, San Mateo County, 2021-2024



● Healthy Families San Mateo County
 ● Nurse Family Partnership
 ● Promoting First Relationships

Current Caseloads

Nurse-Family Partnership – **269** families

Healthy Families San Mateo County – **165** families

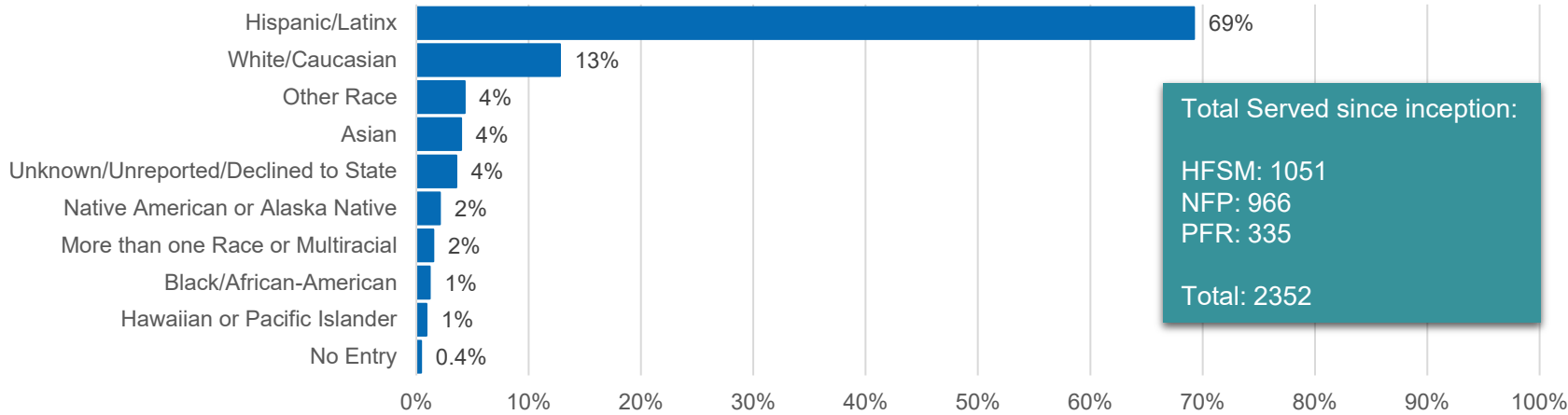
Promoting First Relationships – **31** families

As of 1/24/25



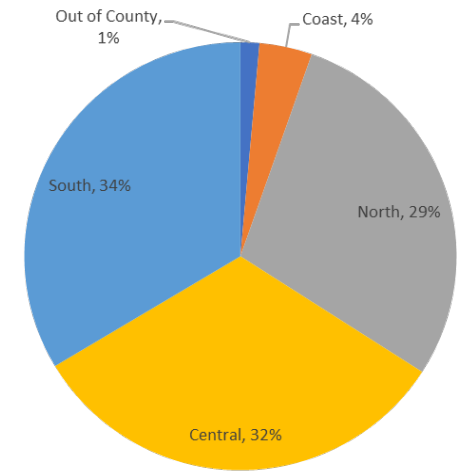
Combined Client Demographics (3 Programs)

Race

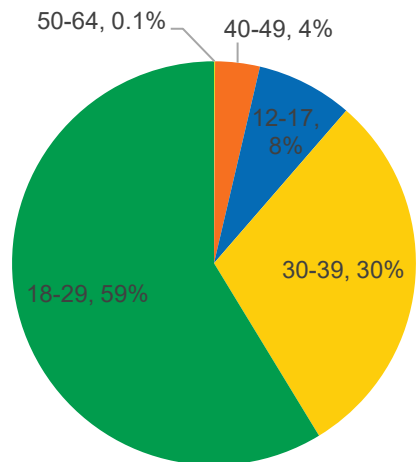


Total Served since inception:
 HFSM: 1051
 NFP: 966
 PFR: 335
 Total: 2352

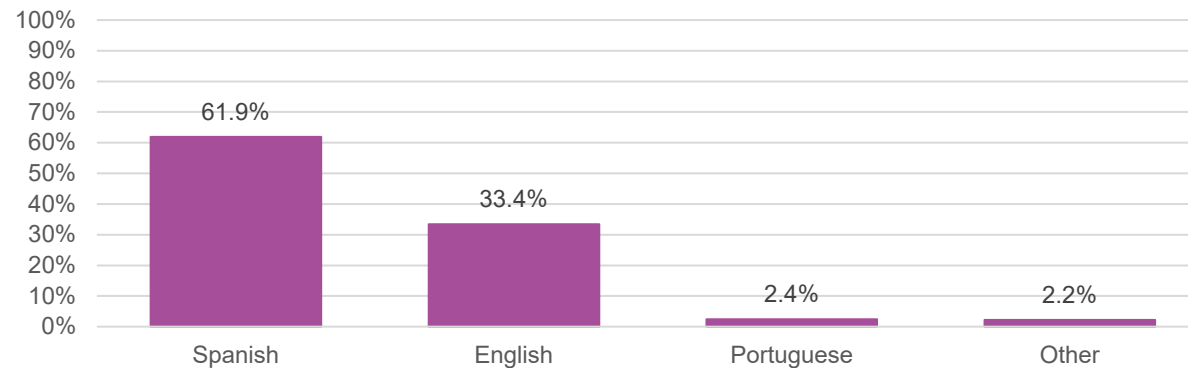
Region



Age



Language



- Other Languages Include:
- Arabic
 - Cantonese
 - Russian
 - Farsi/Persian
 - Turkish
 - Thai
 - Mandarin
 - Tagalog
 - Burmese
 - Vietnamese
 - Other Chinese
 - Korean
 - Hindi

Promoting First Relationships Outcomes

Since inception in 2024:

Postpartum Depression Screening (Edinburgh)

228 clients screened

Child Development Screening (ASQ-3)

46 clients screened

Intimate Partner Violence Screening

207 clients screened

70 clients screening "Not applicable" or "Declined"

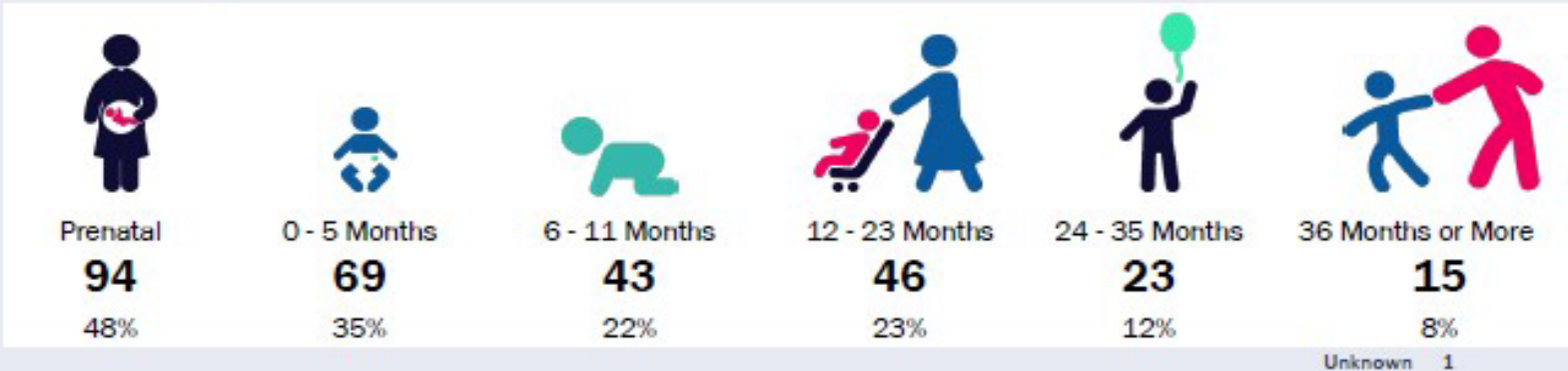


Healthy Families San Mateo County Outcomes

Focus Children

At Healthy Families San Mateo County (HFSM), almost half of the focus children served in 2023 were 0 to 5 months old. Nearly all (90%) were eligible for Medi-Cal, and only 7 children had no insurance.

Focus Child Age at Last Home Visit of 2023:



6% of clients were developmentally delayed

334 clients screened with ASQ-3 since inception

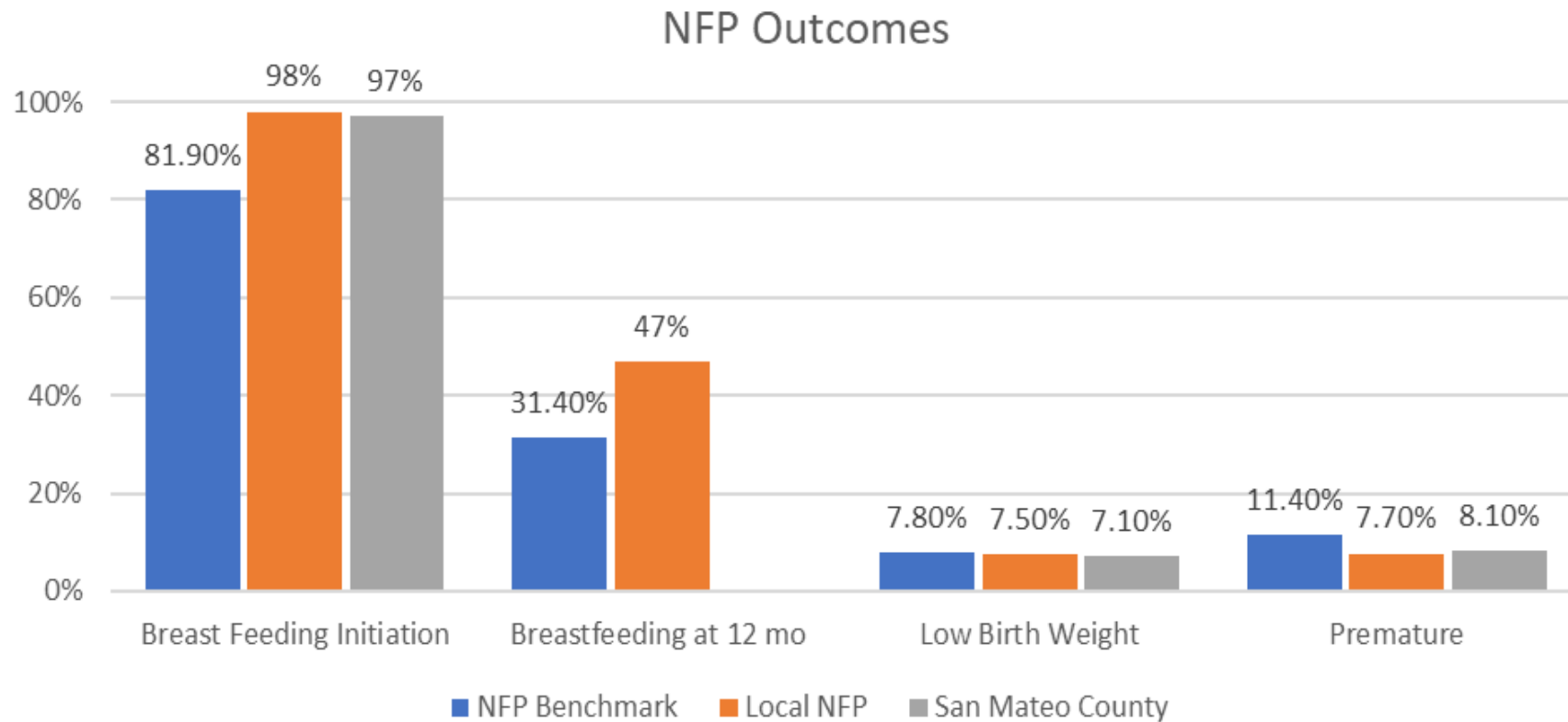
170 clients screened with ASQ-SE since inception

42 clients graduated since inception

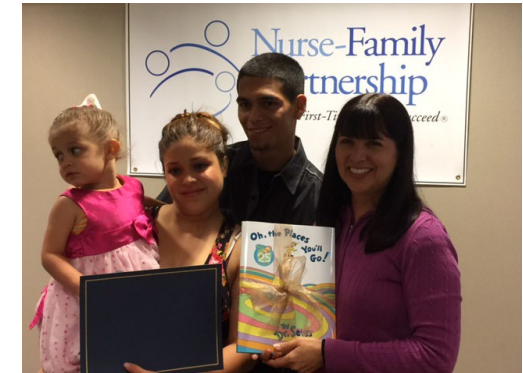


HFSM Graduation

Nurse-Family Partnership Outcomes



NFP Local Data from 2021-2024



NFP Graduations






I will walk by faith even when I cannot see.
 2 Corinthians 5:7

y cuando fui diagnosticada con Cáncer de Seno el año pasado, ella siempre tuvo las palabras para decirme que saldría de esto. también me apoyo en mis citas, ya que ella es bilingüe siempre me ayudaba para que todo me quedara claro;

Ella es una persona que realmente ayuda, apoya a las personas que lo necesitan, y en eso me identifico con ella por que yo me preocupaba mucho por los demás.

Más personas como ella deberían de trabajar en el programa, que realmente tengan el don de ayudar.

Thank You  Gracias

Gracias al programa Healthy Families del condado de San Mateo por su gran trabajo, su apoyo, su ayuda, y por contar con personas que trabajan ayudando a quienes lo necesitamos.

Valeria
 Fernando
 Fernandito 😊



Graduate's Story



Family Health Services Home Visiting Programs



Children and Family Services



Questions?



SAN MATEO COUNTY HEALTH

**FAMILY HEALTH
SERVICES**



www.smchealth.org/services-pregnancy-children-families



FamilyHealth@smcgov.org



1-888-840-0889



**First 5 San Mateo County
Strategic Plan Implementation
Plan (SPIP) Timeline Update**

First 5 San Mateo County
Commission Meeting March 24, 2025

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**First 5 San Mateo County
2025-2030 Strategic Plan**
July 1, 2025 - June 30, 2030

**COMMISSION
APPROVED**

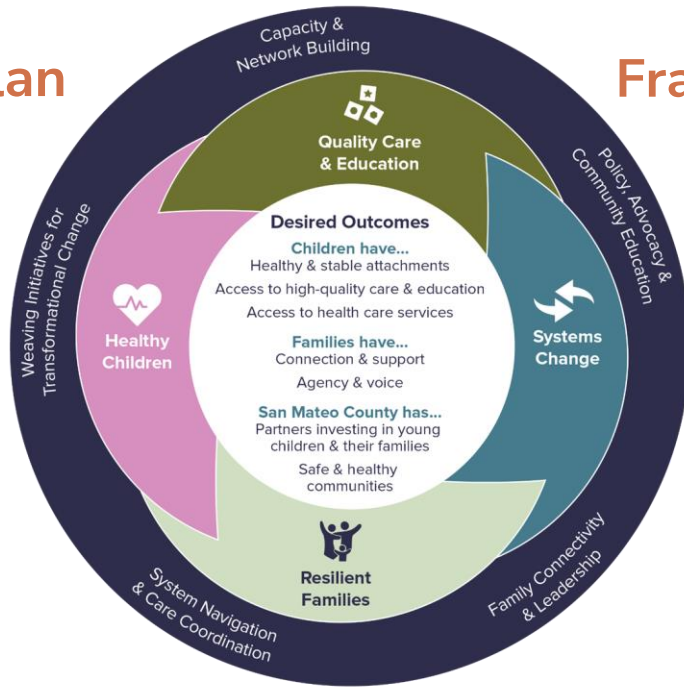
- Release of Funding Mechanism/Procurement for \$7,800.00 per the Domain Areas, and Strategies of the new Strategic Plan for FY 2025-2028. **(Annual Budget is \$2.6 Mil)***
- Reallocation of unspent SPIP FY 23-25 funds to SPIP 25-30 in the amount of \$650,000 for Emerging Needs TBD.

**These amounts are aligned with the approved long-term financial plan, and do not include other leveraged funding outside of Prop. 10 funds.*

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Strategic Plan

Framework



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The F5SMC team is:

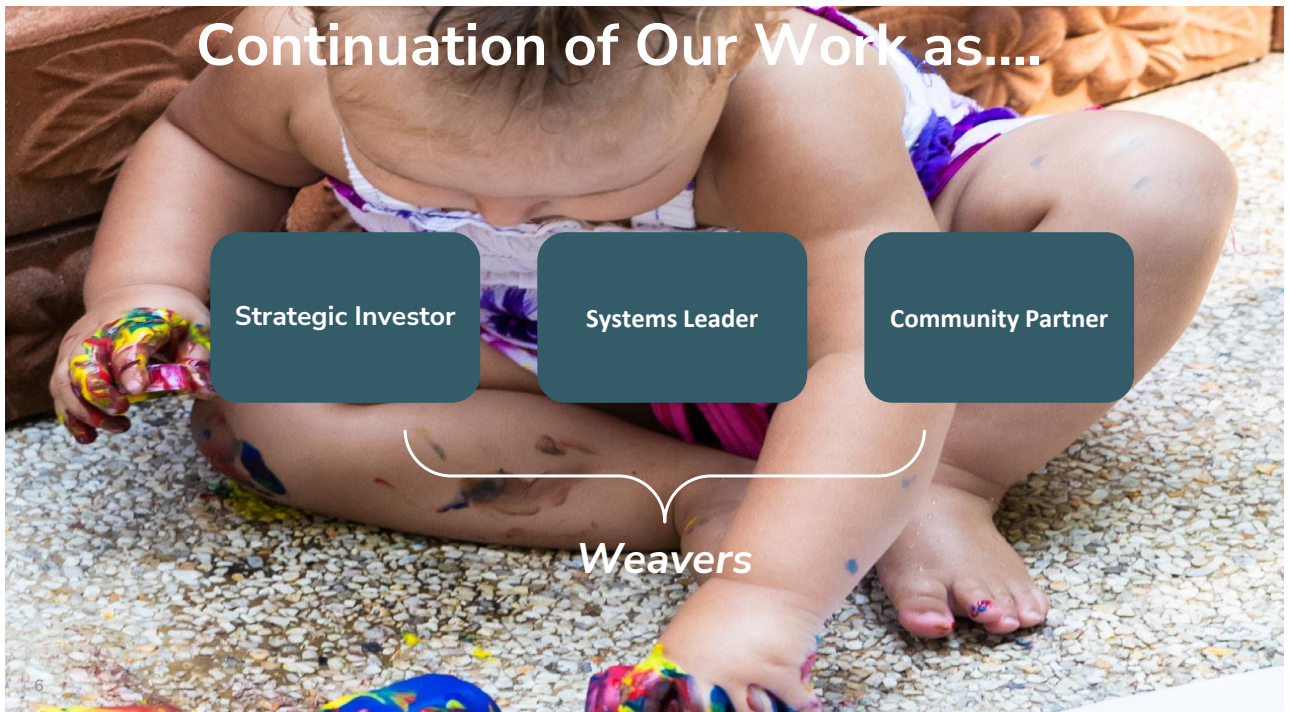
- Piloting new tool for procurement Open Gov.
- Submitting proposals and maximizing partnerships to secure additional non-F5SMC funding to support community investments. *(Where its feasible/available)*

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2025-2030 Tentative Procurement Timeline

This is a timeline of anticipated release months for procurements, aligned with the approved 2025-30 SPIP.

	April	May	June
Family Connectivity & Leadership RFP	■		
ECMH Direct Services & Systems Building RFP	■		
Capacity & Network Building for Family Engagement Professionals RFP	■		
Oral Health Systems RFA		■	
Systems & Supports for Children with Special Needs RFA		■	
Quality Early Learning RFA		■	
ECMH Consultation in Early Learning Settings		■	
Communications RFP		■	
Child Care Facilities RFA		■	



Next Steps

- Release of Funding Mechanism/Procurement FOR \$7,800.00
- Reallocation of unspent SPIP FY 23-25 funds to SPIP 25-30 in the amount of \$650,000 for Emerging Needs.



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Questions?



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