

Regional Funding

Fiscal Year 2019 - Partner Funding Application

Healthy Families Rappahannock Area

Agency Information

General Information

Agency Name Healthy Families Rappahannock Area
Physical Address 3302 Bourbon St. 2nd floor, Fredericksburg, VA, 22408, U.S.A.
Mailing Address 3302 Bourbon St. 2nd floor, Fredericksburg, VA, 22408
Agency Phone Number (540) 374-3366
Federal Tax ID # 542029476
Web Address <http://www.healthyfamiliesrappahannock.org/>
Agency Email Address dfearon@rappahannockareacsb.org

Agency Mission Statement

Empowering parents to raise healthy children.

Number of Years in Operation 19

Main Contact

Main Contact Davy Fearon, phone: (540) 374-3366, email: dfearon@rappahannockareacsb.org

Job Title Program Manager

Localities Served

Please select any/all localities your agency serves.

Caroline

Fredericksburg

King George

Spotsylvania

Stafford

Collaborative Impact

Describe in detail how the community would be impacted if your agency were dissolved or merged with another partner agency.

Since 1998 Healthy Families Rappahannock Area (HFRA) has successfully been under the umbrella of the Rappahannock Area Community Services Board's (RACSB) Prevention Department. HFRA is designed to work within an inter-agency collaborative system of care. Should HFRA cease to exist or be dissolved, over 150 families throughout Planning District 16 would not have the support system they need. This means, 150 babies would knowingly be placed in situations which have been identified to result in them being neglected or abused. This would in turn burden the Social Services and Foster Care departments as those children would eventually join their numbers.

Community Impact

Please provide at least 2 examples of how your services have impacted members of our community.

Example 1

New to the area, Erica and Ishmael were both referred to Healthy Families Rappahannock Area shortly after giving birth to their first born, Ishmael Jr.

Their Family Support Worker, Laurie recalls when Erica used to be “so scared” when it came to caring for her baby since this was her first. Laurie remembers going to meet with them one day and upon arriving noticed baby Ishmael sitting in a forward facing car seat. This prompted Laurie to make that moment into a teachable one. Not only did Laurie teach Erica how to install a car seat properly, she also taught her of ways she can sooth the baby when he cries as well as sharing activities and information related to his growing and development. Both Erica and Ishmael agree that, the support provided by Healthy Families aided them in feeling more confident and comfortable when caring for Ishmael Jr. For a family with no local support system, Laurie has been the much needed “moral support” for Erica and Ishmael.

Ishmael Jr. is nearing 12 months old, Mom and dad are doing well. Erica is currently enrolled in school to become an LPN and is working full time. Healthy Families provided support to help Erica enroll and persue her degree. Ishmael works as an engineer at an Airport. They have their own place of residence and are expecting their second child this fall.

Healthy Families Rappahannock Area empowered this family to raise a healthy child and to succeed by providing information about child development and resources in the community.

Example 2

Daysi is a single mother of a son named Douglas, age 4, who suffers from VACTERL association, a rare disorder affecting multiple organ systems (congenital birth defects). While still pregnant, she was abandoned by Douglas’ father. He was never involved financially nor emotionally, making the situation extremely difficult for Daysi to provide not only for herself but also for the baby.

Daysi spent many days at the hospital taking care of Douglas so it was difficult for her to find a job to provide for her baby.

Daysi enrolled in Healthy Families Rappahannock Area a month before Douglas was born. Marta F. was her Family Support Worker. Daysi was immediately connected to services like Medicaid, PEID, Social Security Income for the baby through Healthy Families. Marta F. wanted to ensure Daysi had what she needed for her baby so she referred her to a free diaper resource and respite care services at her home

in order to find a job and better provide for Douglas.

Although Douglas is now participating with the Child Find program, he unfortunately frequently spends many days hospitalized to stabilize him for a collapsed lung and other health issues due to his condition. However, this has not stop Daysi from wanting to improve her situation.

Through referrals and support from Marta, Daysi is currently renting a house, owns a vehicle, has a good support system and has enrolled in school to become a registered nurse. She has future plans to get an education in order to have better job opportunities so she can continue being the great mom she is for Douglas.

Daysi said that she has “a lot to be grateful for” when it comes to Healthy Families. “In times where I was feeling lonely and hopeless, Healthy Families came to support me with my baby... I’m feeling hopeful again!”

Example 3 (Optional)

Healthy Families Rappahannock Area

Agency Budget Narrative

Administrative Expenses

Provide an overview of the administrative costs for your agency.

No agency administrative expenses are requested

If your agency is requesting an increase or decrease in administrative funding, please describe in detail the reasons for these changes.

N/A

Please provide justification for and specific amounts of administrative costs that are defrayed by locality funds.

N/A

Capital Expenses

Please provide an overview of the capital costs for your agency.

There are no capital costs for our agency.

Please provide justification for and specific amounts of capital costs that are defrayed by locality funds.

N/A

Salary & Benefit Expenses

Please provide an overview of any increases or decreases in general personnel expenses for your agency.

Throughout the course of FY 17 there was some staff transition warranting overlap of positions for training. Additionally, extended position vacancies resulted in a reduction of payroll/salaries resulting in salaries being under-spent by 5%. We are requesting an increase from Spotsylvania County as we anticipate becoming the administrator for the Program for Teen Parents.

Please provide a description of any changes to agency benefits structure or cost.

There have been no changes to the agency benefits structure. The salary and benefits costs have been increased by a 3% COLA.

Budget Issues

Provide any legislative initiatives or issues that may impact the agency for the upcoming year.

Each year Maternal, Infant, and Early Childhood Home Visiting (MIECHV) funding contributes approximately \$7.5 million to local Virginia programs supporting vulnerable families throughout the state. This funding supports improvements in the health and well-being of more than 1100 families and their

young children. On September 26, 2017, the House passed a MIECHV reauthorization bill, H.R.2824, which centered on a newly added state match requirement and the fact that the bill would pay for the reauthorization in part by cutting Social Security Insurance (SSI) benefits.

Matching funds requirements are extremely risky. Most states are required to balance their budgets. If those states are hit with an emergency – they are unlikely to be able to meet the match requirement. That would mean the federal government would not provide MIECHV funding at all to that state.

HFRA currently receives approximately 20% (\$236,322) of its budget through MIECHV funding.

If you are aware of “outside” funding sources that will expire or be reduced on a set cycle or date, please note those below and how you are planning for them.

In the event of a reduction or elimination of MIECHV funding, retained earnings and emergency operating funds would help to stabilize services provided to currently enrolled families until they could be reassigned or additional funding was secured.

Please detail any identified agency needs or areas of concern that are currently not being addressed in your funding request.

HFRA is still currently working to create new partnerships with potential community partners to create additional referral sources with a higher likelihood of connecting with families in need.

Healthy Families Rappahannock Area

Agency Total Budget

In the boxes below provide an overview of the administrative costs associated with your total agency budget.

Expenses

	FY 2017 Actual	FY 2018 Budgeted	FY 2019
Salary	519,497.22	591,021.00	632,856.63
Benefits	132,144.68	152,160.00	158,692.80
Operating Expenses	227,508.23	260,446.00	266,997.00
Capital Expenses	0.00	0.00	0.00
Other Expenses	0.00	0.00	0.00
Total	879,150.13	1,003,627.00	1,058,546.43

Revenues

Please include revenue associated with your entire organization. This section represents the TOTAL revenue your organization is receiving. The revenue associated with specific programs will be listed within your program budgets; this section represents total revenues. (For example if your organization requests funding for multiple programs the total amount requested from each locality or other entities goes within this section)

	FY 2017 Actual	FY 2018 Budgeted	FY 2019
Caroline	2,880.00	2,880.00	2,880.00
Fredericksburg	9,000.00	9,000.00	9,000.00
King George	0.00	0.00	2,880.00
Spotsylvania	16,400.00	16,400.00	42,435.00
Stafford	9,432.00	9,432.00	9,432.00
United Way	72,966.55	70,000.00	70,000.00
Grants	696,089.32	678,203.00	696,895.00
Client Fees	134,008.50	109,712.00	109,712.00
Fundraising			4,312.43
Other (Click to itemize)	84,820.75	108,000.00	111,000.00
Total	1,025,597.12	1,003,627.00	1,058,546.43

Surplus / Deficit

	FY 2017 Actual	FY 2018 Budgeted	FY 2019
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Surplus or Deficit	146,446.99	0.00	0.00
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Healthy Families Rappahannock Area

Locality Information

Locality Notes

Please use the spaces below to provide any locality specific notes or statements that may be relevant to your application.

Caroline County

In FY17, 16 children within Caroline County were victims of abuse. Twelve (75%) children suffered physical or sexual abuse, and four (25%) were victims of physical neglect. HFRA has successfully completed another year with no founded cases of child maltreatment among participants. These results continue to be a testament to the effectiveness of the Healthy Families America's in-home visiting model used by HFRA. The estimated lifetime cost to society for each child victim of abuse is \$210,012 according to a 2012 CDC publication. The average annual cost in our region to provide care for one foster child is approximately \$8,000. HFRA's estimated service cost is \$4,000 per child and the child remains with his/her parents. Caroline County's cost to care for the victims of the 16 founded cases of abuse, would be an estimated \$128,00 annually. HFRA is able to provide the support to 16 families for \$64,000, a 50% savings to the county. HFRA aims to compliment existing services.

City of Fredericksburg

In FY17, 76 children within Fredericksburg City were victims of abuse. Sixteen (21%) children suffered physical or sexual abuse, 57 (75%) experienced physical neglect, two (3%) experienced Medical neglect and one (1%) infant was born substance exposed. HFRA has successfully completed another year with no founded cases of child maltreatment among participants. The estimated lifetime cost to society for each child victim of abuse is \$210,012 according to a 2012 CDC publication. The average annual cost in our region to provide care for one foster child is approximately \$8,000. HFRA's estimated service cost is \$4,000 per child and the child remains with their parents. The City of Fredericksburg's cost to care for the victims of the 76 founded cases of abuse, would be an estimated \$304,00 annually. Healthy Families is able to provide the support to 16 families for \$152,000, a 50% savings to the city. HFRA aims to compliment existing services.

King George County

In FY17, 12 children within King George County were victims of abuse. Three (25%) children suffered physical or sexual abuse, and nine (75%) were victims of physical neglect. HFRA has successfully completed another year with no founded cases of child maltreatment among participants. The estimated lifetime cost to society for each child victim of abuse is \$210,012 according to a 2012 CDC publication. The average annual cost in our region to provide care for 1 foster child is approximately \$8,000. HFRA's estimated service cost is \$4,000 per child and the child remains with their parents. King George County's cost to care for the victims of the 12 founded cases of abuse, would be an estimated \$96,00 annually. Healthy Families is able to provide the support to 12 families for \$48,000, a 50% savings to the county. HFRA aims to compliment existing services.

Spotsylvania County

In FY17, 168 children within Spotsylvania County were victims of abuse. 70(42%) children suffered physical or sexual abuse, 88 (52%) experienced physical neglect, 2 (1%) experienced Medical neglect, six (4%) fell victim to mental abuse and neglect, and two (1%) infants were born substance exposed. HFRA has successfully completed another year with no founded cases of child maltreatment among participants. The estimated lifetime cost to society for each child victim of abuse is \$210,012 according to

a 2012 CDC publication. The average annual cost in our region to provide care for one foster child is approximately \$8,000. HFRA's estimated service cost is \$4,000 per child and the child remains with their parents. Spotsylvania County's cost to care for the victims of the 168 founded cases of abuse, would be an estimated \$672,00 annually. Healthy Families is able to provide the support to 16 families for \$336,000, a 50% savings to the county. HFRA aims to compliment existing services.

Stafford County

In FY17, 68 children within Stafford County were victims of abuse. Eighteen (26%) children suffered physical or sexual abuse, 43(63%) experienced physical neglect, two (3%) experienced medical neglect, one (1%) infant was born substance exposed and four (6%) fell victim to mental abuse/neglect. HFRA has successfully completed another year with no founded cases of child maltreatment among participants. The estimated lifetime cost to society for each child victim of abuse is \$210,012 according to a 2012 CDC publication. The average annual cost in our region to provide care for one foster child is approximately \$8,000. HFRA's estimated service cost is \$4,000 per child and the child remains with their parents. Stafford County's cost to care for the victims of the 68 founded cases of abuse, would be an estimated \$544,00 annually. Healthy Families is able to provide the support to 16 families for \$272,000, a 50% savings to the County. HFRA aims to compliment existing services.

Healthy Families Rappahannock Area - Healthy Families Rappahannock Area

Program Overview

You may save your work at any time by clicking on the "Save My Work" link/icon at the bottom or top of the page.

When you have completed all questions on the form, select the "Save My Work and Mark as Completed" link/icon at the bottom or top of this page.

You may also SWITCH between forms in this application by using the SWITCH FORMS feature in the upper right corner. When switching forms, any updates to the existing form will automatically be saved.

General Information

Program Name Healthy Families Rappahannock Area

Is this a new program? No

Program Contact

Name Davy Fearon

Title Program Manager

Email dfearon@rappahannockareacsb.org

Phone (540) 374-3366

Program Purpose / Description

Provide an overview of this program

Healthy Families is a living breathing manual that offers a nationally accredited program that provides 1-hour weekly home visits to promote positive parenting, improve childhood outcomes, and increase family self-sufficiency through education and community support.

Parents participate in home visits so they can learn how to recognize and respond to their babies' changing developmental needs, use positive discipline techniques, cope with the day-to-day stress of parenting in healthy ways, and set and achieve family goals.

Client Fees

Please describe the fees clients must pay for the services by this program.

Services are free; there are no costs to families.

Justification of Need

Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.

In FY16, there were 152 founded cases of abuse stemming from over 3,000 referrals and 360 investigations in PD16. In SFY 15, children who died as a result of abuse or neglect ranged in age from birth to 12 years of age with more than three quarters (81%) less than three years of age. It is suspected, the deaths may be attributed to the fact that children not attending school are typically less visible in the community and have limited contact with other child serving systems where there are mandated reporters of suspected child abuse and neglect. Some new or expectant parents lack knowledge about parenting, do not have family or social support, or are unaware of important community resources, and therefore may be more likely to abuse or neglect their children or to suffer from stress or depression that can lead to problems in relating to their children and others. The HFRA home visiting model provides the support and supervision which aids in the reduction of such stressors.

If this is a new program, be sure to include the benefits to the region for funding a new request.

N/A

Target Audience and Service Delivery

Describe the program's intended audience or client base and how those clients are served.

Parents in PD16 at risk of child maltreatment are referred via Mary Washington Healthcare, Spotsylvania Regional Medical Center, and the local health departments. Referred parents are offered an in-home assessment by a HFRA Family Resource Specialist, focused on helping parents see their strengths and needs and addressing risk factors within the family. Families are connected to appropriate community resources to address identified challenges, such as: mental health; developmental delays; domestic violence; financial assistance; baby supplies; family stability (paternity, child support, employment training, housing, counseling). The on-going home-visiting component consists of weekly 1-hour visits by a Family Support Worker (FSW). Parents of children birth to age five learn parenting techniques and problem-solving skills. Each visit involves child development activities, developmental screenings, family assessment tools, resources, and community referrals.

If your program has specific entry or application criteria, please describe it here.

HFRA services are available to parents in PD16 who have risk factors for poor childhood outcomes. Eligibility for the program is based on child age (parent must be pregnant or have a child under 3 months of age) and identification of risk factors through the screening and assessment process (described in detail above). Exceptions to the age criteria may be made at the discretion of the Program Manager.

Healthy Families Rappahannock Area - Healthy Families Rappahannock Area

Program Budget Narrative

Please indicate in detail reasons for increases or decreases in the amounts you are requesting.

We are requesting an increase of \$26,000. This was previously included in the Rappahannock Area Community Services Board budget request administer the Program for Teen Parents in Spotsylvania County Schools.

Salary of a part time Support worker: \$26,068 (seeking funding)

Operating Expenses: \$8,300 (HFRA funded)

If an increase is being requested, please describe the impact not receiving an increase would have on the program.

The Virginia Department of Health estimates that, in 2015 there were 238 teenage pregnancies (ages 10-19) in Planning District 19. Research shows that teenage mothers are more likely to drop out of school and teenage pregnancies are associated with increased rates of alcohol and substance abuse, lower education level, and reduced earning potential. Additionally, children born to teenage mothers are more likely to suffer health, social, and emotional problems than children born to older mothers.

In particular, please describe in detail if any increase is sought for new positions or personnel.

Salary: \$24,077.00

Benefits: \$1,991.00

Healthy Families Rappahannock Area - Healthy Families Rappahannock Area

Program Specific Budget

Please provide your program specific budget below.

Expenses

	FY 2017 Actual	FY 2018 Budgeted	FY 2019
Personnel	593,497.00	591,021.00	632,856.63
Benefits	132,144.50	152,160.00	158,692.80
Operating Expenses	152,588.94	260,446.00	266,997.00
Capital Expenses	0.00	0.00	0.00
Total	878,230.44	1,003,627.00	1,058,546.43

Revenues

This section represents revenue specifically associated with your program. Revenue that supports the implementation of your program and the services provided to the community.

	FY 2017 Actual	FY 2018 Budgeted	FY 2019
Caroline	2,880.00	2,880.00	2,880.00
Fredericksburg	9,000.00	9,000.00	9,000.00
King George	0.00	0.00	2,880.00
Spotsylvania	16,400.00	16,400.00	42,435.00
Stafford	9,432.00	9,432.00	9,432.00
United Way	72,966.55	70,000.00	70,000.00
Grants	696,088.79	678,203.00	696,895.00
Client Fees	98,314.50	109,712.00	109,712.00
Fundraising			4,312.43
Other (Click to itemize)	84,820.75	108,000.00	111,000.00
Total	989,902.59	1,003,627.00	1,058,546.43

Surplus / Deficit

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Surplus or Deficit	111,672.15	0.00	0.00

Healthy Families Rappahannock Area - Healthy Families Rappahannock Area

[View Diagram](#) Goals and Objectives

Goals

Goal: Ensure families are receiving home visits as scheduled.

Objectives	Objective Results	Year End	Baseline
A minimum of 75% of families are receiving 75% of home visits as scheduled.	Total # Clients Served	132	165
	Total # Clients Achieved/Successful	132	165
	% Achieved / Successful	100	100
Increase 1st home visit acceptance rate (verbally accepted/completed home visits) by 10%	Total # Clients Served	85	82
	Total # Clients Achieved/Successful	85	82
	% Achieved / Successful	100	100

Outcomes Narratives

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

No changes to be made.

If you are restating the goals or objectives for FY 2018, please include those here

Goal: Promote the development of healthy parent interactions through intensive home visiting.

Objectives	Objective Results	Year End	Baseline
A minimum of 1000 families are screened each year to identify children at risk for maltreatment.	Total # Clients Served	1,008	1,000
	Total # Clients Achieved/Successful	1,008	1,000
	% Achieved / Successful	100	100

A minimum of 600 parents will receive and initial in-home assessment to determine risk factors and stressors.	Total # Clients Served	702	600
	Total # Clients Achieved/Successful	702	600
	% Achieved / Successful	100	100

Outcomes Narratives

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

N/A

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

There were no changes made.

If you are restating the goals or objectives for FY 2018, please include those here

N/A

Healthy Families Rappahannock Area - Healthy Families Rappahannock Area

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2016 and the projected numbers of individuals to be served in FY2018.

Locality	FY2017 (Actual)	FY2019 (Projected)
Fredericksburg City	220	230
Caroline County	28	30
King George County	10	17
Spotsylvania County	292	320
Stafford County	152	161
Other Localities		
Total	702	758

Healthy Families Rappahannock Area - Healthy Families Rappahannock Area

Collaborative Impact

Efforts and Partnerships

Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.

Rappahannock Area Community Services Board, fiscal agent and counseling resource for HFRA parents
Mary Washington and Stafford Hospitals, referrals collected by nurses from the Mother Baby Unit
Spotsylvania Regional Medical Center, referrals collected by nurses
Primary referring OB/GYN, Advanced Care for Women
Rappahannock Area Health District, Providing referrals and support services
Stafford, Fredericksburg, Spotsylvania, Caroline County DSS
Parent Education-Infant Development (PE-ID) program, resource for families
Smart Beginnings Rappahannock Area, Early literacy partner
Strong Tower Church, Annual HFRA Holiday Party for families host
Village Fathers, An educational and support group for fathers
Project LINK, An inter-agency project aimed at helping pregnant or parenting women with risk factors for substance abuse or personal histories of chemical dependency.
GEICO, Annual car seat event sponsor
RUW, Trainings, funding, project collaboration

Collaborative Impact

Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.

HFRA is designed to work within an inter-agency collaborative system of care. A key primary component of HFRA is joining together state agencies, local community program and citizens for the purpose of interdependent problem solving that focuses on improving service to children and families. Since 1998, HFRA has successfully been under the umbrella of their fiscal agent, the Rappahannock Area Community Services Board. In FY17, HFRA received 1,008 screens and served 702 individuals with anything from referrals to appropriate services to weekly home visits. In a region where, thankfully child abuse and neglect reports seems to be on the decline, families still need support. Each year, HFRA enrolled families have successfully cared for their children well enough to allow CPS to investigate cases of individuals with less support. We ensure our enrolled families receive no CPS referrals by linking them to appropriate resources and guiding them to self sustainable practices.