

Healthy Start

Coalition of Hillsborough County



EVERY BABY DESERVES A HEALTHY START



ABOUT US

The Healthy Start Coalition of Hillsborough County is a private, non-profit maternal and child health organization dedicated to reducing Hillsborough County's infant mortality rate and improving the health of pregnant women.

The Healthy Start Coalition of Hillsborough County works with community organizations and individuals with a vested interest in maternal and child health to maximize community resources, and offer a variety of programs to meet the needs of women, children and families.

**Our mission is to improve the health and well-being
of pregnant women, children and families in Hillsborough County.**



OUR PROGRAMS

HEALTHY START COALITION OF HILLSBOROUGH COUNTY

HEALTHY START

Programs, resources and support for a healthy pregnancy and birth



HEALTHY FAMILIES

Positive parent-child interaction and childhood development to prevent abuse



SAFE BABY

Developmental screening and education



NURSE-FAMILY PARTNERSHIP

Pregnancy and early childhood health programs utilizing nurse home visitors



WIRS AT WIC

Education, resources and support on pregnancy and childbirth

ADOLESCENT & TEEN HEALTH

Focusing on improving access to health services and resources

PLAN OF SAFE CARE

Wrap-around services with education, Support, health promotion, and PEDI Clinic

FETAL INFANT MORTALITY REVIEW

Reviews information from individual cases of fetal and infant death

HEALTHYSTEPS

Provides services and outcome measures that impact participants at the prevention level



HEALTHY START



The Healthy Start program provides moms, newborns and families with education, support and resources through services in the home, hospital, community settings, one-on-one phone calls or through a video conference. Services are voluntary and provided where most convenient for the family. Services are based on the family's needs and proven methods to improve birth outcomes, child development, parent-child interaction and maternal lifecourse.

Healthy Start is available to all pregnant women and mothers of newborns. After being referred to the program, a professional will ask you a series of questions to determine how Healthy Start can best help you. That may include referrals to community resources, giving you educational materials or enrollment in a program where someone will provide additional services through face-to-face contact.

How do I enroll?

As soon as you think you may be pregnant, schedule a visit with your obstetrician or health care provider. During this initial visit, ask for the Healthy Start Prenatal Risk Screen. This is a simple one-page questionnaire that is completed by you and your medical provider. The answers to these questions are kept confidential and are used only to provide the best possible care for you and your baby.

Pregnant women and new moms can also sign up by calling (813) 307-8016.



HEALTHY FAMILIES

Healthy Families Hillsborough (HFH) is a nationally accredited, evidence based program designed to support each parent by offering wrap around support during and after your pregnancy. Sponsored by the Children's Board of Hillsborough County, Ounce of Prevention Fund of Florida and the State of Florida, Department of Children and Families, we offer personal and emotional support, referrals to other services like Early Steps and help set goals that are individual to you. Services are voluntary and offered for free and flexible enough to work with your busy schedule.

Anyone can make a referral to HFH. We will work with you to identify how we can provide services that are designed for you as a parent. A Family Resource Coordinator will meet with you to further explore what resources you as a parent are in need of. After this discussion, you may be provided referrals to services in your community that can help you meet your needs and goals.

A Family Support Worker, representing the language and culture in your community, may offer on-going support. They can begin working with you as early as when you are pregnant or after the baby is born, before the baby turns 3 months. Services are voluntary and can last up until your child's 5th birthday.

How do I enroll in Healthy Families Hillsborough?

For more information, call Carmen Siegfried at (813) 514-0730 or Barbara Macelli at (813) 233-2966. Or, you can fill out the HFH Referral Form.





SAFE BABY

Safe Baby offers community-based education to teach parents and caregivers how to protect their babies from the leading causes of preventable deaths as determined by the Healthy Start Coalition's Fetal Infant Mortality Review team. Staff from Hillsborough County hospitals and agencies receive comprehensive trainings along with a curriculum and patient materials to teach parents about direct actions that they can take to protect their babies.



Safe Baby Plus offers developmental screening for parents and caregivers of newborns under age one. Many parents sign up before leaving the hospital after their babies are born. Parents complete the Ages and Stages Questionnaire by Brookes Publishing (ASQ) age appropriate developmental ASQ at 2, 4, 8 and 12 months by mail and online. They also receive the corresponding activities, telephone support and personalized resource and referral information to optimize and their infant's safety and development. Any family residing in Hillsborough County is eligible to participate. To enroll, visit <https://www.asqonline.com/family/57d8f3> or call (813) 849-7985.

How do I find more?

Resources and education can be found on the websites at www.healthysafebaby.org

The goal of Safe Baby is to prevent infant deaths by teaching new and expecting parents how to:

- ✓ Choose a safe caregiver
- ✓ Prevent shaken baby syndrome
- ✓ Follow safe sleep practices



NURSE-FAMILY PARTNERSHIP



Nurse-Family Partnership is an evidence-based, voluntary program that provides home visitation by a nurse to first-time mothers by the 28th week of pregnancy. Nurse-Family Partnership works by having specially trained nurses regularly visit first-time moms-to-be, starting early in the pregnancy, continuing through the child's second birthday. The expectant moms benefit by getting the care and support they need in order to have a healthy pregnancy.

At the same time, new moms develop a close relationship with a nurse who becomes a trusted resource they can rely on for advice on everything from safely caring for their child to taking steps to provide a stable, secure future for their new family. Throughout the partnership, the nurse provides new moms with the confidence and the tools

they need not only to assure a healthy start for their babies, but to envision a life of stability and opportunities for success for both mom and child.

The content of home prenatal and postpartum visits is governed by:

- Personal Health
- Life Course
- Friends and Family
- Environmental Health
- Maternal Role
- Health and Human Services

The home visiting initiative was established in Section 2951 of the Patient Protection and Affordable Care Act (P.L. 111-148) amending Title V of the Social Security Act. The Florida MIECHV program is funded by a grant from the U.S. Department of Health & Human Services (HRSA #D90MC25705).



WOMAN & INFANT RESOURCE SPECIALIST AT WIC

The Woman and Infant Resource Specialists at WIC program provides increased access and linkage to resources and safety education for pregnant women and women with children who are receiving the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Services.

The Resource Specialists work with staff at WIC sites in Hillsborough County and assist in providing education, resources and support. They meet with parents to assess their needs and connect them with appropriate levels of assistance. The program focuses on pregnant, breastfeeding and postpartum women who are parenting children up to the age of one year old.

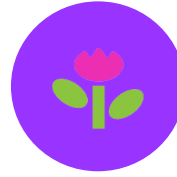
Funding is generously provided by the Children's Board of Hillsborough County.



ADOLESCENT & TEEN HEALTH



The Adolescent & Teen Health Initiative aims to improve teen access to health services and community resources through a centralized online resource directory, referral database, and personalized navigation services. In partnership with the Crisis Center of Tampa Bay/2-1-1, University of South Florida, and local youth-serving health and social service providers, our goal is to create a safe and trusted space for teens to access sexual health resources, obtain information about birth control and their healthcare rights, and get connected to appropriate care and community resources based on their individual needs. We are also committed to helping our health clinic partners enhance the delivery of youth-friendly care through a trainings and referral support. Visit the website at www.teenconnecttampabay.org



PLAN OF SAFE CARE



The Plan of Safe Care offers wrap-around services providing continuous care for moms, babies, families and caregivers with education, support, and health promotion utilizing three components:

- Pregnancy Medical Home
- Hospital-Based Services
- The PEDI Clinic (Promoting Early Developmental Intervention)

The plan uses the three components to:

- Increase screening for mental health, substance abuse, intimate partner violence Increase engagement with home visitation services, including Nurse-Family Partnership, Healthy Start, Healthy Families, and Seeking Safety Increase initiation and utilization of Plans of Safe Care
- Increase the number of children that are able to safely remain with their parents Increase community collaboration, education, and coordination of multidisciplinary services
- Increase access to resources, services and education for mom, baby and all caregivers.

Funding is provided by the Hillsborough County Board of County Commissioners, Eckerd Connects, Florida Association of Healthy Start Coalitions, and support from Mary Lee's House.





HEALTHYSTEPS

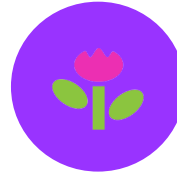
HealthySteps Hillsborough provides services and outcome measures that impact participants at the prevention level. The program utilizes an evidence-based model of interdisciplinary pediatric primary care. HealthySteps Specialists work in collaboration with Tampa General Hospital Brandon Healthplex and two University of South Florida Pediatrics NICU Follow Up Clinics. Funding is generously provided by the Children's Board of Hillsborough County.

HealthySteps Hillsborough provides parenting education, information, referral and care coordination to families with children who reside in Hillsborough County. The program supports children and their families by helping to identify, understand and manage parenting challenges such as feeding, behavior, sleep, development and adapting to life with a young child. It focuses on families from the identified pediatric care sites with children, birth to age three.

Program Components Include:

- Child Development, Social-Emotional and Behavioral Screening
- Screening for Family Needs (i.e., maternal depression, other risk factors, social determinants of health)
- Child Development Support Line (e.g., phone, text, email, online portal)
- Child Development & Behavior Consults
- Care Coordination & Systems Navigation
- Positive Parenting Guidance & Information
- Early Learning Resources
- Ongoing, Preventive Team-Based Well-Child Visits





FETAL & INFANT MORTALITY REVIEW (FIMR)

What is Infant Mortality?

Infant mortality is the death of a baby before his or her first birthday. The infant mortality rate is the number of infant deaths for every 1,000 live births annually and is often used as an indicator to measure the health and well-being of a community. Circumstances that affect the health of a population can also impact the mortality rate of infants.

What is a FIMR Project?

Fetal and Infant Mortality Review (FIMR) is an action-oriented community process that can address these circumstances that affect the health of a population.

The overall goal of FIMR is to enhance the health and well-being of women, infants and families by improving the community resources and service-delivery systems available to them.



THANK YOU

