

Healthy Start Communique

A publication of the Healthy Start Coalition of Miami-Dade

Healthy Start Coalition
of Miami-Dade

Volume 4, Issue 2 2007

NEW PROGRAM FOR FIRST-TIME AND TEEN MOMS...



THE CHILDREN'S TRUST'S 'HEALTHCONNECT IN THE EARLY YEARS'



The Healthy Start Coalition of Miami-Dade has evolved as one of the lead organizations in Miami-Dade County for providing maternal, infant and child health services, specifically targeting pregnant women and infants from birth to 3 years. In February 2007, the Coalition was awarded a \$6 million grant from The Children's Trust to implement and manage HealthConnect In The Early Years. The addition of HealthConnect In The Early Years builds on the foundation of our current programs.

Approximately 32,000 women give birth in Miami-Dade County annually. In fiscal year 2005-2006, 17,058 pregnant women received services from the MomCare program, and Healthy Start services were provided to 16,579 pregnant women. HealthConnect In The Early Years is expected to serve 3,000 to 5,000 first-time and teen moms. With the addition of HealthConnect In The Early Years, 22,000 to 24,000 women and infants will now be served by programs operated by the Healthy Start Coalition of Miami-Dade. We are excited to welcome HealthConnect In The Early Years which is set to officially begin by the end of Summer 2007.

WHAT IS HEALTHCONNECT?

HealthConnect is a comprehensive, three-tier, quality-driven health initiative spearheaded by The Children's Trust. Created to promote healthier living and unify the fragmented health services in our community, the goal of HealthConnect is to:

- improve access and use of quality health services
- improve health awareness and behaviors through education
- improve infant, child and adolescent health and development
- facilitate community, environmental and lifestyle changes

HealthConnect has three major components: HealthConnect In The Early Years, HealthConnect In Our Community and HealthConnect In Our Schools. Each component utilizes a team approach to connect the children of Miami-Dade County to health services.

WHAT IS HEALTHCONNECT IN THE EARLY YEARS?

HealthConnect In The Early Years is a voluntary home visitation program focusing on health education, promotion and support to improve maternal health, pregnancy outcomes, and child health and development. A child's healthy development is dependent on the mother's health during pregnancy and the early years of the child's life. HealthConnect In The Early Years will guide expectant teen moms, first-time mothers, infants and toddlers to live healthier lives by providing practical support and resources to ensure the physical, mental and emotional well-being of children and families.



To find out more information about the Healthy Start Coalition of Miami-Dade's programs and services, please visit our website at www.hscommand.org or contact us at (305) 541-0210.

HOW CAN FAMILIES BENEFIT FROM THE HEALTHCONNECT IN THE EARLY YEARS PROGRAM?

HealthConnect In The Early Years will help families cope with the challenges of a new baby and establish a healthy foundation for the future. HealthConnect In The Early Years will promote healthy pregnancies, optimal child development, and get families off to the best possible start.

WHAT IS A FAMILY COACH?

Family Coaches are professionals trained to provide health education, promotion and support to first-time moms, expectant teens and their children. Offering free prenatal and postnatal home visits, Family Coaches help ensure families have the knowledge and support to access health services.

WHAT SERVICES DOES HEALTHCONNECT IN THE EARLY YEARS PROVIDE?

Services will be tailored to meet the needs of each individual family. Participation is voluntary and families receive services up until the child reaches age 3. Family Coaches will visit families on a regular basis, building a trusting relationship with parents and caregivers, and providing them with information on:

- Nutrition and health
- Child development
- Postpartum depression
- Discipline
- Safety



HOW DO HOME VISITS WORK?

The Family Coach will schedule each home visit according to the family's needs, ensuring home visits are sensitive to the family's schedule and respectful of their routines.

Prenatal home visits will include:

- Helping the family establish a medical home
- Providing pregnancy and baby health education

Newborn home visits will focus on:

- Basic baby care
- Immunizations
- Family planning
- Breastfeeding
- Safety
- Staying healthy

Ongoing home visits will include:

- Child health and developmental screenings
- Family support
- Home safety
- Parenting education
- Screening for maternal depression



BENEFITS OF HEALTHCONNECT IN THE EARLY YEARS

- Facilitate access to health services and medical providers
- Breastfeeding education and support
- Information on infant and toddler nutrition
- Child developmental screenings
- Identification of postpartum depression
- Understanding infant and child development
- Injury prevention and safety
- Parenting skills development

HEALTHCONNECT IN THE EARLY YEARS PROVIDERS

Healthy Start Coalition of Miami-Dade ▪ Children's Home Society of Florida
Institute for Child & Family Health, Inc. (formerly Children's Psychiatric Center)



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THIS NEWSLETTER IS FUNDED BY THE CHILDREN'S TRUST.
THE TRUST IS A DEDICATED SOURCE OF REVENUE ESTABLISHED BY VOTER REFERENDUM TO
IMPROVE THE LIVES OF CHILDREN AND FAMILIES IN MIAMI-DADE COUNTY.