



SUPPORTING THE PARENTING JOURNEY

What is Strong Families Vermont Nurse Home Visiting Program?

- An evidenced-based, long term, structured nurse home visiting program for families facing challenges, which aims to improve maternal and child health outcomes.
- A child-focused prevention model offering sustained nurse home visiting, beginning in pregnancy that supports families to adapt and self-manage in their parenting journey and use resources to parent effectively despite life's challenges.
- A program implemented by registered nurses from Home Health Agencies supported by federal funding and Maternal and Child Health Program management through the Vermont Department of Health as part of the services offered through Children's Integrated Services.

What are the program goals?

- Improve transition from pregnancy into parenthood
- Improve maternal health and wellbeing by helping mothers adapt and self-manage
- Improve child health and development by promoting parent/child attachment in developmentally supportive ways
- Develop and support parent's goals for themselves and their children
- Improve community connections to help parents foster positive relationships

What domains do nurses address?

Maternal, infant and family wellbeing, preventative health care, planning and goals setting, environmental health and community referrals.

What approach is used?

Families receive about 25 visits from the same nurse. Ideally, families are recruited during pregnancy, but the model allows for enrollment up until the newborn is 6 weeks. The nurse will provide three or more prenatal visits, and then weekly visits until the baby is 6 weeks old. Visits occur every 2 weeks until baby is 12 weeks old, every 3 weeks until child is 6 months, then visits are spaced out incrementally until child is 2 years.

What frameworks and materials are used?

The Family Partnership Model is a framework that incorporates a strengths-based approach to working together to manage challenges. Nurses use the Strong Families Vermont program materials that engage parents to facilitate their baby's communication and development, nurture social and emotional development and promote healthy infant feeding and active play.

Who is eligible?

- Pregnant people on Medicaid or eligible for Medicaid
- Pregnant with their first or subsequent pregnancy
- Newborns on Medicaid, and their primary caregivers, younger than 6 weeks or fewer than 6 weeks from neonatal discharge

How can providers refer?

Call your local Children's Integrated Services Coordinator or your local Home Health Agency. There is no wrong door.