



# Home Visitation Annual Report 2011-2012



This report brought to you by:



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For more information on the programs featured in this report, visit

[www.preventchildabuse.org/homevisiting](http://www.preventchildabuse.org/homevisiting)

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## Section 1

### Introduction to Home Visiting

Prevent Child Abuse-New Jersey, the New Jersey state chapter of Prevent Child Abuse America, is the state office for both Healthy Families New Jersey (HF-TIP NJ) and Parents as Teachers New Jersey (PAT-NJ). These two home visiting programs are designed to teach new parents how to form healthy bonds with their babies, to interact in developmentally appropriate ways, and to provide safe homes for their children. Home visitors partner with parents to nurture children's literacy skills and improve school readiness. They also provide early screening for the detection of developmental delays. Home visiting also has economic benefits, as it prevents both the need for more costly intervention services like emergency health care and involvement with the child welfare and criminal justice system. Finally, home visiting strengthens families and connects them with community resources early in children's lives.

Healthy Families-TIP New Jersey programs are in all 21 counties. Parents as Teachers is currently located in 9 counties of New Jersey. This year, the New Jersey Department of Children and Families received an additional \$9.4 million in federal funds to implement 12 new Parents as Teachers programs statewide which will allow our programs to serve even more families. Through expansion of these home visitation programs, PCA-NJ will continue to move forward in our ongoing efforts to ensure that all children are safe, healthy, nurtured, and encouraged to learn!

### Healthy Families-TIP

The HFA model, developed in 1992 by Prevent Child Abuse America, is based upon 12 Critical Elements derived from more than 30 years of research to ensure programs are effective in working with families. These Critical Elements are operationalized through a series of best practice standards that provide a solid structure for quality, yet offer programs the flexibility to design services specifically to meet the unique needs of families and communities.

Model fidelity is illustrated through a comprehensive accreditation process. Currently, in New Jersey there are 21 affiliated sites of the Healthy Families program. The goals of the Healthy Families program are as follows:

- Build and sustain community partnerships to systematically engage overburdened families in home visiting services prenatally or at birth.
- Cultivate and strengthen nurturing parent-child relationships.
- Promote healthy childhood growth and development.
- Enhance family functioning by reducing risk and building protective factors.

## Parents as Teachers

The concept for Parents as Teachers was developed in the 1970s when Missouri educators noted that children were beginning kindergarten with varying levels of school readiness. Research showed that greater parent involvement is a critical link in the child's development of learning skills, including reading and writing. Early childhood professionals suggested that a program to provide early detection of developmental delays and health issues and parent education to help parents understand their role in encouraging their child's development from the beginning could help improve school readiness and parent involvement. The goals of Parents as Teachers are as follows:

- Provide early detection of developmental delays and health issues
- Promote optimal family health and wellness
- Build the foundations for family well-being.

Based on Prevent Child Abuse-New Jersey's (PCA-NJ) vast years of experience working with the Parents as Teachers sites, we were chosen by Parents as Teachers National to be a Regional Technical Assistance Hub overseeing New Jersey, New York, Massachusetts, and Washington, D.C. We are very excited to begin this new endeavor.

# Introduction

## Research

### Home Visiting Enhancing Linkages Project (HELP)

PCA-NJ has partnered with the National Center on Addiction and Substance Abuse at Columbia University (CASA Columbia) to more effectively address three of the greatest risks associated with child abuse and neglect: substance abuse, mental health issues, and domestic violence. The goals of Project HELP are to help home visitors identify these issues as early as possible with families they serve and to get those families linked to immediate counseling or treatment. Over the past year, PCA-NJ has designed a set of new trainings to educate staff on each of these issues and selected new screening tools to identify families in need of help. These trainings are scheduled to be delivered at the end of this year. Home visitors will begin to use the new tools with families in 2013.

CASA Columbia has applied to the National Institute on Drug Abuse (NIDA) for funding to evaluate the project. The results of this pilot will be used to improve policy and practice throughout the Healthy Families-TIP sites in NJ and may potentially be provided to the Healthy Families America network nationwide.

### HomeStyles

PCA-NJ has partnered with Rutgers University and the University of Arizona on a research and education project that will improve health by preventing childhood obesity. This new initiative will motivate parents to shape their home environment and lifestyles (diet, exercise, sleep) to prevent excessive weight gain among preschoolers.

Parents are targeted because they are role models, family food gatekeepers, and creators of the lifestyle environment within their homes. They are the most influential examples for preventing obesity among their children.

## Johns Hopkins University Evaluation

New Jersey's Department of Children and Families was awarded additional federal funding through MIECHV (Maternal, Infant, and Early Childhood Home Visitation programs) to expand home visitation services in New Jersey. By accepting this additional funding, we also became involved in a cross-sectional evaluation overseen by the Administration of Children and Families. New Jersey partnered with Johns Hopkins University to implement this research study. New Jersey's research initiative has two main components: (1) development of the infrastructure for integrating home visiting with the larger system of health and social services; and (2) strengthening and expanding of Evidence-Based Home Visiting program sites. This evaluation is expected to take course over the next 3 years and results will be shared as soon as they are complete.





## Section 2

### Prevent Child Abuse New Jersey

Healthy Families-TIP and Parents As Teachers are programs of **Prevent Child Abuse - New Jersey**. PCA-NJ was incorporated in 1979 as the New Jersey chapter of Prevent Child Abuse America, the 9th Chapter to be established among a national network. Today, we exist as one of the largest chapters across the country, and have become a recognized leader for prevention work in New Jersey.

Prevent Child Abuse - New Jersey is the only statewide non-profit dedicated to preventing child abuse in all of its forms, for all of New Jersey's children. For more than 30 years, Prevent Child Abuse - New Jersey has implemented a broad range of prevention services that now operate in all 21 counties of the state. We deliver services in all 21 counties through these primary methods:

- **We expand and coordinate home visitation programs** for high-risk families to engage them in intensive parenting education and connect them to community services which keep them healthy and out-of-crisis. *By reaching out to families around the time of their baby's birth, we teach healthy and safe parenting practices so that all babies have the opportunity to get off to the right start.*
- **We provide training, technical assistance and quality assurance services** to local organizations as they replicate a host of nationally researched prevention models proven to prevent child abuse and create healthier families. *We are the state affiliate for several nationally acclaimed prevention programs, including Healthy Families, Parents As Teachers, Period of PURPLE Crying®, and the Enough Abuse Campaign.*
- **We deliver certified, high-quality education** to build professional skills and raise community awareness around effective strategies to prevent child abuse and strengthen families.



## Home Visiting Team

### **Jessica Nugent, Program Manager**

Jessica Nugent joined PCA-NJ in August 2012. She has spent 6 years working in the maternal and child health field at various non-profit agencies in NJ. She has a passion for home visitation programs and is enthused by the positive impact of those services. Jessica holds a Bachelor's degree from Rutgers University and is currently pursuing her Master's degree at UMDNJ-School of Public Health.

### **Jeannette Mayo, Program Coordinator**

Jeannette Mayo has an MA in Early Child Care and Education and more than 12 years of experience in education, social services, and family advocacy. She has been with PCA-NJ for 2 years and provides technical assistance and support to Healthy Families sites in central New Jersey. She works with Healthy Families America as a trainer candidate for Integrated Strategies for Home Visiting.

### **Daniela Hellman, Program Specialist**

Daniela Hellman has been with Prevent Child Abuse - New Jersey for 2 years and currently supports Healthy Families sites in northern and southern New Jersey. She has a Masters of Social Work with a concentration in Nonprofit and Public Management. Daniela is a Healthy Families America National Peer Reviewer and is a Parents as Teachers National Trainer.

### **Nancy Saborido, Program Specialist**

Nancy Saborido joined our PCA-NJ team in June 2012. Nancy holds her Bachelor's degree from Rutgers University and is currently pursuing her Master's degree at NJCU. She has 6 years of experience working with children and families. She currently works with the Northern New Jersey Healthy Families sites, providing technical assistance and support.

### **Jill Brown, Regional TA Manager**

Jill Brown, an energetic trainer, has a strong passion for strengthening families and is committed to building stronger communities. She has a Masters of Arts in Child Advocacy and over 14 years of experience supporting children and their families. Jill has been with Prevent Child Abuse NJ for 10 years and is the Parents as Teachers Regional TA Manager and PAT National Trainer.

### **Evan Seehausen, Program Specialist**

Evan Seehausen is a Parents as Teachers Program Specialist. Evan has worked as a SIFE fellow with Sauti Yetu; as a crisis counselor with the Centre County Women's Resource Center; and as a tutor with the Pennsylvania Literacy Corps. He has also worked as a website developer, editor, and teacher. He has a Master's degree in Women's and Gender Studies from Rutgers University.

### **Eva Szmuto, Program Specialist**

Eva Szmuto is a Parents as Teachers Program Specialist. She has a background serving children, youth, and families in under-resourced, urban communities in Trenton, Philadelphia, and Camden; managing relationships with partner organizations; and overseeing a Trenton out-of-school time program. She has a BS in History from NYU and is an AmeriCorps VISTA alumna.

## Prevent Child Abuse New Jersey

### Home Visiting Team

Gina Hernandez, MA  
Division Director  
of Prevention

Jessica Nugent, BA  
Program Manager  
Home Visitation

Jeannette Mayo, MA  
Program Coordinator  
Healthy Families-TIP

Daniela Hellman, MSW  
Program Specialist  
Healthy Families-TIP

Nancy Saborido, BA  
Program Specialist  
Healthy Families-TIP

Jill Brown, MA  
Regional TA Manager  
Parents As Teachers

Evan Seehausen, MA  
Program Specialist  
Parents as Teachers

Eva Szmuto, BS  
Program Specialist  
Parents as Teachers



# About Us

## Section 3

### Training

To ensure quality among home visitation programs, Prevent Child Abuse - New Jersey is contracted by the New Jersey State Department of Children & Families and the Department of Family Development to provide training and technical assistance for all home visitation staff. Each year, PCA-NJ arranges trainings for new home visitors and provides ongoing in-service trainings, site networking meetings, and on-site visits.

<u>Trainings Offered</u>	<u>Frequency</u>	<u>Number Trained</u>
Family Support Worker Core	4	36
Family Assessment Worker Core	4	27
Supervisor's Core	1	8
PAT Foundational Curriculum	5	151
PAT Model Implementation	4	42
Prenatal Curriculum	2	22
FamSys Database	4	54
Supervisor's Refresher	1	5
Family Support Worker Refresher	2	18
Family Assessment Worker Refresher	2	21
Parent-Child Interaction	1	17
Family Issues	1	14
Engaging Fathers Into Services	1	19
Issues in Working with Teen Parents	1	18
PAT: Health, Hearing & Vision Screening	2	31
Ages & Stages Questionnaire 3 (ASQ-3)	1	21
ASQ: Social/Emotional (ASQ-SE)	1	20
Confidentiality, Boundaries & Safety	1	6
Site Networking Meetings	4	239
PAT Life Skills Progression (LSP)	2	27
PAT Born to Learn: 3 to K	1	15
<b>TOTAL:</b>	<b>45</b>	<b>811</b>

## Contact With Program Sites

PCA-NJ's Home Visiting Team maintains continuous contact with all of its program sites and offers assistance through phone, email, and on-site meetings and visits. It is PCA-NJ's goal to ensure that all programs are supported through the implementation of each home visiting model. For the 2011-2012 year, PCA-NJ made **more than 1500** contacts and provided **more than 400** technical assistance sessions with the nearly 30 program sites.



## Site Visits

In addition to the daily contacts and technical assistance sessions, each home visiting program receives an on-site visit to ensure quality assurance and proper implementation of each program model. Unaccredited programs receive a minimum of four site visits per year until they are accredited, while accredited programs receive a minimum of two visits a year.

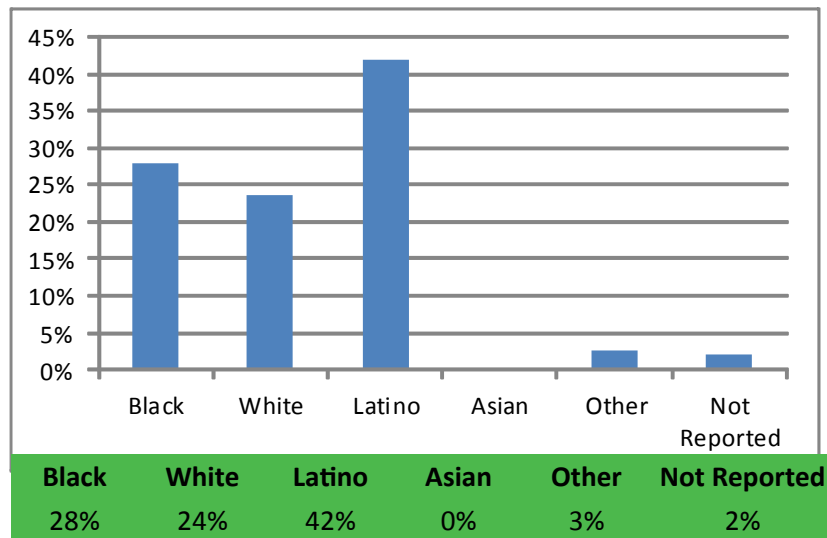
# Technical Assistance

## Section 4

### Home Visiting Staff

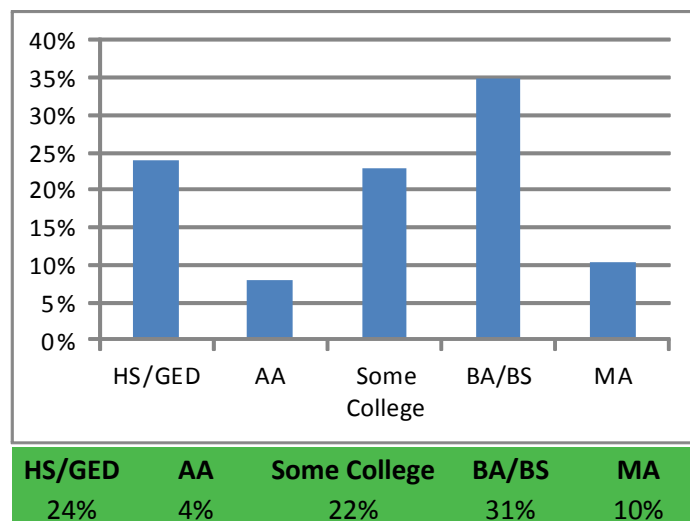
Home Visitors are selected due to a variety of characteristics but most notably because of their supportive nature and experience in working with families and children in culturally diverse communities. Demographic information on the home visiting staff is as follows:

#### Race & Ethnicity

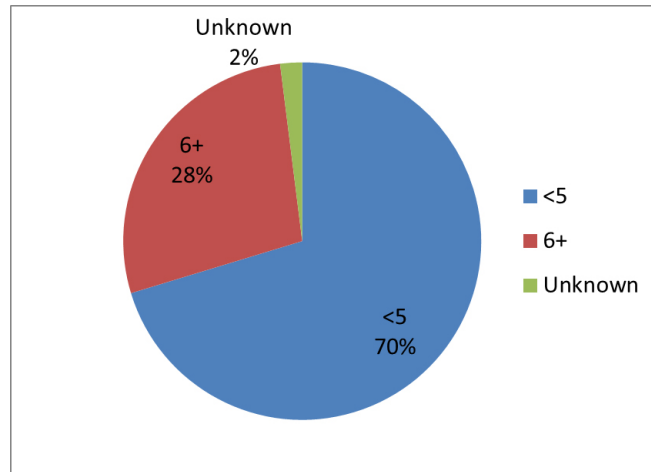


Margin of error = 1

#### Education



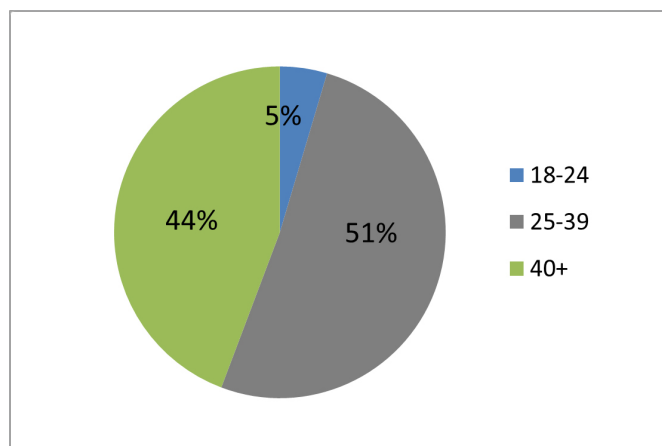
## Years of Experience



While 28% of home visitors have experience working with children and families for six or more years, many also have experience as parents raising their own children. For that reason, many workers find it easy to relate to the clients they serve.

Over 90% of home visitors are 25 years old or older. Clients often report that they prefer having a home visitor that is similar in age or older, as they often look to that individual as someone who can be a mentor.

## Age



# Network Demographics

## Areas of Service

There are currently 21 programs throughout the state operating the Healthy Families model of home visitation—one or more in each county. There are currently 9 Parents as Teachers (PAT) programs operating in Burlington, Camden, Cape May, Cumberland, Essex, Mercer, Ocean, Somerset, and Sussex counties. Due to the MIECHV (Maternal, Infant, and Early Childhood Home Visitation Programs) expansion funding that NJ received this year, the PAT program will be able to expand into the other 12 counties to allow for a full continuum of services for families with children ranging from prenatal to age 5.

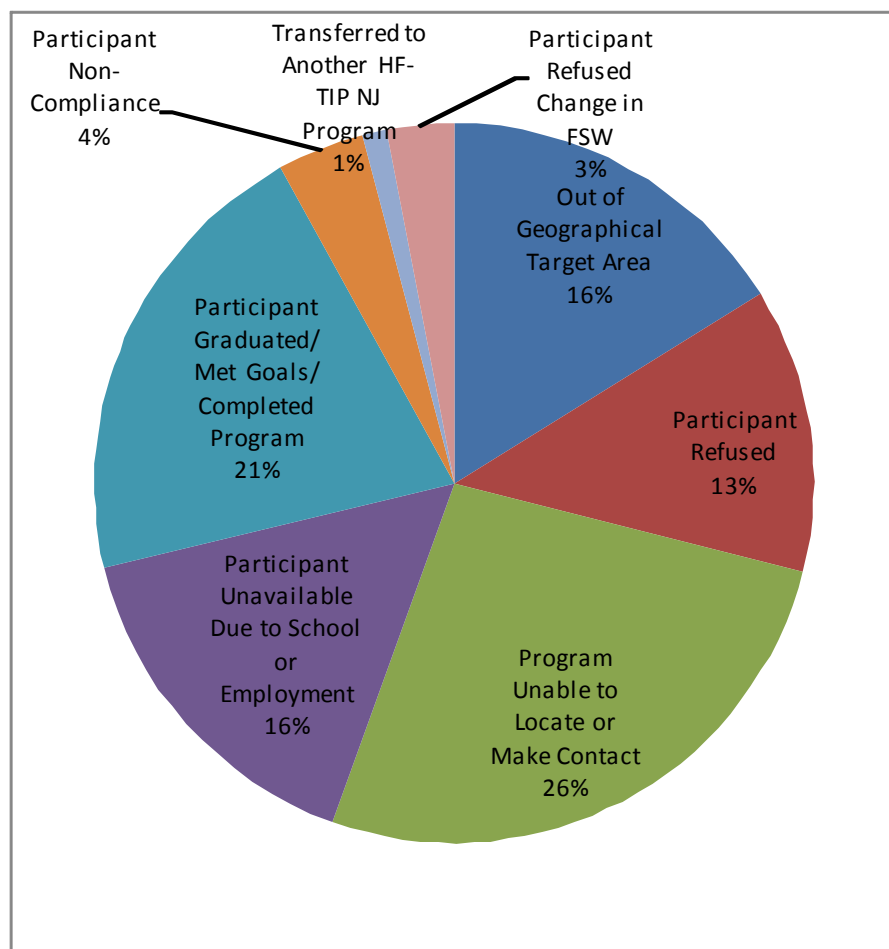
## Families Served

- Over 3,000 families were served during the 2011-2012 fiscal year.
- Over 1,000 pregnant women were served. Of this number, 154 were pregnant with a subsequent child that was not the target child through which they were enrolled into program services.
- Of the families served, more than 3,000 received some form of social service such as TANF (32%), EA (14%), GA (8%), WIC (82%), SSI (6%), and Food Stamps (53%).
- 1,466 families were enrolled in program services.
- Of the 1,466 families enrolled during the 2011-2012 fiscal year, 49% (713) were enrolled prenatally and 51% (752) were enrolled postnatally.
- The highest concentration of clients served was in Essex County (401) with Monmouth County serving the second highest population (266). Both counties provide two locations that offer home visiting services to the community.

## Length of Service

Home Visiting services are offered prenatally up until the child turns 3 years old (Healthy Families-TIP) or 5 years old (PAT). Reasons vary for why services may be terminated early. During the 2011-2012 fiscal year, the number one reason for why services were terminated for a particular client was because the program lost or was unable to make contact with the client anymore (26%). The second highest reason was that the participant graduated/met goals/completed program (21%). Other notable reasons are included in the chart below.

## Reasons for Discharge





## Section 5

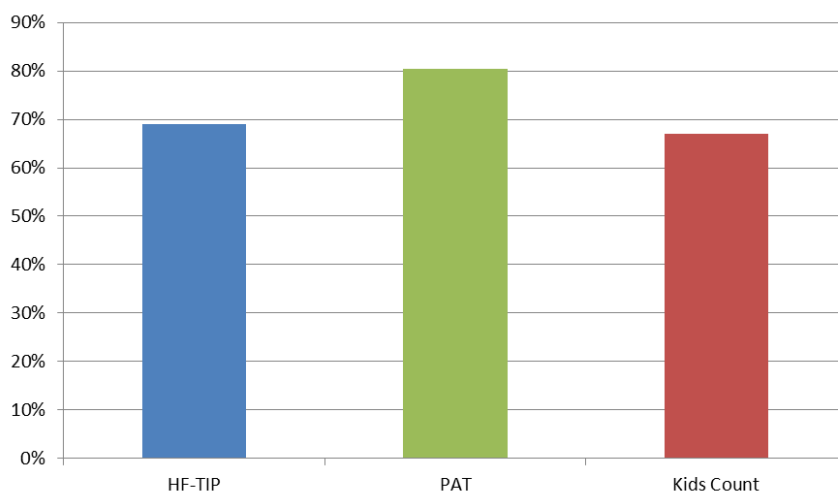
**HFA Goal:** To promote healthy childhood growth and development

**PAT Area of Emphasis:** Provide early detection of developmental delays and health issues

**DCF Outcome #9f (HF-TIP):** All children are up-to-date for immunizations <sup>1</sup> [ages 1 month to 3 years] = (69%)

**DCF Outcome #9f (PAT):** All children are up-to-date for immunizations [ages 1 month to 3 years] = (80.5%)

**Kids Count Indicator (2010):** 2-year-olds who were immunized = (67%)



**Analysis:** The 69% of children who are up-to-date for immunizations is higher than those children who are not enrolled in the Healthy Families New Jersey Program.

The 80.5% of children who are up-to-date for immunizations is higher than those children who were not enrolled in the Parents as Teachers New Jersey program

**Plan of Action:** Healthy Families TIP and Parents as Teachers Programs track immunizations differently. The Department of Children and Families has invested in the creation of a new Parents as Teachers database that will enable Prevent Child Abuse-New Jersey to collect immunization information for both programs in a more consistent manner. Furthermore, all HV programs were recently trained on how to use the immunizations registry which should increase the accuracy of the data collection for both programs.

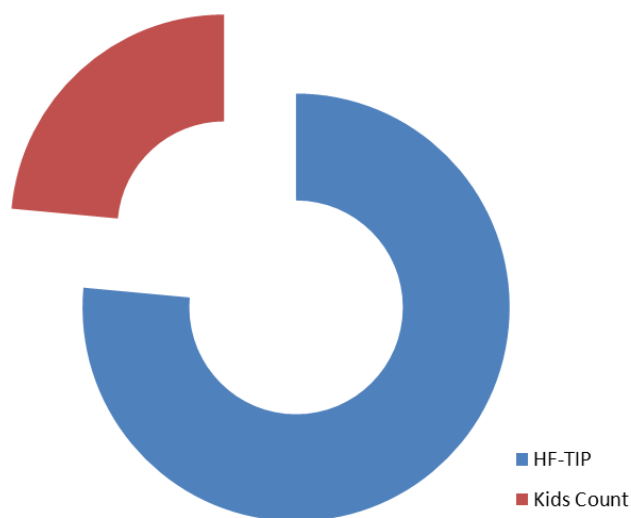
<sup>1</sup> All children up-to-date for immunizations: Families active at end of report period and TC greater than 30 days old in report period. Gives 30 day grace period for due date of visits.

**HFA Goal:** To build the foundations for strong family functioning

**PAT Area of Emphasis:** To build a foundation of family well-being

**DCF Outcome #13b (HF-TIP):** Parent reads stories to child at least 3 times weekly<sup>2</sup>  
[ages 1 to 1.5 years] = (65%)

**Kids Count Indicator (2007):** Children ages 1 to 5 whose family members read to them  
less than 3 days per week = (20%)



**Analysis:** For 2011-2012, 65% of children enrolled in the Healthy Families New Jersey Program had a parent or guardian read stories to them at least 3 times weekly. Other family members in the home are encouraged to read stories and participate in this parent-child activity with the children as well.

**Plan of Action:** Prevent Child Abuse-New Jersey will continue to emphasize the importance of early literacy skills to parents, encouraging families to utilize resources provided by their home visitor and to visit public libraries in their area.

<sup>2</sup> Families active at end of report period, TC 1 year to 1.5 years in report period and Item 42 is minus on the 6 month Infant/Toddler HOME.

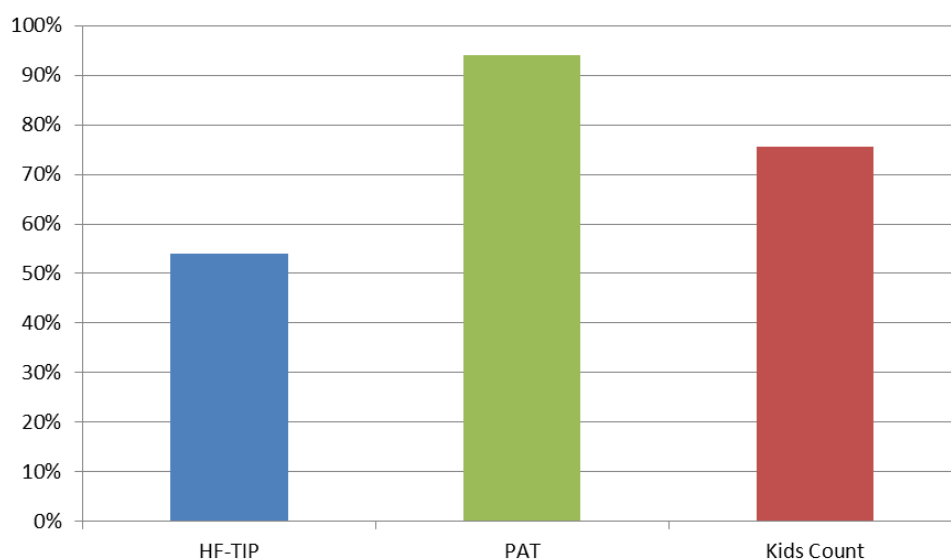
## **HFA Goal: To promote optimal family health and wellness**

### **PAT Area of Emphasis: To promote optimal family health and wellness**

**DCF Outcome #7b (HF-TIP):** On schedule for prenatal care medical visits (ACOG schedule)<sup>3</sup> = (54%)

**DCF Outcome #7b (PAT):** On schedule for prenatal care medical visits (ACOG schedule)<sup>3</sup> = (94%)

**Kids Count Indicator (2008):** Women receiving early prenatal care = (75.6%)



**Analysis:** For 2011-2012, families enrolled in Healthy Families TIP were 5.4 times more likely to be on-time for prenatal care. Of the families enrolled in Parents as Teachers, they were 9.4 times more likely to be on-time for prenatal care.

**Plan of Action:** Through further evaluation, it has become apparent that the two HV programs are measuring this outcome differently. The Department of Children and Families has invested in the creation of a new Parents as Teachers database that will enable Prevent Child Abuse-New Jersey to collect this information in a more consistent manner. Further, programs will continue to educate and promote the importance of prenatal care with the families enrolled in their programs.

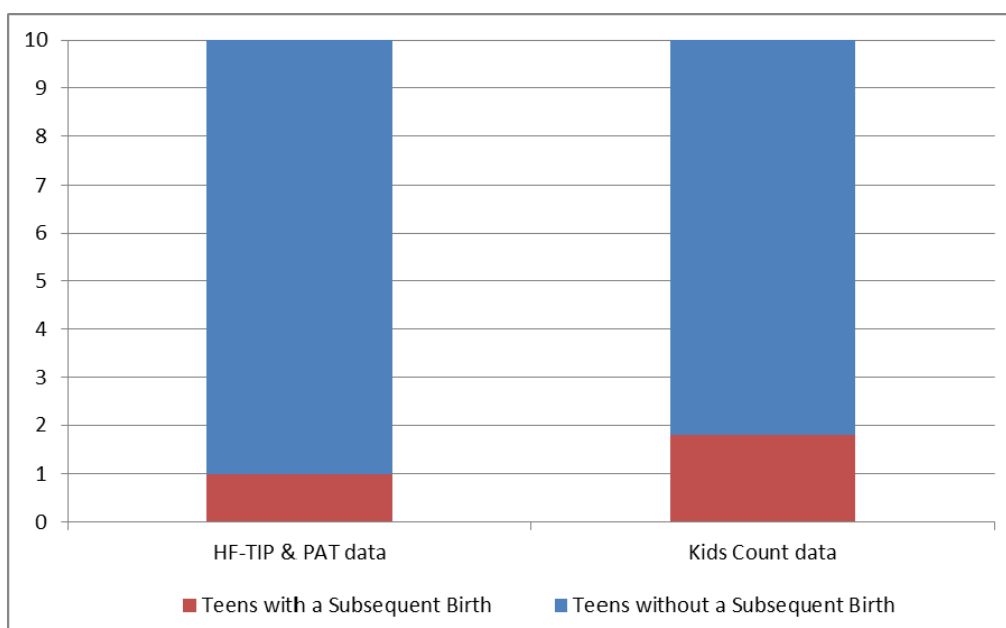
<sup>3</sup> On schedule for prenatal care medical visits (ACOG schedule): Families active at end of report period from the cohort.

**HFA Goal: To promote optimal family health and wellness**

**PAT Goal: To promote optimal family health and wellness**

**DCF Outcome #11b:** Decrease subsequent teen births (<age 19)<sup>4</sup> = (9 out of 10 teens do not have a subsequent birth) (HF-TIP & PAT)

**Kids Count Indicator (2008):** Teens births to mothers who were already mothers = (8.2 out of 10 teens do not have a subsequent birth)



**Analysis:** In 2011-2012, 425 teen families received services from the Healthy Families New Jersey Program. In that same year, 32 teens had subsequent births. The teen subsequent birth rate is the number of teen births per 10 teens. Of the teens enrolled in 2011, 9 out of 10 did not have a subsequent birth.

**Plan of Action:** Prevent Child Abuse-New Jersey and the home visiting programs will continue to promote the importance of baby spacing and will focus efforts with the teen families enrolled. In addition, home visiting programs, where possible, will partner with the Parent Linking Program and other school-based youth services to provide additional support.

<sup>4</sup> Decrease subsequent teen births: Families active at end of report period, PC1 age less than 20 years in report period.

# Program Highlights

# Data Sources

The following resources were used in this publication to produce the statistical data:

- **Parents as Teachers (PAT) Visit Tracker**

PAT Visit Tracker is the web based information management system used by PAT programs. It has the capability to track all the essential requirements of the PAT programs.

- **PAT Affiliate Program Report (APR)**

Annually, the PAT programs must submit an APR describing how the programs are meeting the essential requirements of the PAT program and report on the population in which the program served for the year

- **Family Systems Database (FamSys)**

FamSys is the web based information management system used by the HF-TIP programs. It has the capability to track all documentation required by the Healthy Families model and the funders of the program.

- **Kids Count 2012 Report**

The KIDS COUNT Data Book profiles the status of children on a national and state-by-state basis and ranks states on 10 measures of well being.

# Community Partners

## Atlantic County

### **SNJPC**

2229 Atlantic Avenue  
Atlantic City, NJ 08401  
(609) 345-6420

## Bergen County

### **Care Plus NJ, Inc.**

611 Rt. 46 West Suite  
100 Hasbrouck Heights, NJ 07604  
(201) 894-3989

## Burlington County

### **BCCAP**

795 Woodlane Road, 3rd Floor  
Mt. Holly, NJ 08060  
(609) 835-0167

## Camden County

### **Center for Family Services**

584 Benson Street  
Camden, NJ 08103  
(856) 964-8099 ext. 148

### **SNJPC**

2600 Mt. Ephraim, Suite 401-403  
Camden, NJ 08104  
(856) 963-1013

## Cape May County

### **Holy Redeemer Health System**

1801 North Route 9  
Swainton, NJ 08210  
(609) 465-2082

### **Caring for Kids**

3100 Route 9  
Cape May Court House, NJ 08210  
(609) 675-5400

## Cumberland County

### **Robin's Nest**

42 South Delsea Drive  
Glassboro, NJ 08028  
(856) 881-8689

### **Adolescent Parenting Program**

#### **FamCare, Inc**

570 Chestnut Ave.  
Bridgeton, NJ 08302  
(856) 451-3339

## Essex County

### **PMCHNNJ**

303-309 Washington St.  
Newark, NJ 07102  
(973) 621-7758

## Essex County (cont'd)

### **VNA of Central Jersey**

274 South Orange Ave.  
Newark, NJ 07103  
(973) 412-2000

### **Orange Family Success Center**

170 Scotland Rd  
Orange, NJ 07050  
(973) 677-2500

## Gloucester County

### **Robin's Nest**

42 South Delsea Drive  
Glassboro, NJ 08028  
(856) 881-8689

## Hudson County

### **Care Plus NJ, Inc.**

255 Route 3, Unit 104-B  
Secaucus, NJ 07094  
(201) 222-7791

## Hunterdon County

### **NORWESCAP/FACES**

459 Center Street  
Phillipsburg, NJ 08865  
(908) 213-2614

## Mercer County

### **Mercer Street Friends**

222 N. Hermitage Ave.  
Trenton, NJ 08618  
(609) 278-6901

## Middlesex County

### **CJFHC**

2 King Arthur Court, Suite B  
North Brunswick, NJ 08902  
(732) 937-5437

## VNA of Central Jersey

313 State Street, Suite 416  
Perth Amboy, NJ 08861  
(732) 362-8040

## Morris County

### **PMCHNNJ**

194 Speedwell Ave.  
Morristown, NJ 07960  
(973) 290-9444

## Ocean County

### **Preferred Children's Services**

1500 Route 88 West  
Brick, NJ 08724-2320  
(732) 458-1700 x1205

## Ocean County (cont'd)

### **St. Francis Community Center**

4700 Long Beach Blvd.  
Long Beach Township, NJ 08008  
(609) 494-8861

## Passaic County

### **PMCHNNJ**

1 Ottilio Terrace  
Paterson, NJ 07502  
(973) 942-3630

## Salem County

### **Robin's Nest**

42 South Delsea Drive  
Glassboro, NJ 08028  
(856) 881-8689

## Somerset County

### **CJFHC**

2 King Arthur Court, Suite B  
North Brunswick, NJ 08902  
(732) 937-5437

### **Somerset County Youth Services**

27 Warren St. 2nd Floor  
Somerville, NJ 08876  
(908) 704-6354

## Sussex County

### **Project Self Sufficiency**

127 Mills Street  
Newton, NJ 07060  
(973) 940-3500

## Union County

### **Holy Redeemer Health Services**

354 Union Avenue  
Elizabeth, NJ 07208  
(908) 352-5694

## Warren County

### **NORWESCAP/FACES**

459 Center Street  
Phillipsburg, NJ 08865  
(908) 213-2614



**Prevent Child Abuse**  
New Jersey

103 Church Street, Suite 210

New Brunswick, NJ 08901

1-800-CHILDREN