



# Spotsylvania County

## Partner Agency Application for Funding FY 2015

# FACE SHEET



<b>Agency Name:</b> HEALTHY FAMILIES RAPPAHANNOCK AREA	
<i>Has Spotsylvania County Funded This Agency in Previous Years?</i> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Physical Address:</b>	3302 Bourbon Street, 2 <sup>nd</sup> Floor (OUR NEW ADDRESS)
<b>Mailing Address/PO Box:</b>	Same
<b>City:</b> Fredericksburg	<b>State:</b> VA <b>Zip:</b> 22408
<b>Telephone Number:</b> 540-374-3366	<b>Fax Number:</b> 540-899-4361
<b>Federal Tax ID #:</b> 54-2029476	
<b>Web Address:</b>	healthyfamiliesrappahannock.org
<b>General Email Address:</b>	hfamily2@racsb.state.va.us
<b>Agency Main Contact:</b> Michele Powell	<b>Title:</b> Program Manager
<b>Telephone Number:</b> 540-374-3366 ext.118	
<b>E-Mail Address:</b>	michelepowell@racsb.state.va.us

### Agency General Information

<b>Agency Mission:</b>	Healthy Families Rappahannock Area mission is to offer long term in-home family strengthening services to new parents who have been identified with poor parenting (i.e., child maltreatment and abuse) risk factors and need additional support and education. HFRA services help high risk families shift their behavior toward positive parenting to provide a safe home environment, build self-esteem, increase self-sufficiency and understand maternal & child development. In addition, HFRA supports families by helping them acquire medical insurance and a primary care physician; offering early developmental screenings; and teaching them appropriate use of healthcare system.
<b>Number of years agency has been in operation:</b>	14 years
<b>Localities Served:</b>	Fredericksburg City, the counties of Caroline, King George, Spotsylvania, and Stafford

### Agency Financial Information

	List Programs	Personnel Expenses	Benefits	Operating Expenses	Total Program Budget	Requested from Spotsylvania
1.	Healthy Families Rappahannock Area	\$163,265	\$53,318	\$194,920	\$411,503	\$17,000
2.						
3.						
4.						
5.						
<b>Agency Administration:</b>		0	0	0	0	
<b>Capital Outlay:</b>		0	0	0	0	
<b>Total Agency Budget:</b>		\$163,265	\$53,318	\$194,920	\$411,503	\$17,000

If your application includes funding increases for personnel (to include new positions or merit / COLA increases), please check here and explain in detail the need for this type of increase under each program budget.

<b>Attachment Checklist:</b> <i>(include ONE copy of each)</i>	<input checked="" type="checkbox"/> IRS 501(c)(3) Letter	<input checked="" type="checkbox"/> Audit Report <i>(with Audit Management Letter)</i>	<input checked="" type="checkbox"/> Current Financial statement	<input checked="" type="checkbox"/> IRS 990
	<input checked="" type="checkbox"/> Accountant Contact Information	<input checked="" type="checkbox"/> Organizational Chart	<input checked="" type="checkbox"/> Current Board Roster <i>(with contact information)</i>	<input checked="" type="checkbox"/> Agency's Current Strategic Plan
<b>Agency Director's Signature:</b>				<b>Date:</b> 10/11/2013

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If your agency is requesting an increase or decrease in funding as shown on the Agency Financial Information Chart included on the Face Sheet, please describe, in detail, the reasons for these changes, in each category below for the Agency as a whole. Program specific increases can be given under the program descriptions in the next section. (The individual descriptions should not exceed 20 lines of text.)

**Agency Administrative Expenses (to include funding increases for personnel (new positions, merit and/or COLA increases):**

Agency expects increases in health and dental benefits coverage for current fulltime employees and possible COLA increase.

In addition the agency expects to hire an additional Family Support Worker to increase our service delivery to English and English as second language families.

**Capital Outlay:**

No Capital Outlay Expenses

**Spotsylvania County**Partner Agency Funding Application FY 2015

Agency Name:

Healthy Families Rappahannock Area

**Historical Budget Information**

Please complete the following chart with the financial information for the agency as a whole. In each area include the revenue specifically allocated to your agency from each locality/entity listed below.

	FY 2013 Actual	FY 2014 Budgeted	FY 2015 Projected
Caroline	0	0	2,880
Fredericksburg	\$9,000	9,000	11,720
King George	\$3,454	0	3,454
Spotsylvania	\$14,247	16,000	17,000
Stafford	\$8,000	8,000	10,000
United Way	\$43,130	45,000	45,000
Grants	\$152,156	113,002	148,002
Client Fees	0	0	0
Fundraising	\$5,833	6,000	6,000
Other (explain below)	\$169,305	214,501	165,338
<b>Total Agency Revenue</b>	<b>\$405,125</b>	<b>\$411,503</b>	<b>\$409,394</b>

*Detail below what revenue is included in the category 'Other':*

Retained earnings from previous year and third-party Medicaid billing.

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**Agency Name:**  
 Healthy Families Rappahannock Area

**Application Checklist**

Items to be completed		Comments:
X	Face Sheet	Healthy Families is included with the RACSB (serves as HFRA fiscal agent) audit report and does not complete a separate report. IRS 990 tax forms provided by Robinson, Farmer, Cox Associates.
X	Program Name	Completed
X	Program Purpose/Description	Completed
X	Justification of Need	Completed
X	Target Audience	Completed
X	Service Area	Completed
X	Service Delivery	Completed
X	Client Fees	Completed
X	Budget Information	Completed
X	Goals and Objectives	Completed
X	Program Goal	Completed
X	Most Recent Data Chart	Healthy Families Rappahannock Area does not use income as a criterion for enrollment, however financial information is collected to support families through resource referral processes that do require and need such information. Some fathers' demographics are unknown.

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Program Name:

Healthy Families Rappahannock Area

**Each agency submitting a funding request must fill out the following pages for each program serving Spotsylvania County Citizens and for which funding is requested. Any incomplete applications or programs that do not have a full application will not be considered for funding. PLEASE do not include any unrequested information. Spotsylvania County reserves the right to request additional information once the application has been submitted.**

Program Name:	HEALTHY FAMILIES RAPPAHANNOCK AREA	Is this a new program?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Program Contact:	Michele Powell	Title:	Program Manager
Telephone Number:	(540) 374-3366 ext. 118		
E-Mail Address:	michelepowell@racs.state.va.us		

**1. Program Purpose/Description:** *(the following description should not exceed 10 lines of text)*

Healthy Families Rappahannock Area (HFRA) provides voluntary home-visiting services to expectant and new parents residing in the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford. The program is designed to promote healthy family functioning by reducing risk factors and building protective factors in at-risk families. Family Support Workers (FSWs) provide regular home visits for fragile families who may be at risk of child abuse and neglect and other poor outcomes due to a variety of risk factors including poverty, single parenthood, low educational attainment, and unemployment. Visits begin prenatally or around the time of the child's birth and may continue until he/she is five years old. They occur weekly, decreasing in frequency as families become more self-sufficient. Families are provided with information and education on child development, positive parenting techniques, preventive health care and child safety. FSWs coordinate services for families by providing and following up on community referrals, conducting regular developmental screenings on children and facilitating other needed services.

**2. Justification of Need:** *(Please state clearly why this service should be provided to the citizens of Spotsylvania County and why the Board of Supervisors should consider this funding request. If this is a new program, be sure to include the benefit to the County for funding a new request. The following should not exceed 10 lines of text, and should include the most recent data available.)*

Data indicates programs that promote healthy family functioning and child prevention services are needed in PD16. In FY2011 & FY2012, 638 (Spotsylvania- 300) children were victims of founded abuse/neglect, 84% of the abuse occurred in the child's home, 3,613 children were involved in a CPS assessment, children younger than 4 accounted for 76% of fatalities. Many instances the abuser was a young adult in his/her mid-20's without a high school diploma, living at or below poverty, and who experienced violence first-hand. Comprehensive evaluation demonstrates that since 2003, HFRA had no founded cases of child abuse/neglect among program participants. This is particularly impressive remembering that HFRA focuses on parents identified as being most at risk. In FY2012, Spotsylvania spent \$6,826,235 (PD16-\$17,269,912) on treatment services (e.g., foster care, special education, CPS reports) for 228 children (PD16-623). This calculates \$29,940/child per year. HFRA estimates a cost of \$4,000/ child per year to provide its services. Therefore, prevention would have an estimated cost of \$912,000 for these same children, a county savings of \$5,914,235. This illustrates the cost effectiveness of prevention programs. When communities focus on low-income parents, they recover its costs by the time a child reaches age four, by the time children reach age 15, the cost savings quadruple the original investment because of reductions in crime, welfare expenditures, health-care costs, and taxes paid by newly working parents.

**3. Target Audience:** *(The following should describe the specific population targeted by the program and should not exceed 5 lines of text.)*

New parents at risk for child maltreatment through MWH and the five county health departments with a self-administered screen. Our current population consists of young families (23% are 20 and under; 57% are between 21 and 30; 20% are 31 and older); 37.5% Hispanic; 37.5% Caucasian; 19% African American and 6% Other and the majority live in poverty. Nearly two-thirds are unmarried; 17% have a history of substance abuse; 29% have mental health issues; 40% have a primary language that is not English; and 51% are un or under-employed and 94% has children on Medicaid.

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Program Name:

Healthy Families Rappahannock Area

**4. Service Area:** *(Please describe the program's intended geographic service area. This may include entire regions, localities, or specific schools, neighborhoods, etc.)*

Healthy Families Rappahannock Area (HFRA) is an agency that serves expectant and new parents who reside within the county of Spotsylvania.

**5. Service Delivery:** *(Please state the geographic location of the service, the duration and frequency offered to the clients.)*

Program activities include screenings by partners on the Early Prevention Identification Team, in-home visitation by Family Service Workers (FWSs), and case management by HFRA staff.

**Early Prevention Identification Team:** The hospital and health department based agencies screened 513 new parents per year. Approximately 216 families will receive a one-time in-home assessment visit that focuses on family strengths and concerns and links parents to community resources such as emergency services, financial assistance, paternity and child support services, counseling, adult education, employment training and job placement, life skill seminars, and marriage and relationship enrichment classes. The assessment process also looks for adverse risk factors of negative childhood experiences that involves abuse of any type, destructive lifestyle behaviors and mental health issues, lack of positive parenting skills, poor coping and life skills, lack of a support system, unrealistic expectations of child development, previous or current Child Protective Services involvement, and negative forms of discipline. Assessment workers highlight information that is of specific interest or relevance for each family and provides information accordingly.

**In-Home Visitation:** Annually, approximately 96 parents receive weekly home visits to improve parent-child interactions using the Parents as Teachers curriculum. This component helps mothers with children ages 0 to 5 identify their strengths by enhancing parenting and problem-solving skills, encouraging healthy parental relationships, encouraging economic stability and enhancing family functioning. Additional services include preventing negative birth outcomes, decrease subsequent births within 24 months, obtaining medical insurance, encouraging immunization and well-care visits, childhood developmental screenings, encouraging a safe home environment, and encouraging appropriate uses of a primary care physician and social systems. Families can remain in the program up to five years or until the child's entry into pre-school or kindergarten.

**Case Management:** HFRA staff provide on-going referrals to resources such as emergency services, financial assistance, paternity and child support services, counseling services, adult education, employment training and job placement services, life skill seminars, and marriage and relationship enrichment classes. Many of the referred resources enable families to increase self-sufficiency.

Healthy Families chose to target expectant and new parents for several reasons. First, this approach supports "parental success" by helping young parents get off to a good start before negative patterns are established. Second, research suggests the risk of abuse and neglect can be strongly reduced if a continuum of support and education are made available around the time of birth. Finally, brain development in young children is heavily influenced by environmental conditions and HFRA's evidence-based approach supports parent's ability to facilitate a healthy home environment and develop and maintain self-sufficiency.

**6. Client Fees:** *(Please describe the fees clients must pay for the services provided in this program, and how those fees are determined.)*

Services are free; no cost to families.

**7. Budget Information:** (Please complete the following chart with the financial information for this program. In each area include the dollars specifically allocated/requested for this program.)

	FY 2013 Actual	FY 2014 Budgeted	FY 2015 Projected
Caroline	0	0	2,880
Fredericksburg	\$9,000	9,000	11,720
King George	\$3,454	0	3,454
Spotsylvania	\$14,247	16,000	17,000
Stafford	\$8,000	8,000	10,000
United Way	\$43,130	45,000	45,000
Grants	\$152,156	113,002	148,002
Client Fees	0	0	0
Fundraising	\$5,833	6,000	6,000
Other	\$169,305	214,501	165,338
<b>Total Program Budget</b>	<b>\$405,125</b>	<b>\$411,503</b>	<b>\$409,394</b>

Please indicate, in detail, reasons for increases or decreases in the amounts requested for FY 2015. Include whether these changes come from increases in personnel, benefits, or operating expenses. If an increase is being requested, please describe the impact not receiving an increase would have on the program. In particular, please note if any increase is sought for new positions or personnel, please explain in detail.

Agency expects increases in health and dental benefits coverage for current fulltime employees and possible COLA increase.

In addition the agency expects to hire an additional Family Support Worker to increase our service delivery to English and English as second language families.

**8. Goals, Objectives, & Evaluation:** (Please provide the following information regarding the goals and objectives for your program. Space has been provided for two goals, with two objectives per goal. If your agency is funded by the United Way, please include a copy of your Logic Model for this program as a supplemental attachment. Individual descriptions should not exceed 5 lines of text.)

**Program Goal 1:**

**Promote the development of healthy parent/child relationships through the provision of intensive (weekly, 1-hour) long-term (up to five years) home visiting services.**

**Objectives:**

- |     |   |
|-----|---|
| 1a. | <p>To promote the development of healthy families and parent/child relationships<br/> <b>Specific objectives/outcomes include:</b></p> <ol style="list-style-type: none"> <li>100 at-risk parents will positively parent a healthy child socially, emotionally, and physically (<i>new objective</i>)</li> <li>80% of involved fathers will continue involvement after 1 full year in the program (<i>new objective</i>)</li> <li>50% of uninvolved fathers will demonstrate improvement after 1 year in program (<i>new objective</i>)</li> <li>90% of participants will have no founded abuse reports after 1 full year in program</li> <li>85% of participants will demonstrate positive parent-child interaction after 1 year of participation</li> </ol> |
| 1b. | <p>To systematically identify the strengths and needs of families at risk of unhealthy families functioning<br/> <b>Specific objectives/outcomes include:</b></p> <ol style="list-style-type: none"> <li>450 parents learn and access community resources that can help them as a parent and how to access the services</li> <li>288 parents understand what supplies and support systems need to be in place when they bring their babies home and identify community or family resources that can help with self-sufficiency (<i>new objective</i>)</li> </ol>  |

**Program Goal 2:**

**Improve maternal and child health through preventive practices and measures (e.g. prenatal care, healthy births, immunizations, well baby visits)**

**Objectives:**

- |     |  |
|-----|--|
| 2a. | <p>To improve maternal and child health for identified families at risk of poor parenting outcomes<br/> <b>Specific objectives/outcomes include:</b></p> <ol style="list-style-type: none"> <li>75% of prenatal enrollees will make 80% of prenatal care visits on schedule</li> <li>85% of prenatal enrollees will deliver babies weighing at least 5 ½ pounds</li> <li>85% of the Healthy Families target children will have a primary health care provider</li> <li>80% of children will receive 100% of scheduled immunizations</li> <li>85% of mothers will have an interval of at least 24 months between subsequent births</li> </ol> |
| 2b. | <p>To optimize child development for identified families at risk of poor parenting outcomes<br/> <b>Specific objectives/outcomes include:</b></p> <ol style="list-style-type: none"> <li>90% of target children will be screened for developmental delay</li> <li>90% of children referred for further developmental assessment</li> <li>100% of children with confirmed developmental delays will be monitored</li> </ol>   |

**Evaluation Method:** *(Please describe the method used to measure the above goals/objectives. Please do not exceed 10 lines of text.)*

Healthy Families Rappahannock Area is part of the Healthy Families Virginia State System, coordinated by Prevent Child Abuse Virginia (PCAV). The directors of Healthy Families programs from across Virginia and PCAV developed a standard outcome evaluation plan. The domains included in the evaluation plan are Maternal and Child Health, Child Development, Parent-Child Interaction and the Home Environment, and Child Abuse and Neglect. This evaluation includes both outcome and process evaluation and is analyzed yearly by Lee Huntington & Joseph Galano from Huntington Associates. Also, Prevent Child Abuse Virginia conducts an annual Quality Assurance Technical Assistance review for each participating Healthy Families site.

**9. Outcome Data:** *(Please give the most recent outcome data for the objectives above. Indicate below what time period the data covers.)*

**Data Collection Period:** July 1, 2012 to June 30, 2013

**Objective 1a.**

*To promote the development of healthy families and parent/child relationships*

**Specific objectives/outcomes include:**

1. 96 at-risk parents will positively parent a healthy child socially, emotionally, and physically *(old objective-60 parents)*
2. 85% of involved fathers will continue involvement after 1 full year in the program *(new objective)*
3. 70% of uninvolved fathers will demonstrate improvement after 1 year in program *(new objective)*
4. 100% of participants will have no founded abuse reports after 1 full year in program
5. 93% of participants will demonstrate positive parent-child interaction after 1 year of participation

**Objective 1b.**

*To systematically identify the strengths and needs of families at risk of unhealthy families functioning*

**Specific objectives/outcomes include:**

1. 513 parents learn and access community resources that can help them as a parent and how to access the services
2. 216 parents understand what supplies and support systems need to be in place when they bring their babies home and identify community or family resources that can help with self-sufficiency *(old objective 100 parents)*

**Objective 2a.**

*To improve maternal and child health for identified families at risk of poor parenting outcomes*

**Specific objectives/outcomes include:**

1. 88% of prenatal enrollees will make 80% of prenatal care visits on schedule
2. 86% of prenatal enrollees will deliver babies weighing at least 5 ½ pounds
3. 97% of the Healthy Families target children will have a primary health care provider
4. 80% of children will receive 100% of scheduled immunizations
5. 100% of mothers will have an interval of at least 24 months between subsequent births

**Objective 2b.**

*To optimize child development for identified families at risk of poor parenting outcomes*

**Specific objectives/outcomes include:**

1. 94% of target children will be screened for developmental delay
2. 100% of children referred for further developmental assessment
3. 100% of children with confirmed developmental delays will be monitored

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Healthy Families Rappahannock Area

**10. Program Goal Updates:** *(Please provide a brief description of the current status of your program goal(s), given your outcome data. For example, if reported data was well below the stated outcome measure, please indicate why you feel that is the case. Also, include how your outcome data will influence or modify the program for the upcoming fiscal year. These descriptions should not exceed 20 lines of text.)*

**Program Goal 1:**

*To systematically identify the strengths and needs of families at risk of unhealthy families functioning*  
**Specific objectives/outcomes include:**

1. 216 parents understand what supplies and support systems need to be in place when they bring their babies home and identify community or family resources that can help with self-sufficiency.  
HFRA is expecting to meet this goal in the coming fiscal year.

**Program Goal 2:**

All goals met.

Program Service Data:		Service Period: JULY 1, 2012		to		JUNE 30, 2013				
Locality Served	Total Served		Race							
	FY 2013	FY 2015*	Male	Female	Caucasian	African American	Asian	Hispanic	American Indian	Other
Fredericksburg	84/50/39	105/86/40	60	82	17	37	0	31	0	14
Caroline	30/12/5	41/24/5	28	28	10	1	0	3	0	1
King George	39/14/3	41/32/4	21	27	13	8	0	1	0	0
Spotsylvania	202/89/25	150/78/27	104	139	22	11	1	24	0	6
Stafford	158/51/24	113/68/24	73	74	25	19	0	13	0	4
Other	0	0	0	0	0	0	0	0	0	0
Total	513/216/96	450/288/100	286	350	87	76	1	72	0	25

\*Please include the projected number to be served in each locality for the upcoming fiscal year.

Locality Served	Age Groups							Income Levels					
	0-4	5-10	11-13	14-17	18-25	26-40	41-60	60+	Under \$10,000	\$10,000 - \$19,000	\$20,000 - \$39,000	\$40,000 - \$59,000	Over \$60,000
Fredericksburg	48	0	0	8	50	25	1	0	23	9	5	1	1
Caroline	10	0	0	4	6	4	0	0	4	1	0	0	0
King George	12	0	0	0	14	1	0	0	2	1	0	0	0
Spotsylvania	84	0	0	18	50	37	0	0	12	6	3	2	2
Stafford	49	0	0	12	35	26	0	0	11	5	7	0	1
Other	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	203	0	0	42	155	93	1	0	52	22	15	3	4

If any of the above information is not available, please indicate why:

Total Served data represents screens completed / assessments completed / home visiting services.  
 Gender and Age data represents families that participated in assessment and home visiting services.  
 Race and Income data represents families that participated in home visiting services.  
 Healthy Families Rappahannock Area does not use income as a criterion for enrollment, however financial information is collected to support families through resource referral processes that do require and need such information.