

Regional Funding

Fiscal Year 2018 - Partner Funding Application

Healthy Families Rappahannock Area

Application Status: Submitted

Healthy Families Rappahannock Area

Agency Information

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General Information

Agency Name	Healthy Families Rappahannock Area
Physical Address	3302 Bourbon St. 2nd floor, Fredericksburg, Virginia, 22408, U.S.A.
Mailing Address	600 Jackson St. Fredericksburg VA 22401
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

To offer long term prevention services to families through supportive partnerships, viable community resource options and promoting empowerment and independence. The program fosters creative partnerships based on healthy family interactions, parent and child bonding and advocacy for the physical and emotional health of children and families.

Number of Years in Operation	18
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Main Contact

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

Healthy Families Rappahannock Area (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 programs and citizens for the purpose of interdependent problem solving that focuses on improving services to children and families. Since 1998, HFRA has successfully been under the umbrella of the Rappahannock Area Community Services Board's (RACSB) Prevention Department.

Community Impact

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

Example 1

Brenda was 19 years old and pregnant (baby was born in January 2011) when she began participating with Healthy Families in November of 2010. Brenda's Family Support Worker (FSW), Marta started visiting Brenda at a foster home where she was placed. Brenda lived there for approximately 2 years until she was 21 before transitioning to independent living, renting a room for her and her baby. Although Brenda was new to the area, she did have some relatives living in the community who were able to provide some support. Brenda admits that she "use to be very negative at times:" and acknowledges that she was giving her FSW Marta a "hard time because of her immaturity and pessimism." "Marta however, was patient and kept encouraging me to achieve my goals of finishing high school, which I did, three years after giving birth to my son Jackson. Marta also helped me to understand his growing and development and to be the best mom I could be. With all the support I received from Marta I was able to understand that everything that you set your mind on might be possible." Brenda went on to find a job a working as a teacher's assistant at a private school and now has her own car. Brenda is also studying phlebotomy and is currently in the process of enrolling her child into the Smart Beginnings preschool program, through a referral of Healthy Families Rappahannock Area.

"I have many other plans and goals for the future and I know I can accomplish all of them because Healthy Families encouraged me to believe that everything is possible." -Brenda

Example 2

Keisha moved to the area hoping to build a better life for herself and her children. Things started to fall apart for Keisha when she lost her job and couldn't afford her rent. For a while, she bounced around, sleeping on friends' couches. Then, she got pregnant with her second child and knew that something needed to change. She had to move into a homeless shelter. Keisha knew that this was not the environment that she wanted for her children, but she needed some support to get her life back on track.

Keisha joined the Healthy Families Program with the hopes of gaining support with her extenuating circumstances. Family Support Worker Britne Young first met Keisha in January 2015. At that first meeting, Britne realized that the young mother was totally overwhelmed and depressed, even though she wasn't willing to admit it. Keisha had two children under the age of two and her hands were full. Britne remembers Keisha initially being stand-offish and untrusting. As for Keisha, she wasn't sure what to think about Healthy Families or this person that was coming to meet with her every week. She didn't trust that Britne would really be there to help her and her children.

Since joining Healthy Families Rappahannock Area, Keisha has made tremendous progress towards her goal of getting back on her feet. With Britne's help, she's applied for emergency low-income housing and is currently first in line on the wait-list to receive an apartment. Britne was also able to help Keisha get connected with a vehicle donation, so that she would have transportation for herself and her children. Once she had reliable transportation, Keisha was able to finish her Certified Nursing Assistant classes and begin work as an at-home aid. Keisha is also learning healthier ways to cope with stress.

"I love that I have someone I can talk to and that I can trust. The program gives me motivation to be a better parent and makes me feel like I can be a good parent." -Keisha

Example 3 (Optional)

"The information provided to me has been very helpful, especially not knowing much about babies before having one. I appreciate the time and effort my support worker puts toward my daughter and myself. She has encouraged me and aided me in achieving my goals. I am now in college pursuing my nursing degree! My visits have also helped me tremendously emotionally. I spent a lot of time by myself or alone with my daughter worrying if I was a good mom or not or panicking that I'd mess up somewhere. Having Hillary (Family Support Worker) to talk to has helped me reassure that I am doing the absolute best I can as a mom. I am so thankful for the Healthy Families program!" -Keagan

Healthy Families Rappahannock Area -

Locality Information

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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 FY14 &15, 34 children within Caroline County were victims of abuse. Fifteen (44%) children suffered physical and sexual abuse, fifteen (44%) experienced physical neglect, with the remaining four (12%) being victims of mental abuse/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. In FY14 & FY15, Caroline County spent \$4,407,120 on treatment services (e.g., foster care, special ed., CPS cases) for 117 children, which equates to approximately \$37,667 per child. HFRA estimated service cost is \$4,000 per child. Therefore, prevention would have cost \$468,000, a county savings of \$3,939,120. Return on investment research suggests, when communities focus on low-income parents, costs are recovered by the time a child reaches age four. By the age of 15 the cost savings quadruple.

City of Fredericksburg

In FY14 &15, 108 children within Fredericksburg City were victims of abuse. 21(19%) children suffered physical and sexual abuse, 73 (68%) experienced physical neglect, 4 (4%) being victims of mental abuse/neglect, 7 (6%) experienced Medical neglect and 1(1%) infant was born substance exposed. 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. In FY14 & FY15, \$3,675,556 was spent on treatment services for 144 children, which equates to approximately \$25, 525 per child. HFRA estimated service cost is \$4,000 per child. Therefore, prevention would have cost \$576,000, a county savings of \$3,099,556. Return on investment research suggests, when communities focus on low-income parents, costs are recovered by the time a child reaches age four. By the age of 15 the cost savings quadruple.

King George County

In FY14 &15, 23 children within King George County were victims of abuse. Seventeen (74%) children suffered physical and sexual abuse and six (26%) experienced 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. In FY14 & FY15, King George County spent \$3,529,744 on treatment services (e.g., foster

care, special ed., CPS cases) for 143 children, which equates to approximately \$24,683 per child. HFRA estimated service cost is \$4,000 per child. Therefore, prevention would have cost \$572,000, a county savings of \$2,957,744. Return on investment research suggests, when communities focus on low-income parents, costs are recovered by the time a child reaches age four. By the age of 15 the cost savings quadruple.

Spotsylvania County

In FY14 &15, 277 children within Spotsylvania County were victims of abuse. 103 (37%) children suffered physical and sexual abuse, 156 (56%) experienced physical neglect, 12 (4%) being victims of mental abuse/neglect, medical neglect or were "invalid." 2(1%) infants were born substance exposed. 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. In FY14 & FY15, \$14,752,286 was spent on treatment services (e.g., foster care, special ed., CPS cases) for 537 children, which equates to approximately \$27, 471 per child. HFRA estimated service cost is \$4,000 per child. Therefore, prevention would have cost \$2,148,000, a county savings of \$12,604,286. Return on investment research suggests, when communities focus on low-income parents, costs are recovered by the time a child reaches age four.

Stafford County

In FY14 &15, 64 children within Stafford County were victims of abuse. 30 (47%) children suffered physical and sexual abuse, 28 (44%) experienced physical neglect (44%), 2 (3%) being victims of medical neglect. 3 (5%) infants were born substance exposed. 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. In FY14 & FY15, the County spent \$8,108,422 on treatment services (e.g., foster care, special ed., CPS cases) for 331 children, which equates to approximately \$24, 496 per child. HFRA estimated service cost is \$4,000 per child. Therefore, prevention would have cost \$1,324,000 a county savings of \$6,784,422. Return on investment research suggests, when communities focus on low-income parents, costs are recovered by the time a child reaches age four. By the age of 15 the cost savings quadruple.

Healthy Families Rappahannock Area -

Agency Budget

In the boxes below provide an overview of the administrative costs associated with your agency budget. Include revenue that defrays administrative costs; this is non programmatic revenue and should not include any revenue associated with programming.

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Expenses

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Salary	216,067.41	380,613.00	388,225.00
Benefits	57,753.16	104,740.00	106,835.00
Operating Expenses	91,054.29	203,340.00	203,432.00
Capital Expenses			
Administrative Expenses	5,000.00	5,000.00	5,000.00
Total	369,874.86	693,693.00	703,492.00

Revenues

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Caroline	0.00	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	16,000.00	16,400.00	16,400.00
Stafford	7,200.00	9,432.00	9,432.00
United Way	75,298.90	70,000.00	75,298.00
Grants	123,080.35	441,881.00	441,881.00
Client Fees	56,192.00	50,000.00	46,621.00
Fundraising	0.00	0.00	0.00
Other (Click to itemize)	150,938.86	94,100.00	99,100.00

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Total	437,710.11	693,693.00	703,492.00

Surplus / Deficit

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Surplus or Deficit	67,835.25	0.00	0.00

Healthy Families Rappahannock Area -

Agency Budget Narrative

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Administrative Expenses

Provide an overview of the administrative costs for your agency.

Fiscal agent support (IT, Human Resources, Accounting, Purchasing, Reimbursement).

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.

Due to the increased need and the inability to serve all families screened/referred in FY16, three FTE's, Family Support Workers were budgeted to meet this need. The hiring of three new Family Support Workers would increase our capacity by 150, therefore reducing the number of families we were not able to serve. The increase in staff resulted in a \$164,546 increase in salaries, which is reflected in the budget. In FY16, we were "unable to locate" 236 families due to not having adequate staff to place necessary follow-up calls or "drop by's." In addition, 50 families which screened positive were unable to be assessed

and assigned a Family Resource Worker's due to the assessment quota being met (as per Healthy Families America standards/regulations).

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 cost has been increased by 2% COLA.

Budget Issues

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

HFRA and 34 other Healthy Families sites across Virginia receives advocacy guidance each year from Healthy Families Virginia (HFV). The White House released President Obama's Fiscal Year 2017 budget proposal, which includes significant investments in programs aimed at improving outcomes for children and families. This is the President's last budget which covers FY 2017 beginning on October 1, 2016. The proposal includes \$15 billion over ten years in increased funding for the Maternal, Infant, and Early Childhood Home Visiting (MIECHV) program. Unfortunately, there is already opposition by the Congressional leadership to the President's budget. This jeopardizes approximately (\$46,000) annually for the remainder of our grant. HFRA's main funding sources, TANF also has not been reauthorized to date, which may have an adverse impact on overall funding or allocations.

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.

All grants are currently eligible for renewals within a minimum of three years. The uncertainty of the MIECHV funds due to the impending re-authorization would be offset using retained earnings until additional funding is secured.

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

Healthy Families Rappahannock Area is currently working to create new partnerships and strengthen existing relationships with community partners to create additional referral sources and links to resources. HFRA is currently working towards a stronger partnership with the Health Departments, Departments of Social Services, local doctors offices, clinics, and hospitals to encourage a continuous stream of screens. In addition to seeking new referral sources, additional funding is currently being sought to hire an additional Family Resource Specialist. Due to insufficient staffing in FY16, 50 families who screened positive were unable to receive an assessment, which could have resulted in receiving much needed services. There were an additional 236 families with whom there was no contact due to inadequate staffing.

Regional Funding

Fiscal Year 2018 - Partner Funding Application

Healthy Families Rappahannock Area

Application Status: Submitted

Healthy Families Rappahannock AreaHealthy Families Rappahannock Area

Program Budget Narrative

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Please indicate in details reasons for increases or decreases in the amounts requested for FY 2018.

No increase is being sought.

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

No increase is being sought.

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

No increase is being sought.

Healthy Families Rappahannock Area -

Collaborative Impact

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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 from the Labor and Delivery Unit
Three OB/GYN offices (Dr. Josephs, Dr. Walker, Dr. Mercado), referrals by nurses
Rappahannock Area Health District- Helping to support families for reunification, follow-up and/or additional support after DSS case is closed.
Parent Education-Infant Development (PE-ID) program, resource for families
Smart Beginnings Rappahannock Area- Early literacy partner
Strong Tower Church, host of the Annual HFRA Holiday Party for families
Village Fathers- An educational and support group for fathers using the 24/7 Dad curriculum
Project Link -An interagency project aimed at helping pregnant or parenting women with risk factors for substance abuse or personal histories of chemical dependency.

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 the RACSB's Prevention Department. In FY16, HFRA received 1,032 screens, of which 659 presented with risk factors. Due to insufficient staffing, HFRA could provide only 343 with an in-home assessment. Of these, 123 families met the criteria for home visiting services and 72% (84) opted to receive them. The remaining 286 referrals had to close without receiving any contact at all. This means there are a considerable amount of families with children still at risk for child abuse and neglect. Last fiscal year, HFRA had to turn away 56 families who "qualified" but were unable to receive services due to lack of staffing.

Healthy Families Rappahannock Area -

Program Overview

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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 is no cost 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 FY14 and FY15, 501 children in Planning District 16 were victims of abuse. 188 suffered physical and sexual abuse, 278 experienced parental neglect, 6 infants were born substance exposed and 29 children were victims of either medical neglect, mental abuse/neglect or the neglect was found "invalid". There were 128 completed investigations of child deaths due to suspected abuse or neglect that involved 131 children. (three investigations involved more than one child.) 48 children died as a result of abuse or neglect. 38 of these children were age 4 years or younger. The majority of child deaths occurred in children less than 5 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. The HFRA home visiting model provides the necessary support and supervision.

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 Planning District 16 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, etc; Family stability: paternity, child support, employment training, housing, counseling, etc. 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 -

Number of Individuals Served

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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	FY2016 (Actual)	FY2018 (Projected)
Fredericksburg City	190	216
Caroline County	24	26
King George County	16	17
Spotsylvania County	291	320
Stafford County	145	161
Other Localities		
Total	666	740

Healthy Families Rappahannock Area -

Goals and Objectives

Goals

Goal:

Promote the development of healthy parent interactions through intensive (weekly, one hour) home visiting services.

Objectives	Objective Results	Year End	Baseline
1,000 Families at risk of child maltreatment are screened	Total # Clients Served	1,032	1,000
	Total # Clients Achieved/Successful	1,032	1,000
	% Achieved / Successful	100	100
288 parents received an initial home assessment to determine risk factors and connect them to community resources.	Total # Clients Served	343	288
	Total # Clients Achieved/Successful	343	288
	% 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

There were no changes made.

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

Goal:

Continue to improve maternal and child health through preventative practices and measures

Objectives	Objective Results	Year End	Baseline
85% of the target children will have a	Total # Clients Served	136	161

primary health care provider.	Total # Clients Achieved/Successful	132	137
	% Achieved / Successful	97.06	85.09
85% of prenatal enrollees will deliver babies weighing at least 5 1/2 lbs.	Total # Clients Served	8	15
	Total # Clients Achieved/Successful	7	13
	% Achieved / Successful	87.50	86.67

Outcomes Narratives

Explanation & Overview

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

The number of clients served varies depending on whether the family enrolled prenatally and/or upon the age of the child at enrollment.

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 warranted.

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

85% of the target children will have a primary health care provider

Healthy Families Rappahannock Area -

Program Budget

Please detail below the budget request for your program.

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Revenues

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Fredericksburg	9,000.00	9,000.00	9,000.00
King George	0.00	0.00	2,880.00
Spotsylvania	16,000.00	16,400.00	16,400.00
Stafford	7,200.00	9,432.00	9,432.00
United Way	75,298.90	70,000.00	75,298.00
Grants	123,080.35	441,881.00	441,881.00
Client Fees	56,192.00	50,000.00	46,621.00
Fundraising	0.00	0.00	0.00
Other (Click to itemize)	150,938.86	94,100.00	99,100.00
Total	437,710.11	693,693.00	703,492.00

Surplus / Deficit

	FY 2016 Actual	FY 2017 Budgeted	FY 2018 Requested
Surplus or Deficit	67,835.25	0.00	0.00