

## What is Healthy Families Oregon?

Healthy Families Oregon (HFO) provides intensive home visiting services for families expecting or parenting newborns in every Oregon county. Services are voluntary and can continue for up to 3 years.

The HFO model is anchored in relational health, partnering with parents to enhance skills and confidence, improve family functioning and increase nurturing parenting.

HFO family support specialists receive training accredited through Healthy Families America, an evidence-based home visiting model with rigorous quality control, ensuring high standards of care.

HFO was established in statute in 1993 and is housed in the Dept. of Early Learning and Care.

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# Healthy Families Oregon

## Strengthening Families · Thriving Children · Brightening Futures

Healthy Families Oregon (HFO) provides services to families that will benefit from additional support to build nurturing relationships with their children. Caregivers are screened for depression, substance use disorder, housing insecurity and other family stressors that create barriers to healthy parent-child relationships. HFO home visitors provide one-on-one support, connect them to community resources, and provide hands-on parent education so parents learn the skills to raise healthy, thriving kids.

### Healthy Families Oregon's evidence-based home visiting program:

- Reduces incidence of child abuse and neglect by increasing nurturing parenting practices
- Supports families with SUD through treatment referrals
- Improves health outcomes for children and families through connections to medical homes, housing and financial resources
- Increases school readiness by coaching parents to support early literacy, healthy childhood growth and development
- Heightens economic self-sufficiency

### Who we serve (2023):

- 2120 families received HFO home visiting services
- 39 percent single parent households
- 1,550 families receive Medicaid/Oregon Health Plan
- HFO families speak over 100 languages!
- 63 percent of families identify as a race/ethnicity other than white



26,376

Visits completed in 2023



Every \$1 invested in HFO, the community return is \$1.43; and \$3.16 for families involved with child welfare.



### Feedback from Families:

"I love having support and check-ins. I also really love the developmental checks!" Parent of 10-month-old child

"You help me and my family more than any other services ever. You guys are amazing." Parent of a 16-month-old child