



Office of Children
and Family Services
Healthy Families NY

Healthy Families NY



2023-2024 Annual Report





About Healthy Families NY

Healthy Families NY (HFNY) is a Healthy Families America accredited home visiting program that seeks to improve the health and well-being of infants and children through home-based services delivered by non-profit organizations in local communities.

The program was established in 1995 by the New York State Office of Children and Family Services (OCFS) and is supported in its implementation by a Central Administration comprised of partners from OCFS, Prevent Child Abuse New York, and the Center for Human Services Research, State University of New York, University at Albany.

<https://www.healthyfamiliesnewyork.org>



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Introduction

Healthy Families NY (HFNY) is an evidence-based prevention program accredited by Healthy Families America. HFNY seeks to improve the health and well-being of children and families by providing long-term support to expectant and new families within their own homes. Services are targeted to families living in communities with limited access to economic and concrete resources. Participation in the program is always voluntary.

**We all need a little
guidance to navigate
the joys and challenges
of parenthood.**

Program Goals

HFNY uses an infant mental health approach that focuses on the relationship between the infant and parent(s), and the attachment that develops between them, to achieve its mission of preventing child abuse and neglect.



Supports Parent-Child Bonding and Relationships

HFNY builds healthy, trusting, and nurturing relationships with parents and teaches parents how to build strong relationships with their children.



Promotes Health, Development, and Safety

HFNY promotes positive parenting strategies, provides age-appropriate child development information, and forges strong connections with medical providers and other community partners to address families' needs.



Enhances Family Independence and Self-Sufficiency

HFNY works with families to build personalized service plans and set meaningful and attainable goals. Family strengths are strategically emphasized to reinforce successes and overcome challenges.



Anyone can refer a family to HFNY. Families who are interested can contact a program themselves to see if they are eligible.

Eligibility

Pregnant and parenting families



Signature Model
Pregnant or infant under 3 months of age

and at least one risk factor

- ☒ Under 21
- ☒ Unmarried
- ☒ Late or no prenatal care
- ☒ Income or financial concerns



Child Welfare Protocol
Pregnant or child under 24 months of age

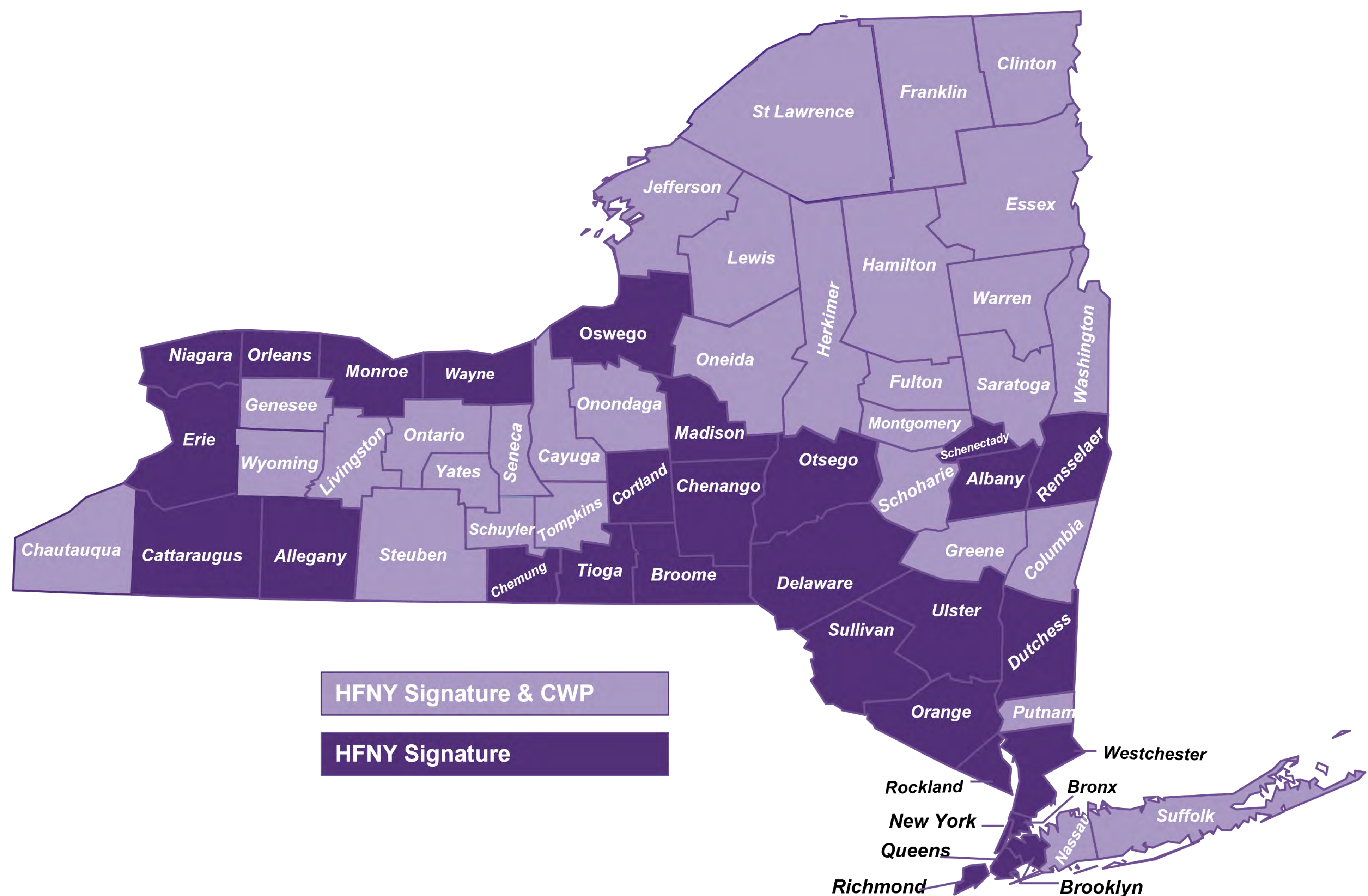
and

- ☒ Referred from a child welfare agency

Home visits begin during pregnancy or shortly after birth. Weekly visits are offered initially and decrease over time as families' needs change. Families can stay enrolled until the child turns 5 years old.

Service Delivery Area

HFNY began serving families in 1995. As of state fiscal year (SFY) 2023-2024, HFNY operates 54 programs and serves all 62 counties in the state. OCFS and HFNY began to implement the Child Welfare Protocol (CWP) in SFY 2022-2023. The CWP extends the eligibility time frame for HFNY enrollment from prenatal to 3 months from birth under the Signature Model (SM) to up to 24 months from birth for families who are referred to HFNY from child welfare agencies. The new and expanded programs began implementing the SM and the CWP in 2023. OCFS and HFNY plan to extend the CWP to the programs already implementing the SM as funds are available. The image below shows the model(s) available in each county during this reporting period.

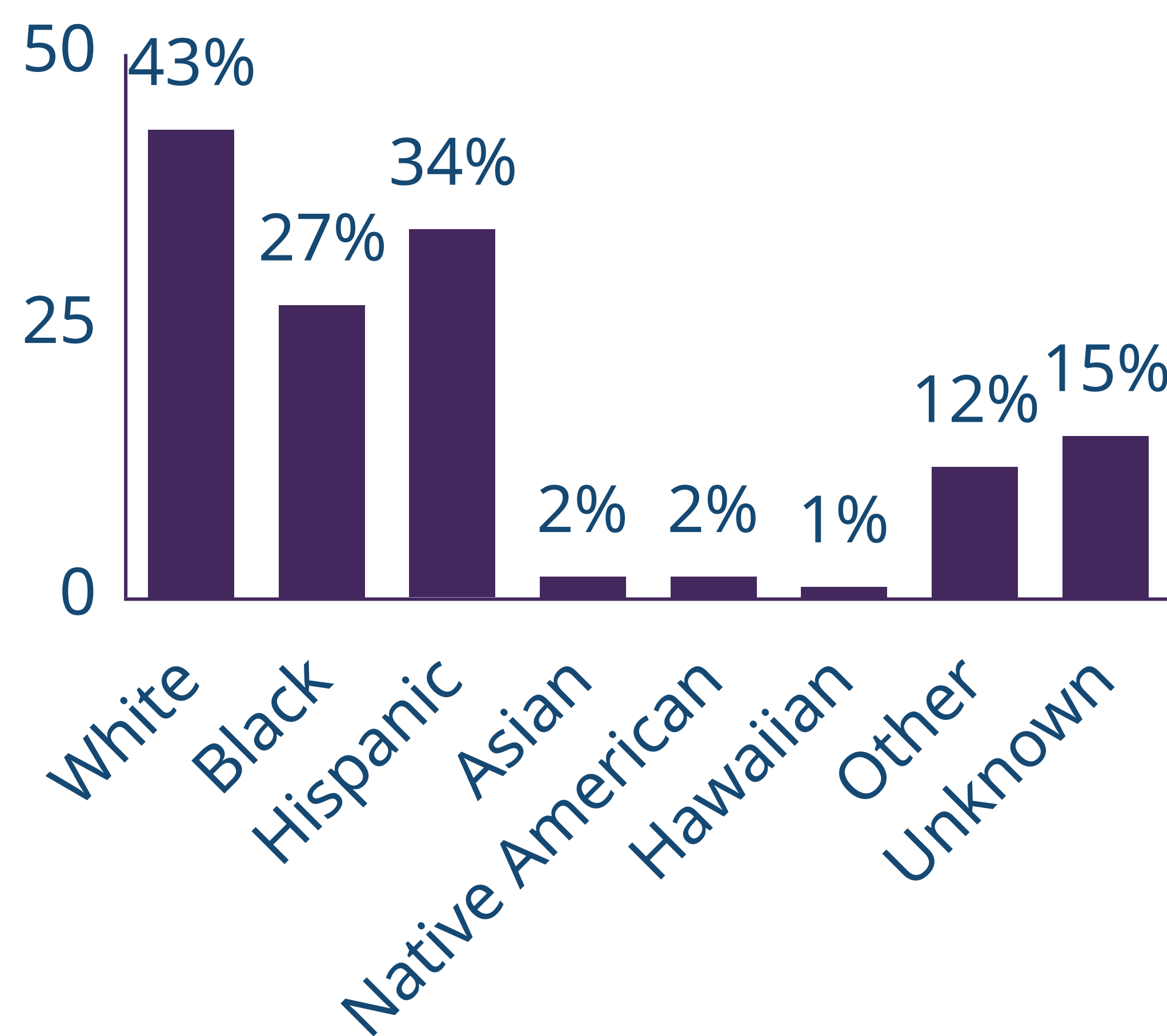




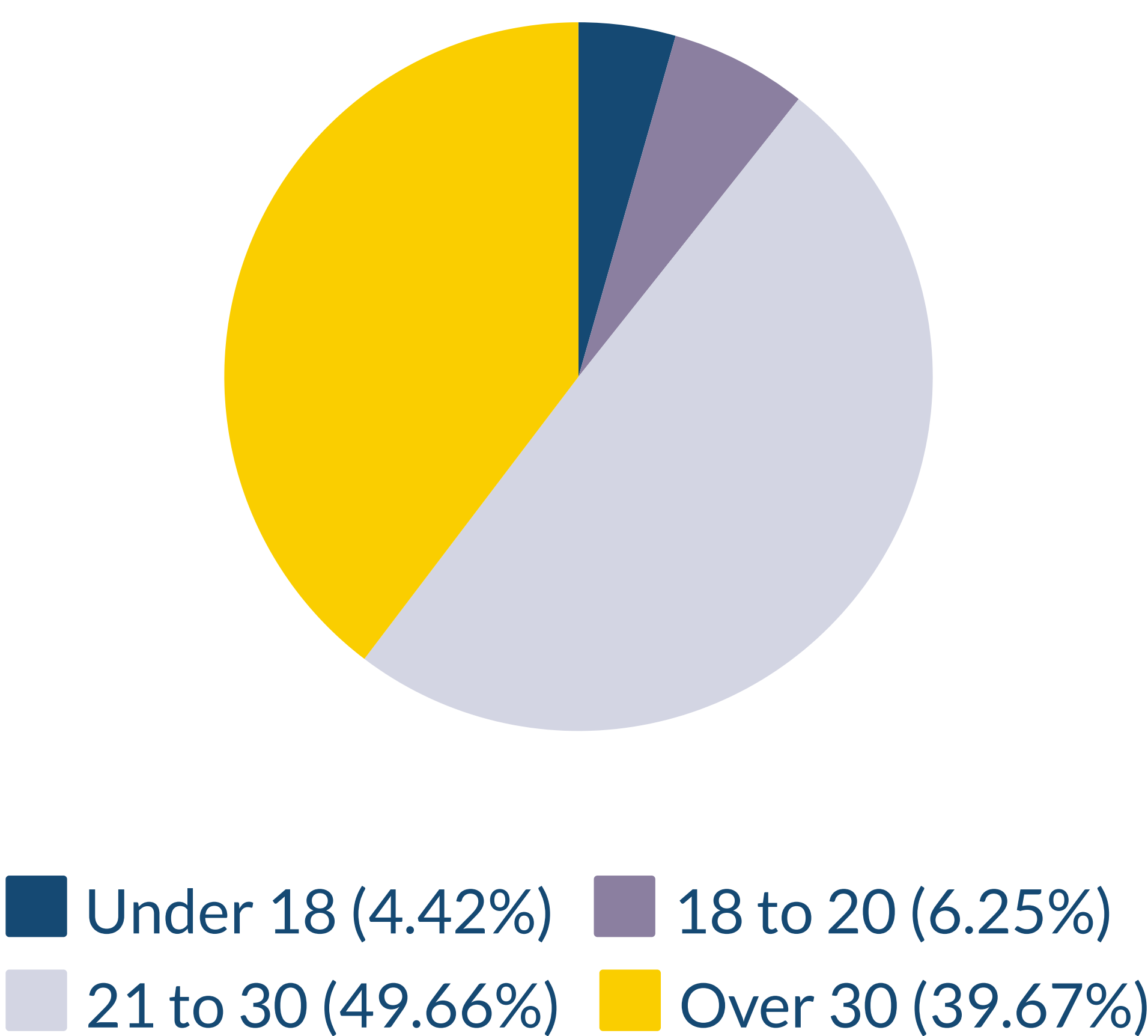
Caregiver Information

Between April 1, 2023, and March 31, 2024 (SFY 2023-2024), HFNY programs provided services to 5,548 caregivers and their families.

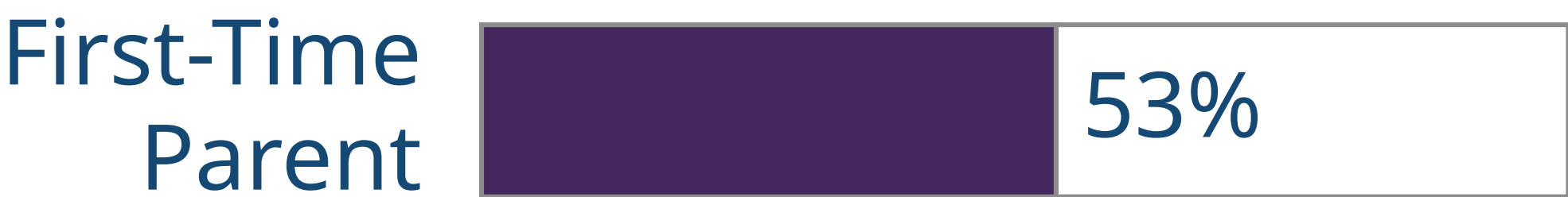
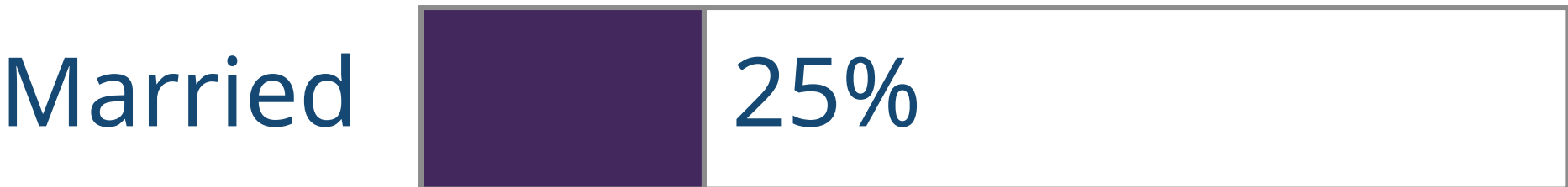
Race/Ethnicity



Age

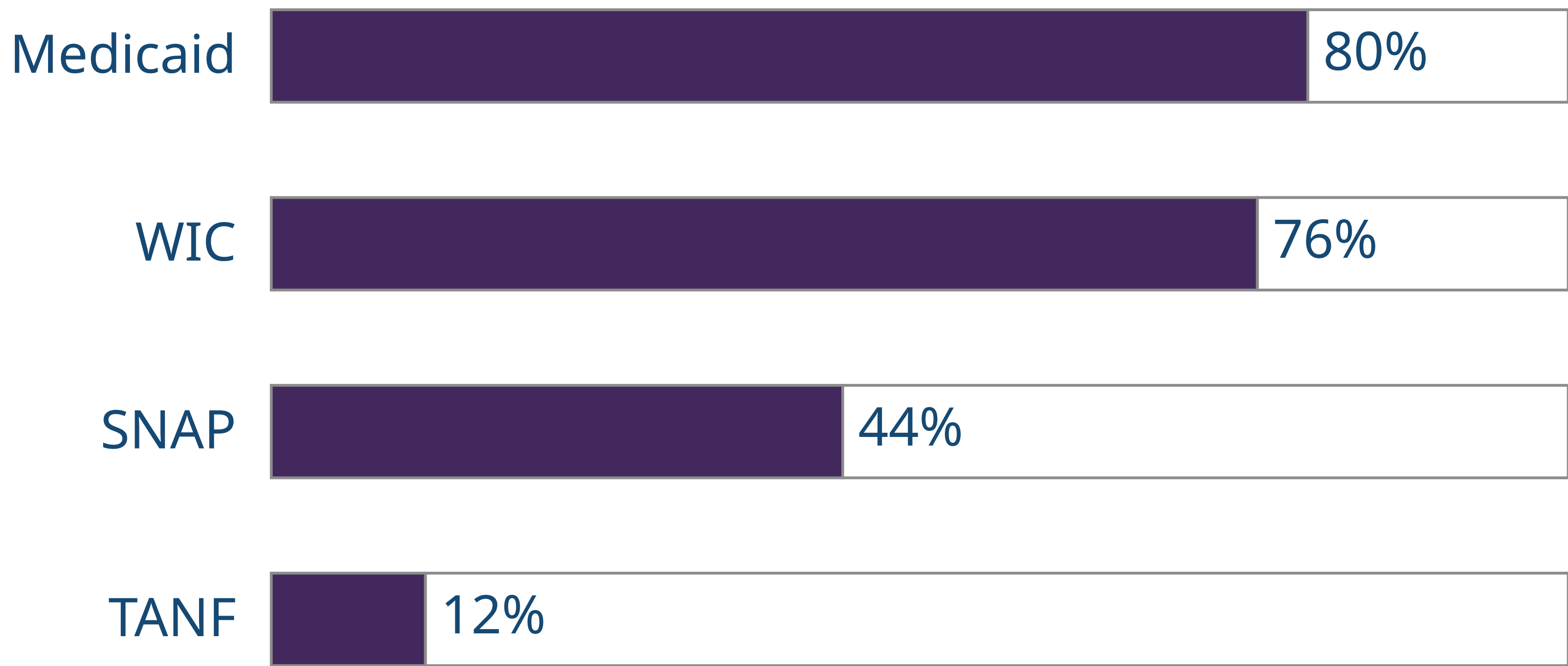


Additional Characteristics



Service Connections at Enrollment

Many of the families served by the program entered with low income. A large percentage were already connected to services for low-income families when they enrolled.

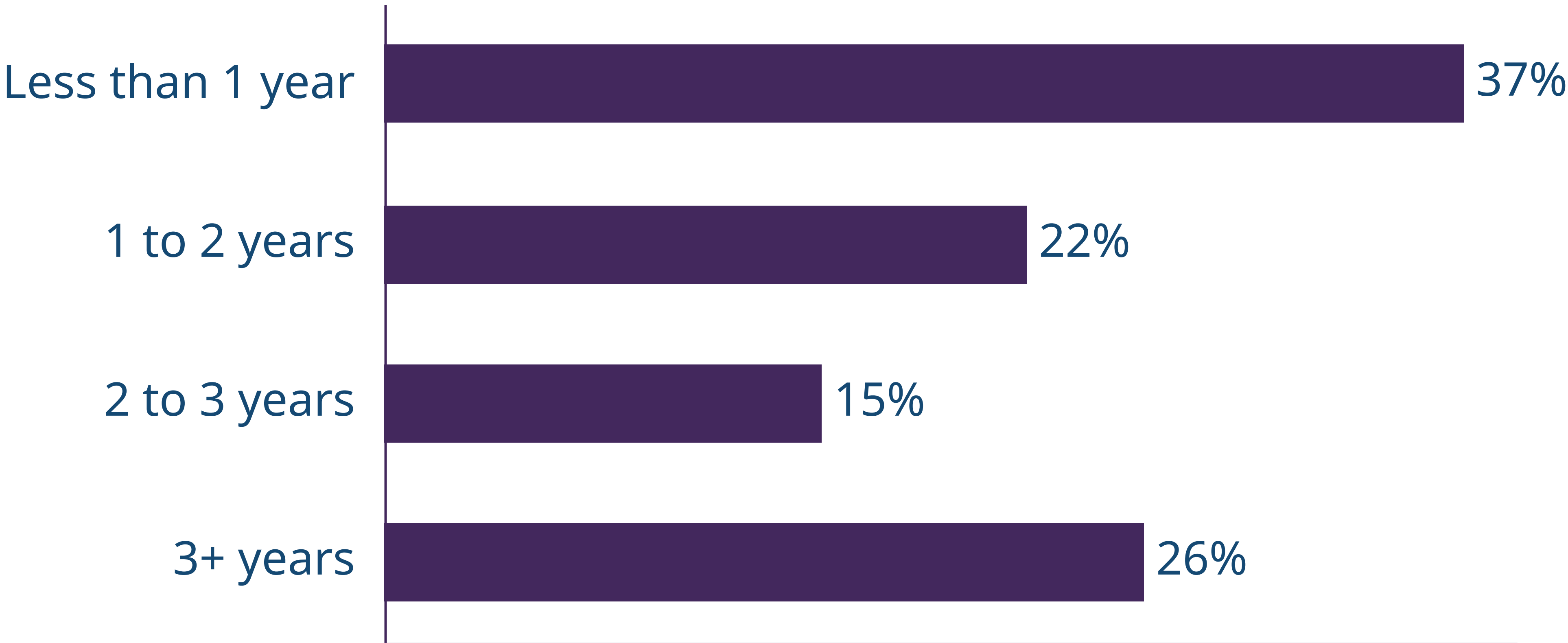


Service Delivery



Length of Enrollment

Families who received services during SFY 2023-2024 had been enrolled for:



Home Visit Completion Rate

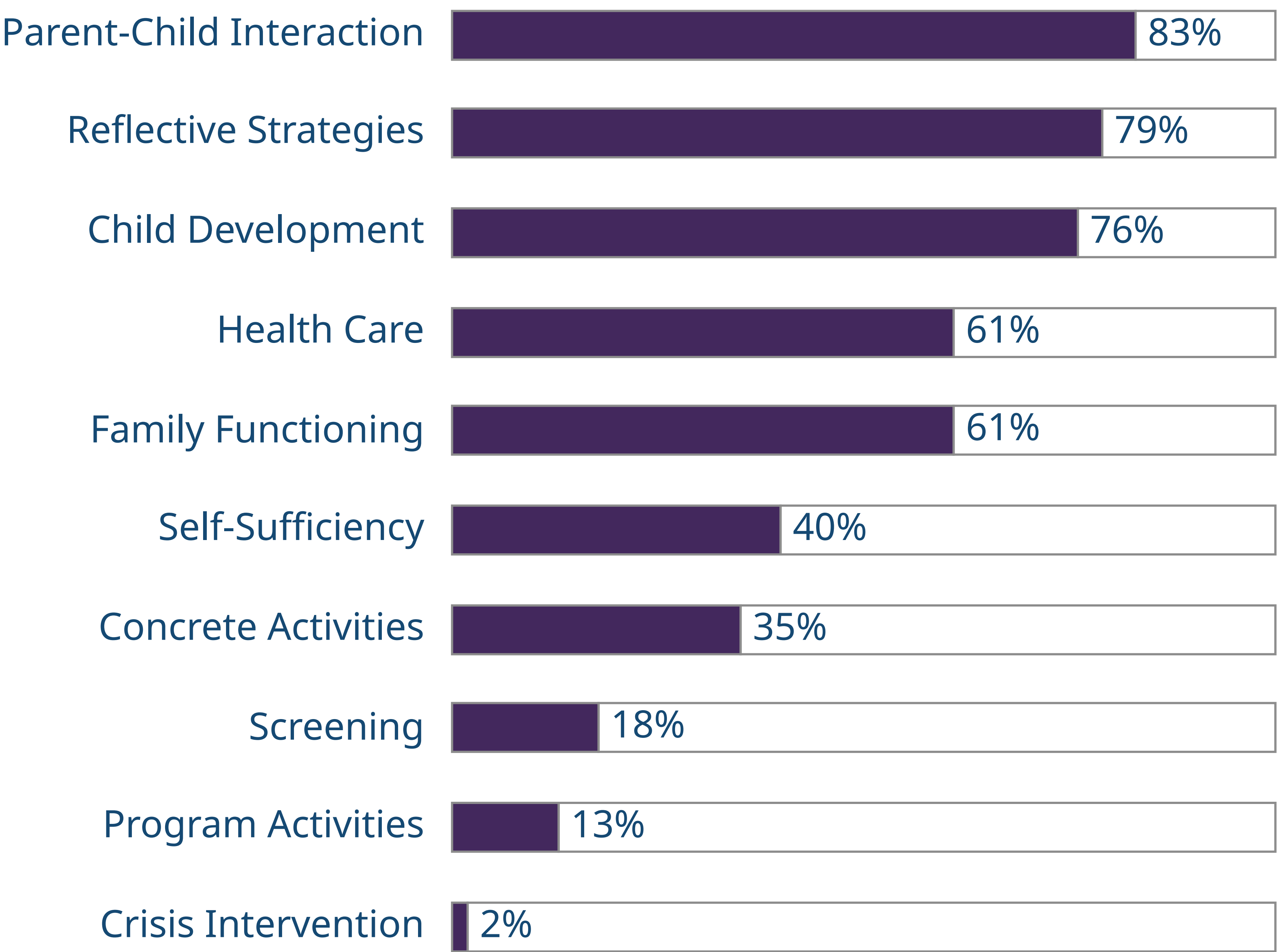
Most families received the intended level of service (i.e., at least 75% of their expected visits).





Home Visit Content

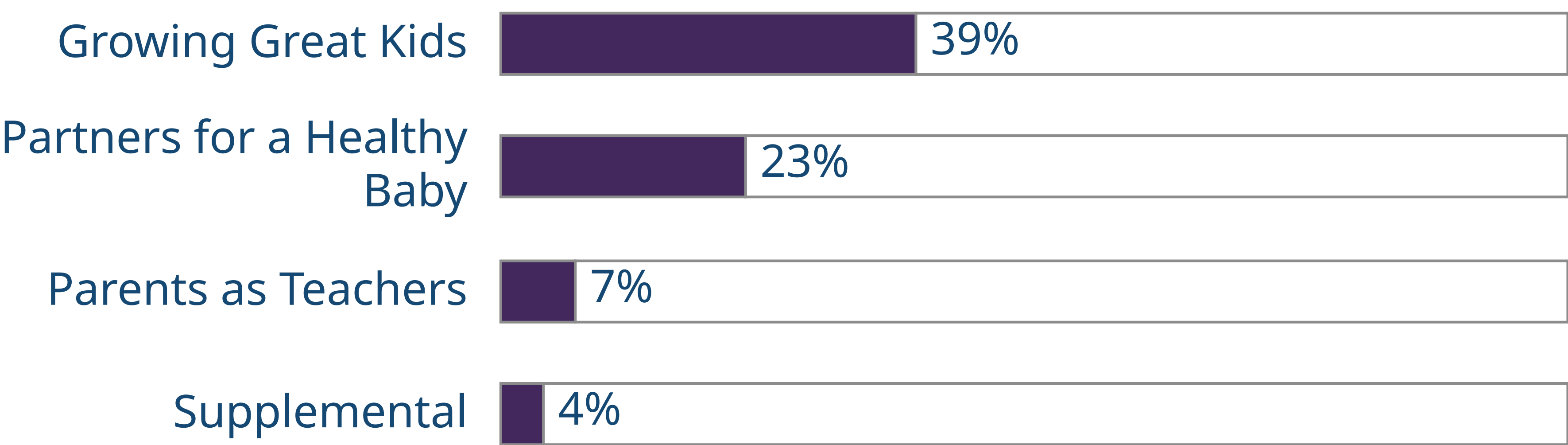
66,304 home visits were completed in SFY 2023-2024.



Curricula

Home visiting programs often use standardized printed or electronic materials (i.e., curricula) to support their work with families. The curricula used generally depends on the needs and characteristics of the families and communities being served. Programs can choose from three primary curricula and may use other supplemental materials to meet the specific needs of their families.

Percent of All Home Visits Using Curricula





Engaging Fathers

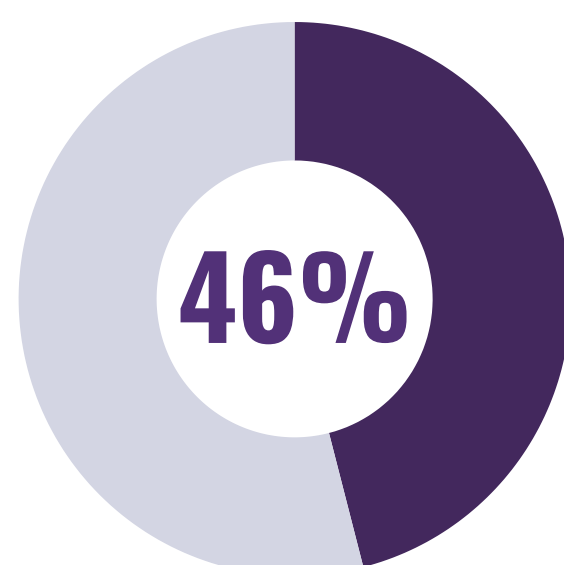
HFNY recognizes the essential role of fathers in supporting the growth and development of children and works to actively and consistently engage them in visits.

In SFY 2023-2024:



of fathers attended at least one

**PRENATAL
HOME VISIT**



of fathers attended at least one

**POSTNATAL
HOME VISIT**

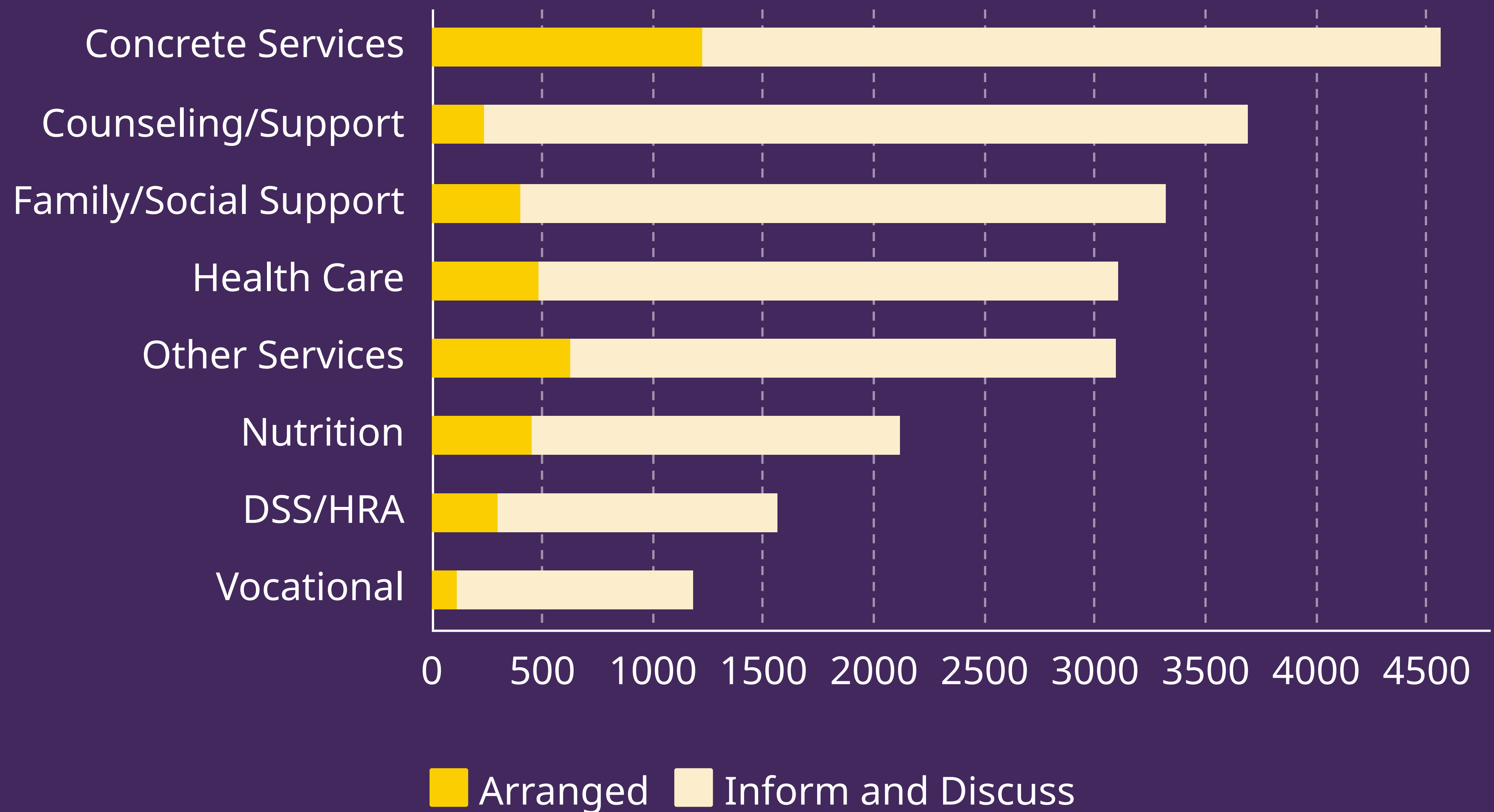


of fathers attended

**10 OR MORE
POSTNATAL
HOME VISITS**

Referrals

Connecting families to needed services is a primary goal of HFNY. During SFY 2023-2024, home visitors documented 22,634 referrals to community-based services.



Referral Outcomes

38%

of all referrals made in 2023-2024 resulted in a service being received.

Arranged

71%

Inform and Discuss

vs

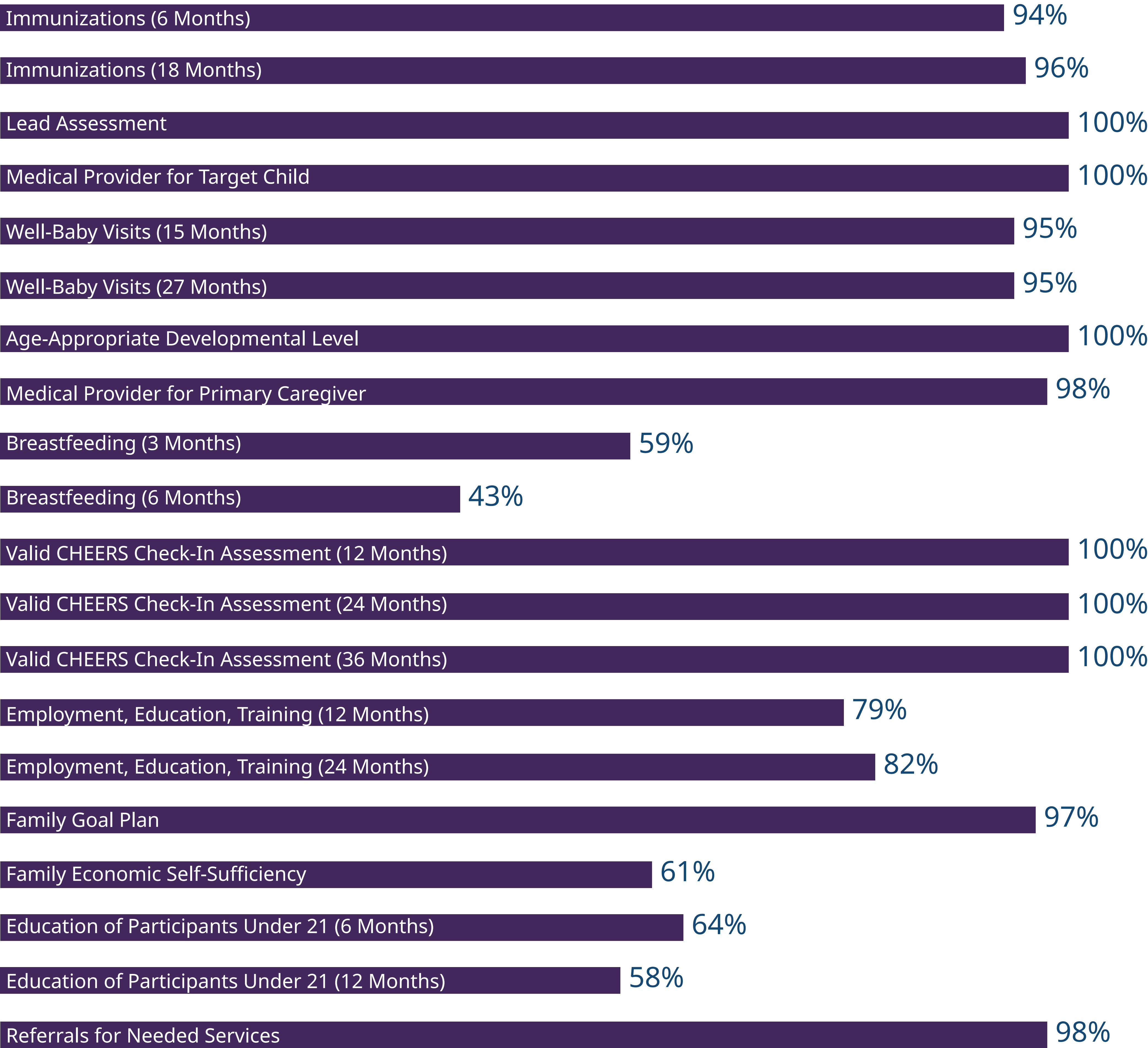
32%

Arranged referrals were more likely to result in a service being received than inform and discuss referrals. Home visitors use their best judgment to determine the most appropriate mechanism for connecting families with community resources (i.e., arranging referrals directly or providing information about a referral and discussing it with families). Supporting families in obtaining resources for themselves is often part of the goal setting process and is a useful strategy to support future successes.

Family Outcomes

HFNY programs work toward achieving family outcomes that align with the goals described earlier in this report: Health, Development, and Safety; Parent-Child Bonding and Relationships; and Family Independence and Self-Sufficiency. The majority of programs were meeting performance targets for these outcomes.

Percent of Programs Meeting the Target



Retention

Retention rates measure how long programs keep families engaged in services. Retention often varies based on caregiver demographic characteristics and social and programmatic factors.

To better understand which factors influence retention, HFNY looked at families who enrolled in the previous year (SFY 2022-2023). Understanding these factors allows HFNY to develop strategies to address them and reduce disparities.

59%

of families who enrolled in 2022-2023 remained enrolled for at least one year.

Retention Patterns

Families who stayed enrolled for at least one year were more likely to:



Be older

Have other children

Speak Spanish as a primary language

Be of Hispanic/Latin ethnicity

Participate in more home visits

Enroll prenatally

Reasons for Leaving

Most of the families who left simply declined further services or identified school or employment commitments as their primary reasons for leaving. Some families were unable to be reached, and after consistent outreach by the program with no progress, their spots were eventually closed.

Summary

Overall, HFNY programs are operating with fidelity to national model requirements and achieving the outcomes that the program is intended to address.



Serving a Diverse Array of Families Across the State

HFNY served a diverse array of families across the state with a particular focus on families living in high-risk or low-resourced communities and worked diligently to engage fathers in program services.



Providing Services as Expected by the Model

Most families received services as intended. HFNY programs addressed the core model components during home visits and made appropriate referrals to other community-based services as needed.



Achieving Positive Outcomes for Families

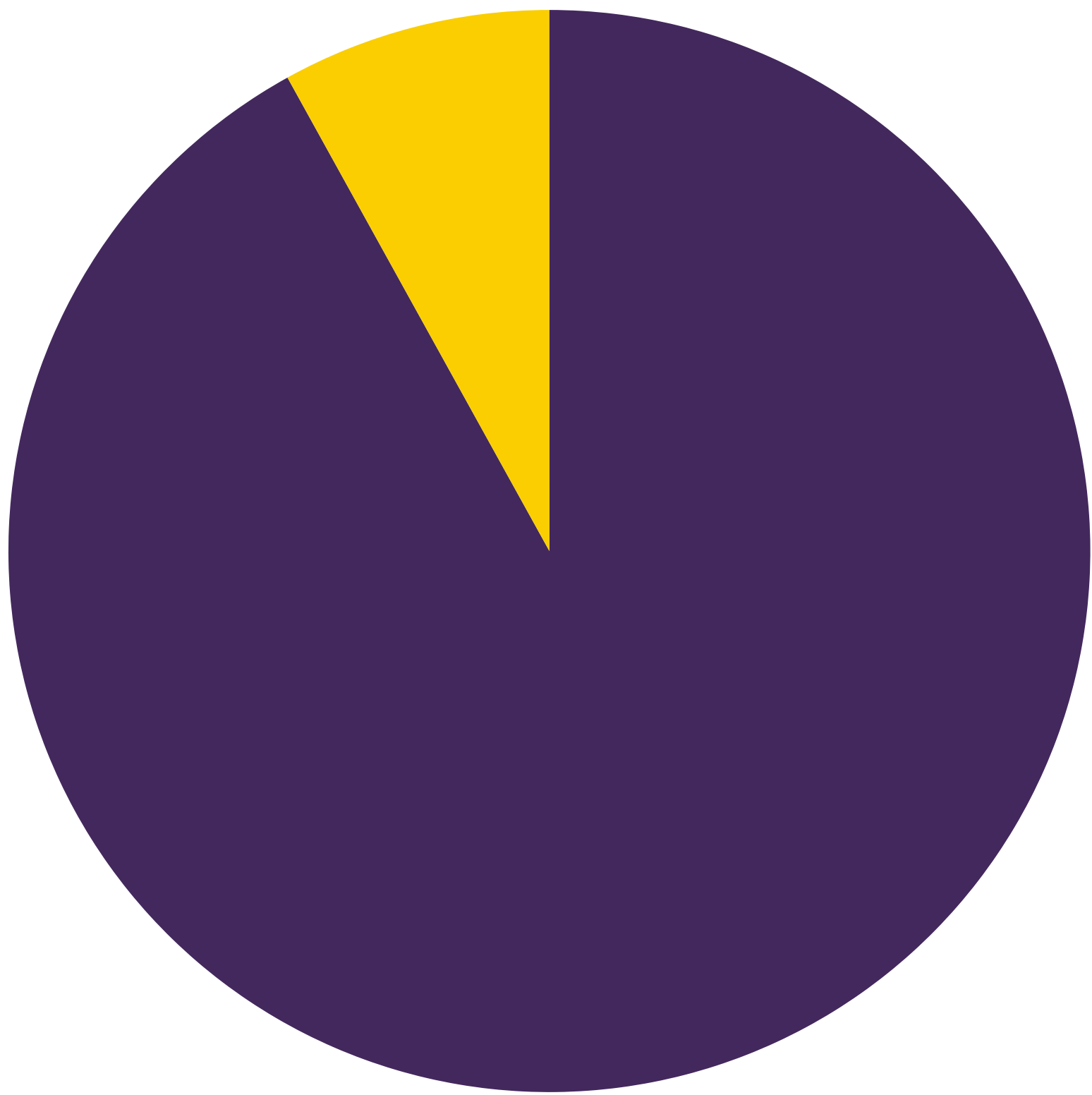
HFNY programs kept families engaged in services and were able to support them in achieving their personal and programmatic goals.

HFNY Central Administration partners will continue to work closely with each program to provide technical assistance and support to address performance that does not yet meet state targets.

Fiscal Information

In SFY 2023-2024, HFNY received \$46,811,023 from state appropriations and the federal Maternal, Infant, and Early Childhood Home Visiting (MIECHV) program. These funds supported the implementation of HFNY programs throughout the state, training and staff development, data collection system design and maintenance, and external evaluation.

The cost to administer the program and evaluate its effectiveness at OCFS is not included in the total amount provided above.



■ State Appropriations (91.95%)
■ Federal MIECHV (8.05%)



Conclusion

This report summarizes the services provided and the family outcomes achieved by the HFNY home visiting program for SFY 2023-2024. HFNY uses an ongoing, data-responsive approach to develop strategies to address identified challenges and reinforce successes. These quality improvement activities are an essential component of the model, fostering equitable and sustainable services and enhancing child and family well-being.

By understanding the context within which positive outcomes occur and taking steps to further promote them, HFNY paves the way for a resilient and prosperous future for children and families.



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<https://www.healthyfamiliesnewyork.org>



Office of Children
and Family Services



Prevent Child Abuse
New York™



CENTER FOR HUMAN SERVICES RESEARCH
UNIVERSITY AT ALBANY State University of New York