

# Promise 1000 Home Visitation Collaborative

## The Issue

Promise 1000 connects this region's vulnerable families to supports that optimize the beginning years for young children from birth to age 3 - the first 1,000 days of life. A collaborative initiative of United Way of Greater Kansas City, Children's Mercy Hospital and the Health Care Foundation of Greater Kansas City, Promise 1000 includes home visiting provider agencies already engaged to develop and implement a structured, collaborative home visiting system for at-risk children under 3 years old and their parents to:

- » Improve maternal and newborn health
- » Reduce the incidence of child maltreatment and intimate partner violence
- » Increase school readiness
- » Improve economic self-reliance and safety of participating families

## The Opportunity

Over an 18-month time frame, home visiting agencies engaged in a strategic planning process to identify key characteristics of an efficient, highly effective home visiting system. A structured review of strengths and challenges for existing home visiting services informed the development of Promise 1000, establishing a cohesive and coordinated strategy to promote program quality and effectiveness and to maximize the impact of home visiting services.

## The Approach

The target population for Promise 1000 is low-income families with children from pregnancy to 36 months of age with a parent who also has at least one of the following risk factors: single, under 21 years of age, has less than a high school education, substance abuse or mental health concern, child abuse and neglect or other adverse childhood experiences.

While there is some variation across evidence-based home visiting models, all programs share common characteristics such as screening, case management, family support and parent skills training to address medical, behavioral and developmental needs. Home visitors strengthen the emotional bond between parent and child. With the help of United Way 2-1-1, they also link families to community resources.

Through centralized data collection, intake and referral; consistent professional training; continuous quality improvement; home visiting tied to the medical home; a research-based best practice treatment program for maternal depression and a funding mechanism that improves program quality and expands capacity, Promise 1000 strives to strengthen an entire system of home visiting, improving outcomes for vulnerable children and families across the Kansas City region.

## Why it matters

The centerpiece of the collaborative is home visitation, guided by scientific research confirming that a stimulating and nurturing environment is essential for optimal brain development, which in turn leads to readiness for school and good health. Home visiting is also among the few evidence-based interventions recognized to prevent child abuse and neglect.

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## Focus on Results

Promise 1000 is modeled after Every Child Succeeds (ECS), a collaborative, evidence-based home visitation program based in Cincinnati with key partners including Cincinnati Children's Hospital and United Way of Greater Cincinnati. A highly successful initiative, ECS consistently produces strong health outcomes, including:

- » 89 percent of infants are born weighing at least 2,500 grams – a healthy birth weight.
- » 91 percent of infants reach 37 weeks or more gestational age.
- » The infant mortality rate for families enrolled in the ECS program is 4.7 per 1,000 live births, compared to 9.9 per 1,000 for the City of Cincinnati.
- » 94 percent of children have an identified medical home.
- » 98 percent of children are on-target developmentally.
- » 70 percent of mothers with major depressive disorders recover following completion of the Moving Beyond Depression program.
- » 77 percent of mothers initiate breast-feeding.

In addition to the initial short-term outcomes, long-term positive changes in participating families' lives demonstrate impact for both participating children and families and the community as a whole. Fifteen years after their participation in a nurse home visiting program, families showed the following outcomes:

- » 83 percent increase in employment by their child's fourth birthday.
- » 20 percent reduction in welfare use.
- » 46 percent increase in the father's presence in the household.
- » 20 percent longer interval between first and second child.
- » 56 percent reduction in emergency room visits.

A RAND Corp. study (Early Childhood Intervention: Proven Results, Future Promise) found a \$5.70 return for every dollar invested in high-risk families.