

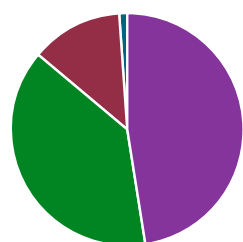
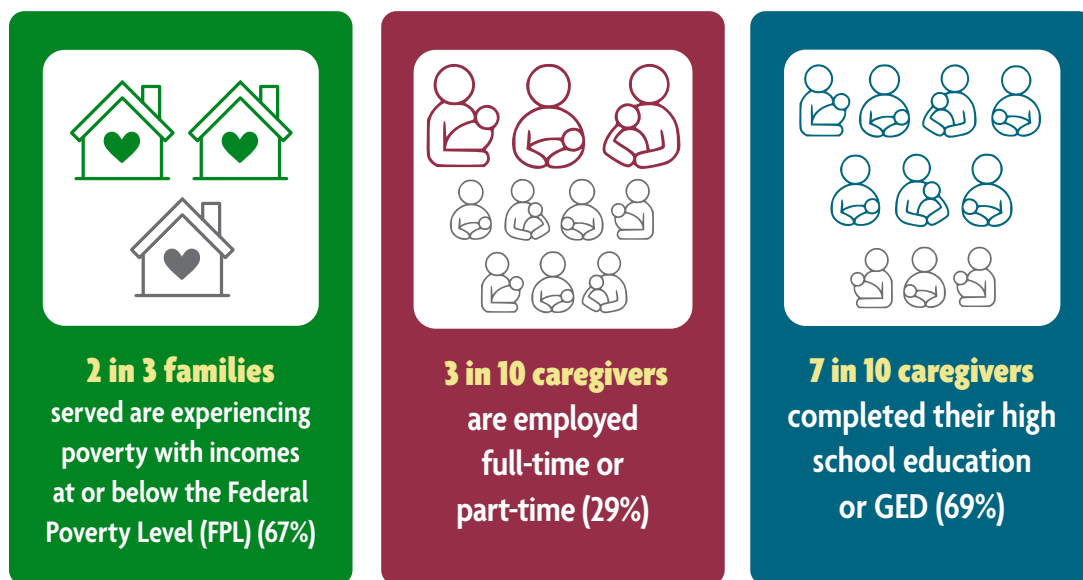
Home Visiting in Washington State

Home Visiting Services: July 2021–June 2022

Home visiting programs are voluntary, family-focused services offered to expectant parents and families with new babies and young children to support the physical, social and emotional health of your child.

Either before a child's birth or the child's first few years of life, families are voluntarily matched with trained professionals. These home visitors engage families in their homes or community settings to provide information and support related to children's healthy development, support parent-child relationship and provide information on importance of early learning and connections to other information, services and supports in the community.

Who we serve:



Children Served by the HVSA

Under 1 Year Old.....	48%
1-2 Years Old.....	39%
3-4 Years Old.....	13%
5 Years Old and Over	1%

Numbers Served



2,730 Children



2,779 Families



777 Pregnant Women



2,983 Caregivers



53,576 Total Number of Home Visits

18,338 Total Number of Encounters



Washington State Department of
CHILDREN, YOUTH & FAMILIES



Washington State Department of
HEALTH

Maternal Health and Well-Being

Home visiting is known to reduce maternal depression and parental stress, and reduces mothers' experiences with intimate partner violence (MIHOPE). Screening for maternal depression and screening for intimate partner violence are the first steps to identifying women who are at risk.

- 2 in 3 mothers served by the HVSA received **depression screening** (63%).
- About half (52%) of the women served by the HSVA received **intimate partner violence screening**. Without in-person visits during the pandemic, IPV screening may have been postponed to minimize risk to the caregiver. IPV screenings were often delayed or not completed to support safety during virtual home visits when it was not always known if other household members were present.

Pregnancy and Early Infancy

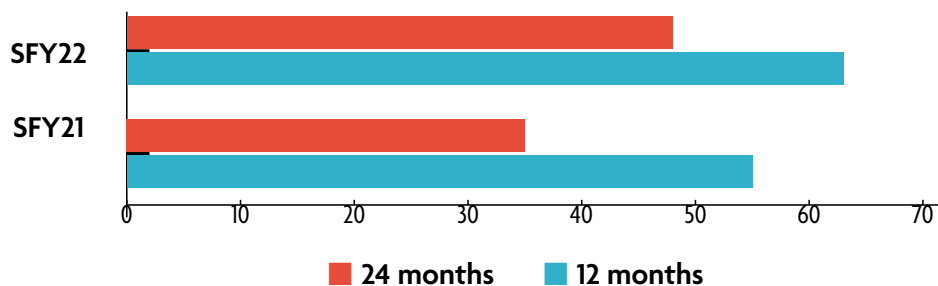
Home visiting programs engage mothers prenatally to improve maternal and infant health, particularly among the most vulnerable populations:

- **14% pregnant women** served by the HVSA were **under 20 years of age**.
- **Fewer than half of the infants** continued to receive some breastmilk at 6 months of age (37%), lower than the Washington state average (68%, Breastfeeding Report Card 2022).

Service Utilization

Referrals into home visiting were most commonly from **health providers, other community programs** and from **friends and family**.

About 2 in 3 families (63%) who exited during the year received at least 12 months of service and about half (48%) remained in services for at least 2 years.



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Parenting and Child Development

Home visiting improves the quality of the learning in the home environment, specifically offering support for children's learning and literacy (MIHOPE).

- 86% of children served were less than three years old.
- 8 out of 10 children served had a parent read, tell stories, or sing songs with them daily, in a typical week.
- Half of the children were assessed for developmental milestones.
- 8 in 10 children received their last recommended well-child visit.
- About half of the caregivers were observed and coached on best practices for interacting with their children (44%)

* For more information on the full MIHOPE study, visit www.mdrc.org/project/mother-and-infant-home-visiting-program-evaluation-mihope#overview