



CENTER FOR
CHILD & FAMILY
HEALTH

PERINATAL SERVICES AT THE CENTER FOR CHILD & FAMILY HEALTH (CCFH)

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NCIOM Task Force on Perinatal Systems of Care - July 29, 2019

AGENDA

- Overview of CCFH
- Importance of perinatal supports
- CCFH perinatal supports: Overview of services, program evidence, and funding
 - Family Connects Durham
 - Healthy Families Durham
 - Durham Early Head Start Home Based Program
- Connections to services: A deeper dive
- Statewide efforts

OUR MISSION

Define, practice, and teach
the highest standards of care in
treating and preventing
childhood trauma.

OUR STRATEGIES



Treat child traumatic stress and related diagnoses



Prevent child maltreatment



Transform systems of care to be trauma-informed and guided by evidence-based practices

OUR PROGRAMS

Treatment

Outpatient Mental Health Clinic

Post Adoption Support Services

Prevention

Family Connects Durham

Healthy Families Durham

Durham Early Head Start (Home-Based)

Transformation

NC Child Treatment Program

PCIT & CARE Training

Family Connects Dissemination

Training Grants & Contracts

ANNUAL REACH & IMPACT



2,500+

Children and families in Durham and surrounding communities through clinical and community services

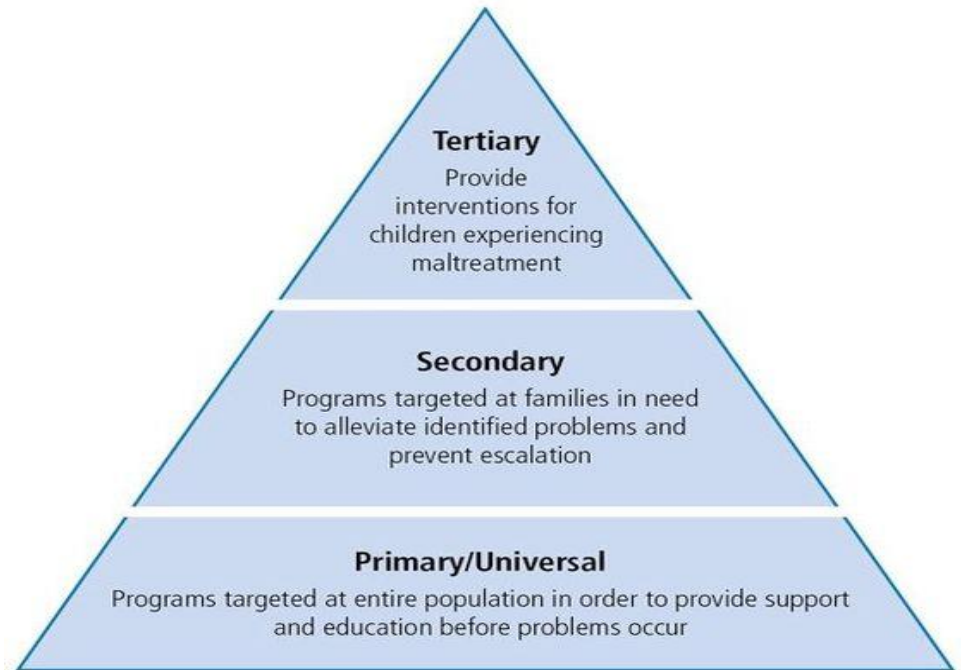


3,500+

Child-serving professionals in NC and beyond through trainings and consultation

PERINATAL SUPPORTS AS CHILD MALTREATMENT PREVENTION

- Positive maternal health and mental health, sensitive parenting skills → better child outcomes and reductions in maltreatment
- Public health approach – with services from universal to targeted



IMPORTANCE OF PERINATAL SUPPORTS

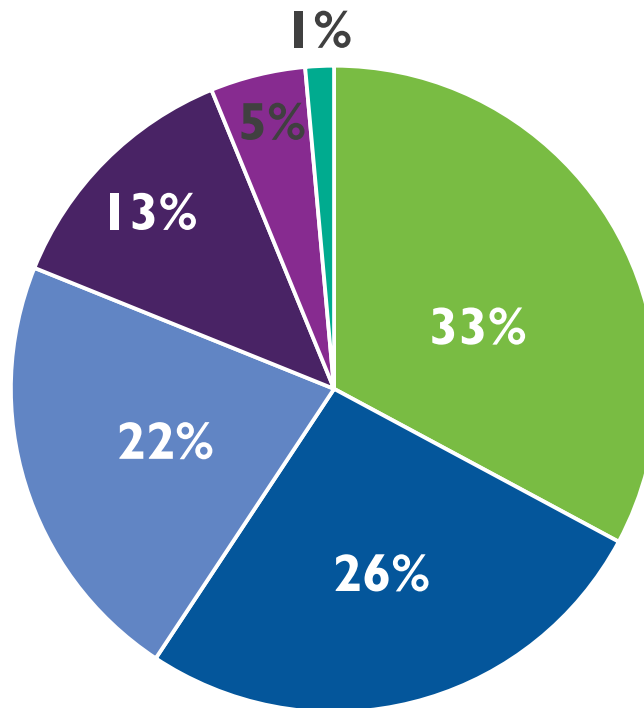
- Critical to maternal health (morbidity/mortality) as well as infant health and development
- Risk factors
 - Prior health history, depression, trauma (childhood maltreatment, sexual violence, intimate partner violence), substance use
- Role of racial/ethnic disparities
- Areas of need
 - Health, mental health, parenting, social support
- Role of prevention and public health approaches
 - Preventing problems in maternal health, mental health, and parenting BEFORE they emerge

PROGRAM OVERVIEW



- Target population:
 - Available to all families in Durham (typically when newborns are 2 -12 weeks of age)
- Services offered:
 - 1-3 home visits from a registered nurse
 - Physical assessment of mother and newborn
 - Supportive guidance/teaching
 - Assessment of 12 risks/needs in 4 domains
 - Connection to community services
 - Follow up contacts and call at 1 month

FUNDING



- Private foundations
- County government
- State grant
- Program income (training)
- Billing
- Local grant

Total Funding 2019 ~ \$945,000

EVIDENCE



- Health
 - Lower rates of maternal anxiety
 - 50% fewer child emergency room visits and hospital overnight stays in 1st year
 - Cost savings: Every \$1 spent resulted in \$3.02 in savings on emergency care by 6 months, and \$3.17 in savings by 24 months
- Parenting
 - More self-reported positive parenting (comforting, reading to infants)
 - More observed maternal sensitivity and acceptance
 - Reduced child maltreatment
- Service linkage (will return to this later)
 - Community connections increased by 15%
 - Families used higher quality child care

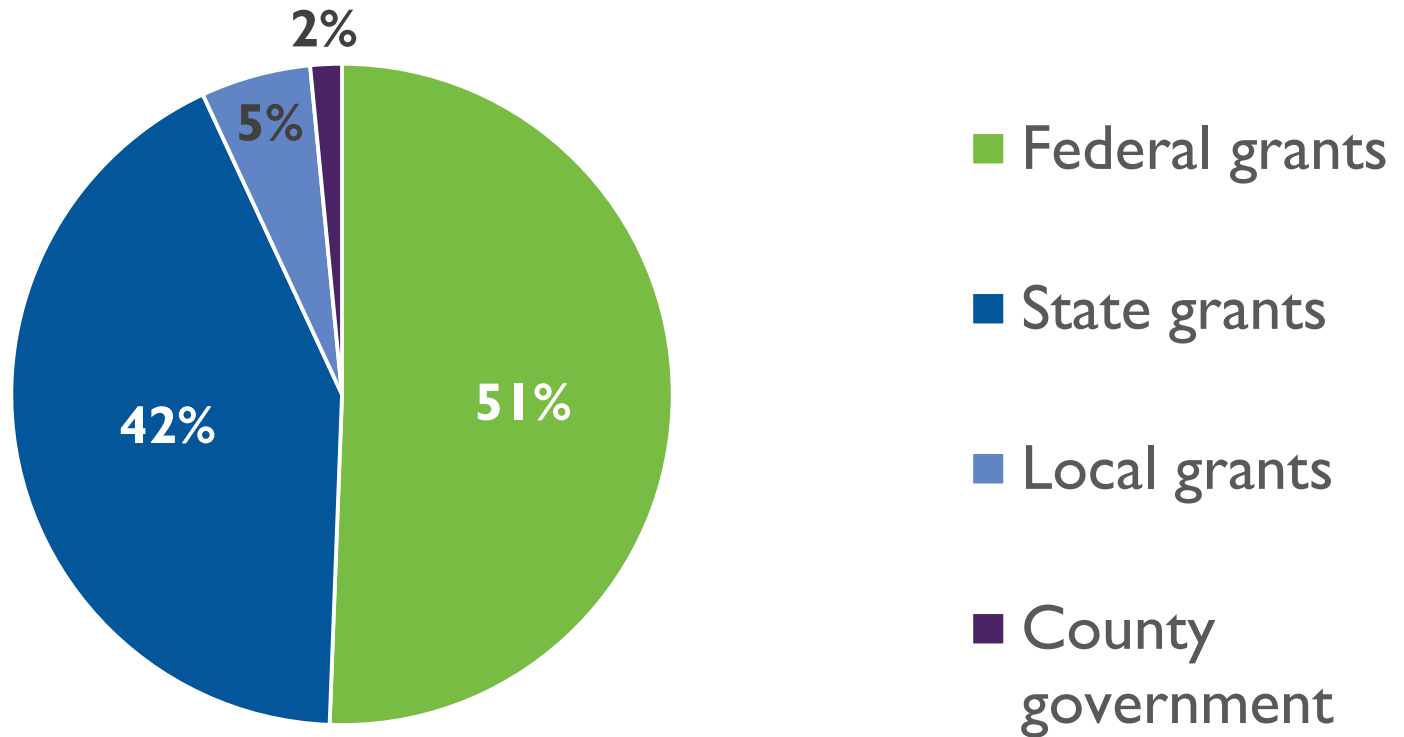
FAMILY CONNECTS IN NC

- Current Family Connects programs in NC
 - Guilford County
 - Forsyth County
- Family Connects programs in planning stage for delivery within ~ year
 - Watauga County
 - Cumberland County
 - Transylvania County

PROGRAM OVERVIEW Healthy Families Durham™

- Target population:
 - Enrolled prenatally or < 3 months child age, services till age 3
 - Families with at least one risk factor for child maltreatment
- Services offered:
 - Weekly or bi-weekly home visits
 - Parent group meetings
 - Support for connection to medical home
 - Developmental screenings
 - Case management (screening for risks and referrals to needed services)

FUNDING



Total funding 2019-20 ~ \$780,000

EVIDENCE

- Health
 - Improved maternal health (pregnancy complications, MH, risky behaviors)
 - Improved child health (LBW, breastfeeding, ED visits)
- Parenting
 - Increase in positive parenting practices
 - Reduction in child maltreatment
- Service linkage
 - Increased linkages to essential services

HEALTHY FAMILIES IN NC Healthy Families America®

- Mitchell-Yancey Healthy Families (MIECHV)
- Catawba Valley Healthy Families (MIECHV)
 - Burke County
- Healthy Families Mecklenburg (Smart Start)

PROGRAM OVERVIEW



- Target population:
 - Low-income families, children with disabilities, children in foster care or experiencing homelessness
 - Prenatal to age 3
- Services offered:
 - Weekly 90-minute home visits
 - 2 socialization/parent-child groups per month
 - Case management and connection to resources

FUNDING

- Total funding 2019 ~ \$295,000
- All through a contract with the local EHS federal grant recipient



EVIDENCE



- Health outcomes
 - No reported effects on maternal or child health
- Parenting
 - Positive parenting practices – esp. re: cognitively-stimulating environment
 - One study found reduction in physical punishment
- Service linkage
 - Improved linkage to educational and employment services, identifying and connecting with disabilities services for children, and transportation assistance

EHS HOME-BASED IN NC



- 18 home-based EHS programs in NC serving 28 counties

CONNECTIONS TO SERVICES: A DEEPER DIVE

- FCD referral follow up data (2019)
 - Of those reached at 1-month post visit: 75% had contacted the referral; 78% of those had received svc
- River et al., 2019 – MH service utilization study
 - Barriers
 - Transportation and accessibility of services (inc financial)
 - Demands of parenting
 - Demands of multiple appointments
 - Cultural differences/barriers
 - Solutions
 - Improve agency-client relationship
 - Offer comprehensive care (practical resources+MH ones)
 - Expand preg-related services (groups, peer mentors)
 - Increase community knowledge about services
 - Improve accessibility (transpo, child care)

FCD PERINATAL DEPRESSION STUDY (REEVES ET AL.)

- Sample: 332 mothers who participated in FCD and subsequent interview at infant age 6 months
- Measures: Edinburgh Postnatal Depression Screener (EPDS)
- Results: Mothers who exhibited depressive symptoms at FCD visit and who received a MH referral were less likely to have a positive screen for depression 6 months later
- Conclusion: community connection may decrease the experience of PPD symptoms

ADDITIONAL SUPPORTS: PERINATAL DEPRESSION

Mothers and Babies Program (Northwestern Univ.)

- Target population:
 - Pregnant (2nd-3rd trimester) and postpartum women
- Service:
 - Perinatal depression prevention intervention
 - Teaches pregnant women and new mothers how to effectively respond to stress (changing thoughts and behaviors), connect with others and to baby
 - Group (6 sessions, weekly, 2 hours) or individual (home-based, 12 sessions, weekly, 15-20 minutes)

ADDITIONAL SUPPORTS: PERINATAL DEPRESSION

Mothers and Babies Evidence:

- 3 RCTs of M&B groups demonstrated:
 - Fewer new cases of clinical depression
 - Reduction in depressive symptoms
 - Improved mood management
- CCFH implementation description
 - <https://www.ccfhnc.org/resources/mothers-babies/>

ADDITIONAL SUPPORTS: MATERNAL TRAUMA, DEPRESSION, & ATTACHMENT

- Cognitive Processing Therapy
- Child Parent Psychotherapy
- Attachment & Biobehavioral Catch-up

STATEWIDE PROGRAMMING

- Multiple agencies working on similar home visiting models
 - NC Partnership for Children, DHHS, DPH, Head Start/Early Head Start
 - NC Home Visiting Landscape study
- What could be done to expand?
 - Role of universal home visiting
 - Role of PPD support

FOR ADDITIONAL INFORMATION, REFERENCES, AND DETAILS

- Family Connects International
 - www.familyconnects.org
- Healthy Families America
 - www.healthyfamiliesamerica.org
- Early Head Start
 - <https://eclkc.ohs.acf.hhs.gov/programs/article/early-head-start-programs>
- Mothers and Babies
 - <http://www.mothersandbabiesprogram.org/>
- HomVEE (Home Visiting Effectiveness of Evidence)
 - <https://homvee.acf.hhs.gov/>

NC RESOURCES

- NC Home Visiting Landscape Study
http://jordaninstituteforfamilies.org/wp-content/uploads/2018/09/NC-HV-Study-09_07_18-FINAL.pdf
- Maternal Infant and Early Childhood Home Visiting program
<https://publichealth.nc.gov/wch/aboutus/ebhv.htm>
- Think Babies NC
<https://www.ncearlyeducationcoalition.org/think-babies-nc/>
- NC Early Childhood Action Plan
<https://www.ncdhhs.gov/about/departments/initiatives/early-childhood/early-childhood-action-plan>

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