



Strong and Resilient Families: Home Visiting Offers Families a Chance to Thrive

In California 16% of children age 0-5 years live in poverty and 20% of adults living with children felt down, depressed or hopeless.¹ Over 56,000 children have substantiated cases of maltreatment, and a sizable 45% of these are 0-5 years and 16% are under one year of age.²

Families who experience poverty, domestic or community violence, homelessness, racism or other traumas, need additional support to reach their fullest potential. **Home Visiting** is a model that brings vital supportive services to families in a location that is convenient and often most safe – their home.

CCRC's Home Visiting program supports pregnant women and families of children 0-5 years old. Its mission is to partner with parents to provide the information, support, and encouragement to help children develop optimally during the crucial early years of life. Home visits provide:

- parent and child activities
- community resource referrals
- health and wellness screenings
- goal setting
- child development and protective factors information

Who We Serve

80% of the families were Hispanic/Latinx, $\frac{3}{4}$ had an annual income of less than \$20,000/year, and were single parents. Additionally, 55% had 2 or more life stressors. These families need a greater level of support to reach their potential and thrive compared with families who may be more resourced.

Outcomes for Families

CCRC's Home Visiting programs have shown outcomes in the areas of Strengthening Families, Protective Factors.³ Building strong families prevents child maltreatment and promotes optimal child health and development. This brief includes data from July 2020 to March 2022 for 334 families enrolled in CCRC's Home Visiting programs.

¹ <https://datacenter.kidscount.org/data#CA>

² <https://ccwip.berkeley.edu/childwelfare/reports/SubstantiationRates/MTSG/r/rts/s>

³ <https://www.casey.org/media/evidence-based-home-visiting.pdf>



Supporting Stronger Families

The section below brings impactful stories from families, illustrating how Home Visiting builds on family strengths to ensure positive outcomes for children.

Parental Resilience

Managing stress and functioning well when faced with challenges, adversity, and trauma.



31%

of stories provided by program staff describe improvements in parental resilience

All parents are screened annually for mental health challenges.⁴ Over the years of 2020-2022, 35 parents were referred to mental health supportive services to better support their management of stress and experience positive well-being.

One parent is learning how to navigate life with her baby, handle struggles due to her parent's undocumented status, and facing her abuser frequently because he is the father of the baby. She persists and continues to work with the Social Workers to navigate the court system while keeping her goal of obtaining full custody of her son. The Parent Educator assisted her with learning how to enroll in community college and apply for financial aid. Now that she is re-enrolled in community college she has a goal of transferring to a university and studying child development.



76 Financials goals met



72 Educational goals met



42 Employment goals met



I went through a depression and the Parent Educator helped me a lot with resources. She has always been concerned about our well-being.

- Parent in CCRC Home Visiting program



Social Connections

Positive relationships provide emotional, informational, instrumental, and spiritual support.



24%

of stories provided by program staff describe improvements in social connections for families

CCRC's Home Visiting program provided 122 group connection experiences to ensure that parents had optimal social connections, building their emotional, instrumental, and spiritual support. For many whose main role is parenting, the Parent Educator serves as a vital source of social connection.

One parent of a 9-year-old and a 9-month old recently lost her mother who had been a tremendous support to her. She expressed she needs the help of her mother even more now. Being in this program has given her hope and she already feels supported in every way to strengthen her parenting skills.

566 referrals for enrichment

- community centers, libraries, and museums
- parks and leisure
- community groups
- community events

Knowledge of Parenting & Child Development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.



14% of stories provided by program staff describe improved knowledge of parenting and child development

Parent Educators complete the Parents' Assessment of Protective Factors (PAPF) and provide resources based on this and other screening tools to support families in their parenting and child development goals.

A father stated he was able to observe his child problem-solve, be curious, and begin to see that learning happens in sequence. He also stated that being able to observe this, he wants to honor his child's emerging independence by providing his child with opportunities to do things on his own before intervening. Through discussion, the parent noted how his child imitates his behaviors and he expressed a new motivation to be a positive model for his child.

215 child development or parenting goals were accomplished by parents over a 2 year period.

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I see how much my child has benefited and learned in these past 3 years and you guys teaching me how to parent the right way and for that I will forever be grateful.

- Parent in CCRC Home Visiting program



Concrete Support in Times of Need

Access to concrete support and services that address a family's need and help minimize stress caused by challenges.



46% of stories provided by program staff describe improved support in times of need

2,400 referrals were made, providing vital supports for families. Families are connected to food and supply drives coordinated by CCRC as well as grants for furniture, housing, utilities, technology, and any other items needed for basic survival or to obtain the next rung on the ladder of success. By providing the “basics” in food, supplies, and shelter, Parent Educators ensure parents can turn their attention to supporting their child instead of operating in survival mode.

A parent shared the need for a bed for her son since he was co-sleeping with his parents. She mentioned that when the Social Worker would return to the home, he was going to see that her son had his own bed and it was all thanks to CCRC. She was very appreciative of how quickly she received this and that it could have been the reason DCFS removed the child from her home.

2,400 referrals for resources between July 2020 and March 2022

- basic essentials
- food and nutrition
- housing
- immigration legal services
- utilities
- emergency crisis intervention

Social & Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.



14%

of stories provided by program staff describe improved child social and emotional competence

All children in the program receive screening for developmental delays. 45% of children across age groups were identified and referred to services. These children may not have been identified if it were not for the Home Visiting program, making later intervention more intensive and costly.

During an initial visit a Parent Educator noticed potential concerns in a child's speech. The Educator worked with the parent on learning sign language with her child and her son is now able to communicate his wants and needs.

Parent Educators actively support these parents and their children who have delays



75 hearing delays



72 developmental delays



29 physical delays



29 social-emotional delays



15 vision delays

Many stories illustrated the whole family approach to CCRC's Home Visiting program. Grants obtained by CCRC's Communications Division along with other programs at CCRC (subsidized child care, Your Money Your Goals, Help Me Grow, etc.) allow Parent Educators to connect families with necessary programs and services based on their current needs.

A parent was having a hard time getting back on her feet, and was living in a shelter with her two children. CCRC was able to help them get an apartment and helped her receive furnishings from a local community resource. The parent soon began looking for work and obtained a full-time job working from home in February 2021. The Parent Educator connected her with subsidized child care and the children are attending child care full-time. The parent recently completed her first goal for Your Money, Your Goals, and has made two on-time car payments for a new vehicle she recently bought. She hopes to practice good money habits that will help build her credit for future expenses.

Call to Action

Prevention is almost impossible to evaluate because one has to measure an event that will not occur. But programs that prevent child maltreatment can potentially save a lifetime cost of \$210,012 per victim or a staggering \$1,272,900 cost per victim death.⁵ Home Visiting programs provide the necessary tools for future success and prevent some families from experiencing devastating circumstances. Investing in this preventative model is much less costly than future intervention.

⁵ <https://www.casey.org/media/evidence-based-home-visiting.pdf>



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