
Home Visiting in Oregon

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What is Home Visiting?

“Early childhood home visiting is a service delivery strategy that matches expectant parents and caregivers of young children with a designated support person—typically a trained nurse, social worker, or early childhood specialist—who guides them through the early stages of raising a family. Services are voluntary, may include caregiver coaching or connecting families to needed services, and provided in the family's home or another location of the family's choice.”

~National Home Visiting Resource Center

Home Visiting Services

- Gather information to individualize services
- Provide education and support
- Make referrals and coordinate services

All services are voluntary for the family

Outcomes and Benefits of Home Visiting

- All programs and services aim to:
 - Promote healthy early childhood physical, emotional, social and cognitive development
 - Support parents and caregivers
 - Reduce child abuse and neglect
 - Reduce adverse childhood experiences
 - Contribute to a healthier community
- Specific outcomes depend on the focus of the individual program or services

Home Visiting and Reducing Child Poverty

- Promotes economic self-sufficiency directly by building parents' knowledge, skills, and motivation related to employment opportunities and by linking families with community services such as adult education and job training
- Mitigates the effects of poverty through direct service and community linkages to enhance parents' capacity for positive parenting and for their own health and family functioning



Home Visiting: Oregon's Programs

- Eligibility-based home visiting: Services occur over several months or years
 - Babies First! (OHA)
 - CaCoon (OHSU)
 - Early Head Start-Home Based (Federal, State, local)
 - Early Intervention (ODE)
 - Family Supports and Connections (ODHS)
 - Healthy Birth Initiative (Multnomah County—culturally specific program)
 - Health Families Oregon (DELC)
 - Nurse Family Partnership (OHA)
 - Relief Nurseries (not-for-profits)
- Universally offered home visiting: Services are a brief 1-3 visits
 - Family Connects Oregon (in early adopter phase) (OHA)

Why So Many Programs?

- Each program has a unique focus and eligibility criteria, to better match services to family needs and wants
- This array and variety of services is a strength
- Collectively, there is not enough capacity across all programs
- Universally offered home visiting will identify more families interested in longer-term home visiting services, thus increasing demand
- Work continues to create a coordinated home visiting system to better leverage the strengths of each program and support common goals and challenges

Community Services Vary by Community

- Local priorities and investments may affect the services available for referral
- Access to service specific providers may vary
 - Primary care
 - Behavioral health
 - Dental
 - Housing support services
 - Transportation services

Oregon Universally Offered Home Visiting Initiative

- An initiative to strengthen families by offering a voluntary home visit by a nurse shortly after the birth of every child
 - The birth of a child is a big change for any family
 - Most families welcome and need support of some kind, whether that is an answer to a question about breastfeeding or getting connected to a local community resource
 - Connecting families to preventative services is a cost-effective investment in long-term health outcomes

Goals of Universally Offered Home Visiting Initiative

- Create and strengthen community level systems of care for families of newborns
- Offer support to all new parents in Oregon, regardless of risk and insurance status
- Increase access to community services and supports
- Promote collaboration and coordination across Oregon's early childhood and home visiting systems
- Improve health outcomes for families across the life-course

Statutory Requirements

- SB 526 (2019)
 - Directs OHA to design and implement a voluntary universal statewide home visiting program for families with newborns up to six months of age
 - Requires commercial health benefit plans to offer this service to their members
- SB 1555 (2022)
 - Clarifies the reimbursement requirements for Commercial Health Benefit Plans
- Oregon will be the first state to offer a universally offered home visiting program for all newborns and their families, including families with adopted or foster newborns

Universally Offered Home Visiting: The Family Connects Model



FOR ALL

Helping all families regardless of income or background



THREE WEEKS

Visits are scheduled around 3 weeks after a baby's birth



NO COST TO RECIPIENTS

As an eligible recipient, you will not be charged



REGISTERED NURSE

All visits are made by highly trained nurses

Family Connects Outcomes: Randomized Control Trials and Follow-Up

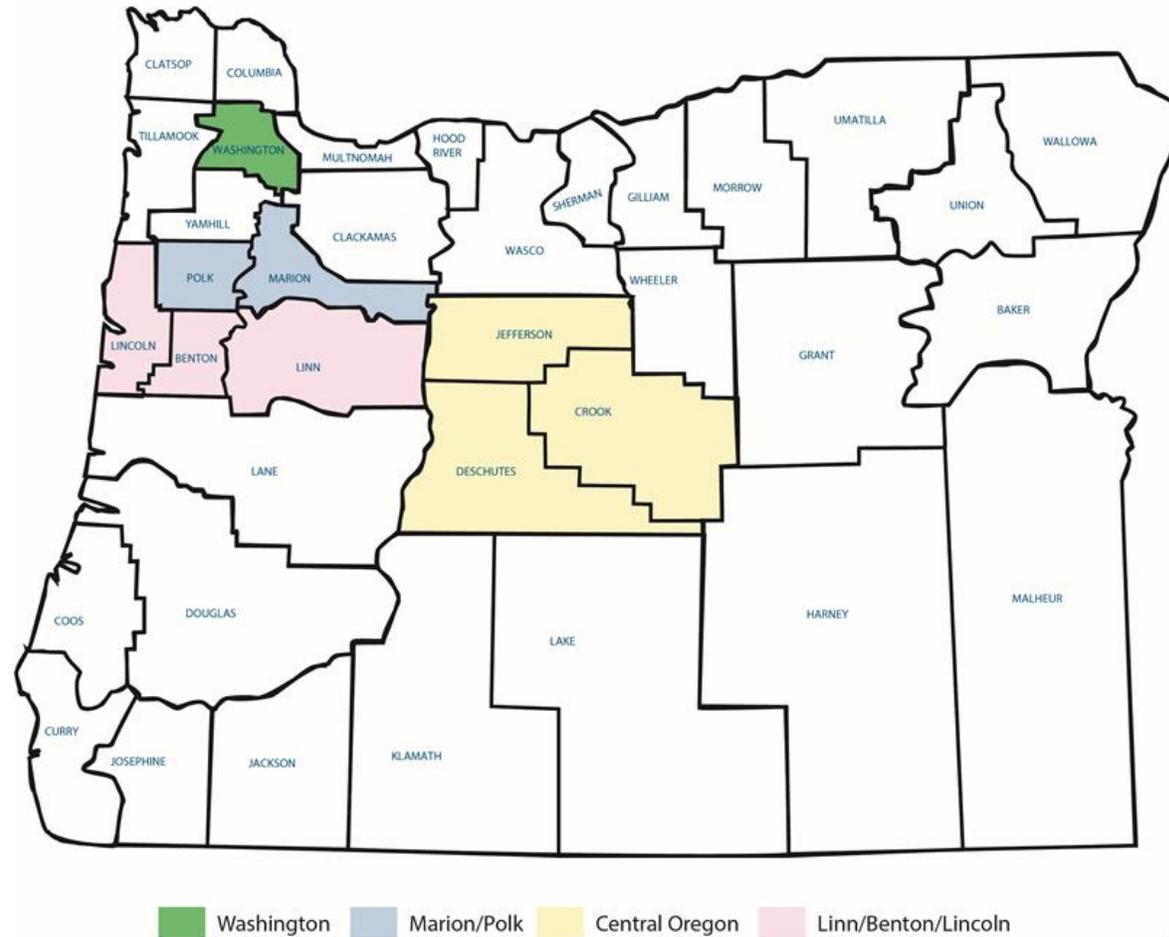
- **Return on investment:** Every \$1 in program costs yielded \$3.02 in savings in emergency health care costs
- **Reduced ED visits:** Infants had 50% fewer emergency department visits in the first year of life
- **Reduced overnight stays:** Infants had 85% fewer hospital overnight stays in the first year of life
- **Increased community connections:** Families reported 15% more connections to community resources within the previous 3-month period
- **More positive parenting behaviors** with their infant (e.g., nurturing touch, reading) at 6 months
- **Maternal mental health:** 28% less clinical anxiety reported by mothers at 6 months
- **Higher quality home environments** (e.g., safety, books, toys, and learning materials) at 6 months
- Six years out, **39% reduction in Child Protective Services engagement** for families who had FC services

Impact on Racial Disparities Between Black And White Participant Families

- Family Connects evaluation shows Black and White disparities among participant families were reduced:
 - Maternal anxiety disorder gap reduced by 89%
 - Child abuse investigations reduced by 28%
 - Infant emergency medical care reduced by 14%

Early Adopter Cohort Communities

Family Connects Oregon: Early Adopter Sites



rev: 1/14/22

Program Updates

- Early adopters started providing services in 2021
- Through 2021 and 2022, 886 infants and their families have received Family Connects Oregon services (Medicaid insured members only)
- In January 2023, commercial health benefit plans started reimbursing for these services for their members, making this now a universal offering to all families in the service areas
 - Washington County has already experienced a 5-fold increase in referrals
- Lane County starts their planning phase February 2023
- Malheur County starts their planning phase June 2023

Questions?

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