



**Maternal Child Health Program**



**PROGRAM PURPOSE / TARGET POPULATION / CLIENTS SERVED**

The Maternal Child Health (MCH) Program provides home visiting serving women, infants, children, and families. Nurse home visiting is an effective strategy helping at-risk families’ utilize preventative health care, reduce the incidence of intentional and unintentional childhood injuries, promote the healthy growth and development of children and families, and reduce the incidence of vaccine-preventable diseases.

Nurses provide in-depth health assessment and education centered on pregnancy, postpartum, breastfeeding and parenting issues and concerns. Based on this assessment, the nurse and parents formulate an individualized plan to facilitate services related to child health and development and the establishment of a medical or nonmedical home. Nurses also provide parenting education, anticipatory guidance, health and safety education, and assistance to the family in accessing needed services.

MCH family home visiting is offered to all families in Chisago County at no cost regardless of income. Federal grants are available for high-risk and low-income individuals or families.

Referrals for family home visiting are received from WIC, hospitals, clinics, Child Protection Services, MDH high-risk birth records, community or self-referrals.

**PROGRAM AND STAFFING COMPOSITION**

The MCH Program is supervised by Public Health Supervisor, Pam Bates and coordinated by MCH Team Lead Barb Mork. Additionally, the program is supported by six Public Health nurses who conduct home visits, three nurses part time and three full time. Individually they conduct 150-300 home visits and as a group conduct over 1800 visits program-wide annually.

**CONTRACTS / GRANTS**

Chisago County has a joint powers agreement with Metro Alliance for Healthy families (MAHF). Chisago County is accediated in the Healthy Families of America program through MAHF. MAHF is financially supported by a United Way grant. Chisago County received 24,031 in 2016 on behalf of MAHF. Home visits are also supported by the Maternal Child Grant and levy dollars.

**PROGRAM SUCCESSES:**

Chisago County Public Health continues to provide excellent home visiting services utilizing the Healthy Families of America Program. Chisago County nurses adhere to the HFA National Standards of the evidence-based Family Home Visiting Program. Chisago County also offers the accredited HFA program through MAHF, a 10-partner alliance that served 9,960 home visits and 668 families across the metro in 2016. Chisago County individually served 24 families through MAHF in 2016 and anticipates this program to continue to grow.

Maternal Child Health developed home safety kits that included lead tests, safety latches, first aid kits (sponsored by Lakes Region EMS), radon test, poison control information and safety pamphlets. In addition, MCH has collaborated with local fire departments to provide at- risk families with carbon monoxide and smoke detectors.

**PROGRAM CHALLENGES:**

- Transition to new administrative leadership
- Transition out of jail health
- **Hiring new staff**

**PROGRAM FUTURE DIRECTIONS:**

- Become a breastfeeding friendly public health department
- Offer breastfeeding clinics
- Outreach to health care providers to increase awareness of current programs
- Build our referral base for the Healthy Families America model

**SUPPORT MATERIALS (Attached):**

- Home visits done 2012-2016
- Home visits done by category 2016

**OTHER INFORMATION:**

Healthy Families America (HFA) is an evidenced based national model. HFA demonstrates that early nurturing relationships are the foundation for life-long healthy development. The HFA philosophy is strength based, family centered, culturally sensitive and embraces the infant mental health approach.

The HFA home visitors use the “parallel process” which is a key component to delivering HFA services in a family’s home. The home visitor works to develop a nurturing relationship with the family. This healthy relationship creates a safe environment where a family can learn and grow. In essence, this safety in the relationship can be therapeutic, in and of itself.

When staff treat parents with respect and demonstrate that they value the relationship with them, the parents will in turn be more likely to show respect for and value their children.

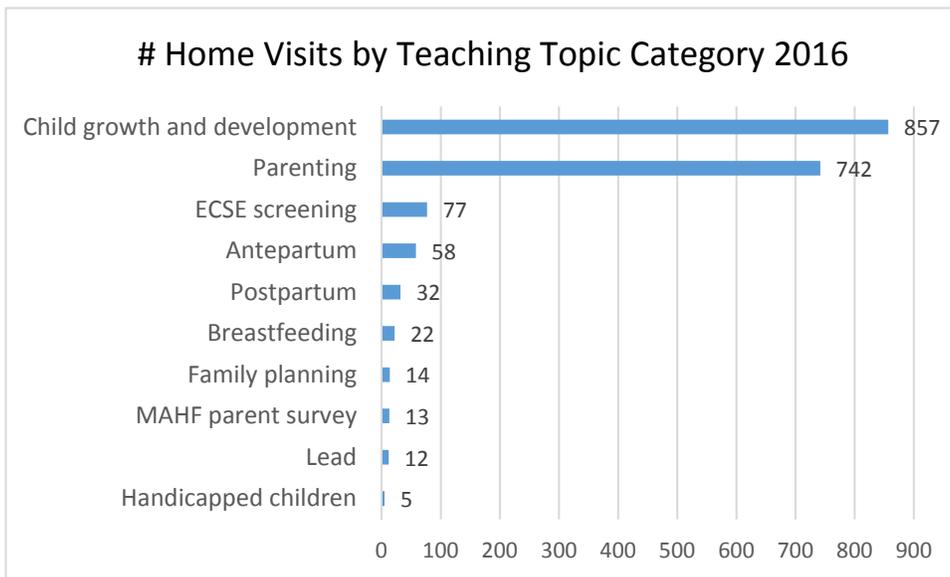
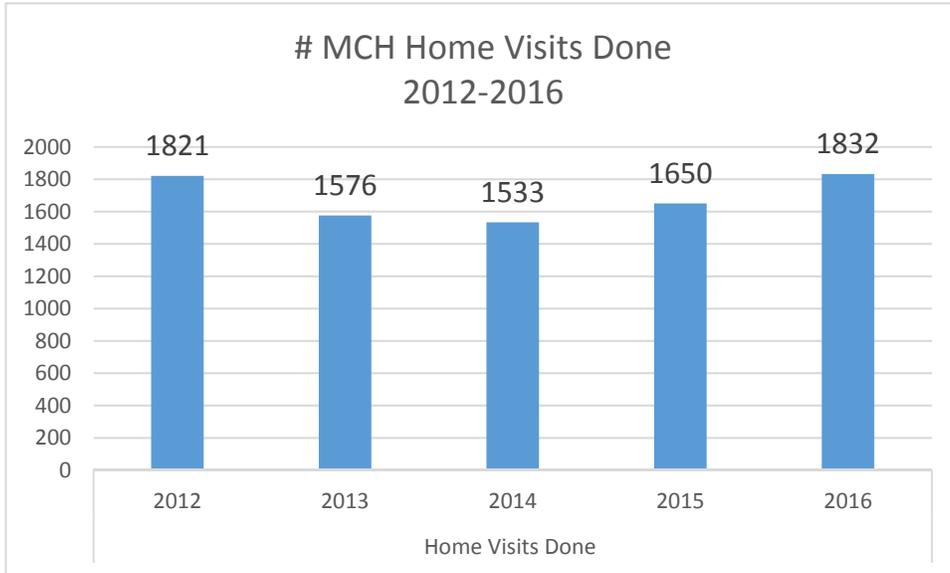
"Learning is incidental because we learn when learning is not our primary intention, vicarious because we learn from what someone else does, and collaborative because we learn through others helping us to achieve our own ends." Frank Smith



**Maternal Child Health Program**

**Public Health**  
Prevent. Promote. Protect.

**KEY GRAPHICS / TRENDS**



**Program Highlights**

- **Healthy Families Accreditation with Metro Alliance for Healthy Families**
- **\$ 6,150 Home Visiting vs \$26, 000 abuse case**

2016 Annual Report



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**Public Health**  
Prevent. Promote. Protect.