Florida Association of Healthy Start Coalitions

2022-2023 ANNUAL REPORT

Table of Contents

Welcome Letter 1

Mission Statement 2

Structure 3

History 4

Healthy Start Timeline 6

Programs & Services 8

Partnerships 12

Outcomes & Accomplishments 13

Advocacy 20

Financial Statement 21

Welcome Letter

Hello!

The only way to begin this letter is with my deepest gratitude and appreciation. First, thank you to our wonderful state leaders for their generous support of Healthy Start with a 9.5 million dollar increase in our funding. We couldn't provide our much-needed services to families without the Florida Legislature's enduring commitment to our mission to give every baby a healthy start.

We also celebrate the re-authorization of the federally funded Maternal, Infant, and Early Childhood Home Visiting program (MIECHV). Thank you to our MIECHV partners and everyone who helped with advocacy to ensure that Florida families continue to have access to this invaluable program (see page 10 to learn more about MIECHV).

While funding and programing are essential, we want to recognize the skilled and compassionate front line workers who deliver services to families and who are truly making an impact every day. Thank you to our dynamic coalitions who utilize expertise in the field of maternal and child health, ingenuity, and strategic planning to continue to improve the lives of Florida babies and their families.

This year, in addition to administering our established programs, Healthy Start Coalitions and the state staff team developed and launched the T.E.A.M. Dad program and expanded the Fetal and Infant Mortality Review (FIMR) program statewide (see pages 9 and 11 to learn more). We also laid the groundwork for G.R.O.W. Doula, a new program due to launch in 2023–24 (page 9).

To say we've been busy is an understatement. What's also true is that we're happy to work for Florida's families and proud of our continued positive impact on maternal and infant outcomes. Details are in the Outcomes & Accomplishments section (pages 13–19).

The pages of this report are filled with images of beautiful healthy babies not only because they're cute, but because they represent Healthy Start's mission. They're a reminder of our many successes and of the work that lies ahead.

Thank you again to the Florida Legislature, our Coalitions, providers, and health plan and community partners. I look forward to our ongoing collaborations to help ensure every baby has a healthy start in life.

Sincerely,

Cathy Timuta

Cathy Timuta, CEO

Mission Statement

Vision, Mission, Purpose

Vision: Every baby will have a healthy start in life.

Mission: To improve the health of pregnant women, mothers, babies, and families through statewide advocacy and initiatives that support local communities and Healthy Start Coalitions.

Purpose: To develop and support local systems of care to optimize the health of Florida mothers, pregnant women, babies, and families.

Florida Association of Healthy Start Coalitions

FAHSC harnesses the power of over 30 years as a leading nonprofit in the state of Florida to improve the lives of families through services developed to meet the needs of pregnant and post-partum women, fathers, infants, and young children up to age three. As the parent company to Healthy Start MomCare Network (HSMN) and using a community-focused model, FAHSC supports 32 Healthy Start Coalitions throughout the state while also facilitating statewide services.

Healthy Start MomCare Network

The Healthy Start MomCare Network, Inc. (HSMN) is an administrative service organization representing all Healthy Start Coalitions. HSMN is tasked with implementing services provided to Medicaid participants during pregnancy and after delivery under the state's federal Medicaid waiver.

32 Coalitions Statewide

Each coalition leverages funds in their local communities and administers services tailored to the unique needs of their communities.

Families

"We are very grateful to the Healthy Start Program for its continuous support, follow-up information, and good advice."

The Espinoza-Lozano family worked with the Healthy Start Coalition of Sarasota County.

History

The Florida Healthy Start program was created in **1991** to improve birth outcomes and support healthy child development. It included universal risk screening of pregnant women and newborns, care coordination, and wrap-around services including parenting, childbirth education, and smoking cessation. Legislation also expanded Medicaid coverage for uninsured pregnant women.

The Florida Department of Health (DOH) was directed to establish the screening program and assist in establishing community based Healthy Start Coalitions to promote the development of local systems of care for women, infants and families. Initial program design reflected best practices identified by the National Commission to Prevent Infant Mortality, the Institute of Medicine, and other nationally recognized groups.

Shortly thereafter, the Florida Association of Healthy Start Coalitions (FAHSC) was established by the coalitions for education, communication, coalition and program development and advocacy purposes.

With a goal of responding to emerging research and a commitment to increasing program impact on persistent challenges such as low birth weight and racial disparities, FAHSC joined with the Florida Department of Health (DOH) in **2009** to undertake a re-design of the program. This effort developed a consensus and understanding about the importance of strengthening the evidence-base of the program through both interventions and ongoing evaluation

In **2011**, DOH built on this foundation with a two-year planning process. A comprehensive review of evidence-based programs was conducted to identify a new Healthy Start service delivery model. Interventions addressing specific risks and protective factors associated with poor outcomes were examined in three categories: maternal health, infant health and pre- and inter- conceptional health. This rigorous review underscored the challenges and limitations of utilizing an existing evidence-based program for Healthy Start.

This two-year process resulted in the selection of two potential programs and a standard curriculum that represented the most viable options for Healthy Start. Prenatal Plus, a promising practice developed for Medicaid in Colorado, was recommended for use by Healthy Start. The program was supplemented with the Partners for a Healthy Baby curriculum developed by the Florida State University Center for Prevention & Early Intervention Policy.

Parents-as-Teachers (PAT), an evidence-based home visiting program focusing on child development and school readiness, was also selected. A timeline was adopted for implementation of the re-design that included revision of the Healthy Start Standards and Guidelines and funding methodology, staff training, and evaluation.

Statewide implementation of a new Healthy Start service delivery model was impacted significantly in **2013** by Medicaid Reform and other organizational changes at the state level. There was a major shift in

History

Healthy Start funding from state general revenue to Medicaid requiring new contracting mechanisms and the establishment of an administrative services organization now known as the Healthy Start MomCare Network.

To support this effort, FAHSC secured DOH approval to utilize Well Family System (WFS), a new data system for Healthy Start services. While study of Prenatal Plus and PAT was conducted, Healthy Start moved forward with the Partners for a Healthy Baby curriculum developed by the Florida State University Center for Prevention & Early Intervention Policy. Training on the curriculum, as well as Motivational Interviewing, was held for Healthy Start staff and included as a state DOH contract requirement. Initial work was completed on identifying indicators for evaluation and contracting.

This led to refinement of the model and the creation of our own unique program in **2019** that would include prevention pathways for depression, interconception care, child development, substance abuse and intimate partner violence.

A critical part of the system of care involved Coordinated Intake & Referral (CI&R). CI&R is a national best practice in screening and triaging families to the most appropriate service. At CI&R, a participant could choose between local diverse home-visiting programs.

With Healthy Start's unique role in supporting the universal risk screen, it would act as the entry point and hub and along with the WFS algorithm help to guide the participant and establish communication exchange with the chosen program.

Healthy Start's risk screening identification process; provision of risk-appropriate care; and access to timely prenatal and postpartum care; resulted in better birth outcomes, therefore saving lives and the costs associated with a poor birth outcome.

Since the program's inception, infant mortality rates have declined significantly from 9.6 deaths per 1,000 live births in 1990 to 6.1 deaths per 1,000 live births in 2017.

Healthy Start currently touches more than half of all pregnant women and 40% of newborns in Florida and has provided direct services to more than 50,000 at-risk pregnant women and 36,000 newborns annually.

Local Healthy Start Coalitions lead efforts to develop responsive, community-based systems of care to address the unique needs and resources of their areas. The state invests general revenue and leverages Medicaid waiver funding to support Healthy Start. Credit for this 35% drop in infant mortality goes to Healthy Start and its many statewide and federal partners working for maternal and infant health.

Healthy Start Th

The Beginning

Healthy Start is established by Florida statute.

1991

1996

SOBRA Medicaid

AHCA & DOH improve services for those on SOBRA Medicaid.

Medicaid Increase

Funding for SOBRA Medicaid is expanded.

2000

2009

Program Redesign

Update to better address persistent maternal & child health issues.

Medicaid Reform

Medicaid reform leads to protecting the Healthy Start waiver.

2010

rough the Years

Funding Change

Medicaid reform leads to shift in funding source.

New Programming

For a variety of maternal health issues.

2011 2013 2017 2019 2021

MomCare Network

The MomCare Network is established by Florida statute.

Waiver Extended

A five-year extension of the Healthy Start & MomCare Medicaid waiver is approved.

Waiver Extended (again)

The Healthy Start & MomCare Medicaid waiver is extended until 2030.

Programs & Services

Florida Healthy Start

The Florida Healthy Start program provides education, support, and proven interventions to expecting and new families who are at-risk of a poor birth outcome or delay in development. The program focuses on common issues or conditions that occur during pregnancy or in infancy. Screening, offered by prenatal care providers and hospitals, helps to identify families that could benefit from the program. Healthy Start is voluntary and available statewide to all eligible families regardless of their insurance coverage or citizenship. Families can participate in Healthy Start beginning in pregnancy and until their baby reaches age 1. Services can be extended if needed up to age 3.

The Healthy Start program offers:

- Home visiting
- Prenatal education and support
- Free screening and services
- Parenting education and support
- Care coordination
- Interconception care

Connect

Connecting families to community programs

Pregnant women and families with young children often find it difficult to locate support that meets their needs. Connect provides a one-stop entry point for services such as education and support for childbirth, newborn care, parenting skills, child development, food and nutrition, mental health, and financial self-sufficiency. Through a universal screening and Connect's intake and referral process, families are ensured streamlined access to community services and supports that best meet their needs.

Prenatal

- Pregnancy Education and Support
- Childbirth Education
- Stress Management Education

Newborn

- Newborn Care Instruction
- Breastfeeding Education and Support
- Nutritional Education
- Car Seat Safety
- Infant Safety
- Home Visiting Programs
- Child Development Education and Support

Parent Services

- Parenting Education and Support
- Counseling Services
- Help to Quit Smoking
- Family Planning Education
- Other Community Resources

G.R.O.W. Doula™

The G.R.O.W. Doula model explicitly recruits, trains, and connects women within shared communities to support one another during critical times of pregnancy, birth, and the post-partum period. This training is offered at no cost and provides high-quality consistent training, so doulas are ready to serve. This builds advocates within the community we serve and addresses the need to build a diverse doula workforce.

T.E.A.M. DAD
Fatherhood Initiative of Florida
Healthy Start
Florida Association of Healthy Start Coalitions

T.E.A.M. Dad Teaches, Empowers, Advocates for, and Mentors men to fulfill their potential and become the fathers their children need them to be. Many new fathers struggle to figure out their role when their wife or partner has a baby. T.E.A.M. Dad offers education, training, and support to help men become responsible, engaged, and empowered fathers.

T.E.A.M. Dad helps with:

- Parenting & Co-Parenting Education
- Improving Child Development
- Building healthy family & community relationships
- Workforce Development & Economic Stability
- Personal Development

Programs & Services

Led by FAHSC, the federal Maternal, Infant and Early Childhood Home Visiting (MIECHV) program is implemented in Florida through a public-private partnership with the goal to improve health and developmental outcomes for at-risk children through evidence-based home visiting programs. Florida MIECHV funds proven programs that leverage established community resources and work with families who seek help in a trusted environment—their homes. Because families ask for help, they are committed, want to do better, and work hard to be better parents.

Sixteen local projects implement three models in 35 high-need communities and four contiguous areas across Florida aimed at equipping parents and other caregivers with the knowledge, skills, and tools they need to assist their children in being healthy, safe, and ready to succeed in school. These models were selected by the communities based on local needs, gaps in services, and resources. Florida MIECHV also supports early childhood prevention services through professional development, fostering program accountability, and a culture of continuous quality improvement.

The federal MIECHV program was established in Section 2951 of the Patient Protection and Affordable Care Act (P.L. 111-148) amending Title V of the Social Security Act. The Florida MIECHV program is funded by a grant from the U. S. Department of Health & Human Services (HRSA #X10MC31134).

Florida ECCS Health Integration Prenatal to Three Program

FAHSC implements the Early Childhood Comprehensive Systems: Health Integration Prenatal to Three Program (ECCS P-3 Program). This grant-funded program provides a comprehensive continuum of services for expecting families and families with infants and young children. The program strengthens the role of families in planning and policy development and contributes to health equity by focusing on service gaps and needs that underpin racial and ethnic disparities.

The ECCS P-3 Program is a five-year endeavor and extends the work of FAHSC's previous Florida ECCS Impact Project Grant, and the Florida ECCS Advisory Group in developing cross-sector, community-driven collaboration around developmental screening, parent leadership, and equity.

National Fetal and Infant Mortality Review (FIMR)

FIMR began in 1990 as a collaborative effort between the American College of Obstetricians and Gynecologists and the Federal Maternal and Child Health Bureau. Florida adopted the FIMR model in 1992. Many of the state's Healthy Start Coalitions have been contracted by the State of Florida to implement FIMR locally. There are twelve FIMR projects statewide organized under Florida Statutes 766.101 and funded by the State of Florida.

FIMR is:

- A strategy to close the gap in health disparities at the community level.
- A timely and valuable source of information about changing health care systems and how they impact real families trying to access them.
- A form of continuous quality improvement that allows communities to assess the performance of systems and the impact of changes in those systems
- A voice for local families who have lost their baby.
- A tool that helps local health officials implement policies to safeguard families.

Partnerships

Thank you!

Funders and Partners

- CVS / AETNA
- Health Resources and Services Administration
- Florida Department of Health
- Florida Agency for Health Care Administration
- Florida Department of Children and Families
- Florida Department of Early Learning
- Florida Perinatal Quality Collaborative
- Sunshine Health Plan

Service Coordination Partners

Home Visiting Programs

- Early Head Start
- Federal Healthy Start
- Healthy Families Florida
- Home Instruction for Parents of Preschool Youngsters
- Nurse Family Partnership
- Parents as Teachers

Health Plans

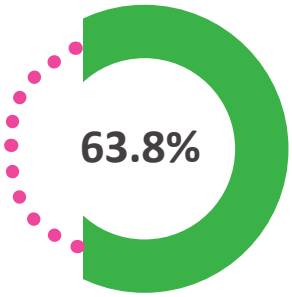
- AETNA Better Health of Florida
- Amerihealth Caritas Florida
- Community Care Plan
- Florida Community Care
- Humana Medical Plan, Inc.
- Molina Healthcare of Florida, Inc.
- Simply Healthcare Plans, Inc.
- Sunshine Health Plan (Centene)
- United Healthcare Services, Inc.

Early Childhood Comprehensive System Steering Committee

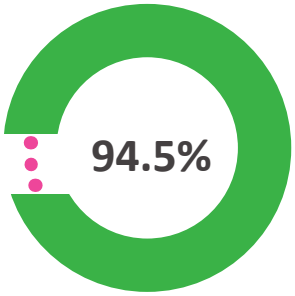
- Association of Early Learning Coalitions
- Champions for Children, Inc.
- Community Care Plan
- Devin Coleman, Parent Leader
- Family Network on Disabilities
- Florida Alliance of Children's Councils & Trusts
- Florida Association for Infant Mental Health (FAIMH)
- Florida BH IMPACT
- Florida Chapter of American Academy of Pediatrics
- Florida Department of Children and Families
- Florida Department of Education, Division of Early Learning
- Florida Department of Health
- Florida HIPPY Training & TA Center
- Florida International University
- Florida State University Center for Prevention and Early Intervention Policy
- Head Start
- Healthy Families Florida
- Help Me Grow Florida
- Nemours Children's Health System
- Ounce of Prevention Fund of Florida
- Talethia Edwards, Parent Advocate
- The Children's Movement
- University of South Florida

Universal Risk Screening

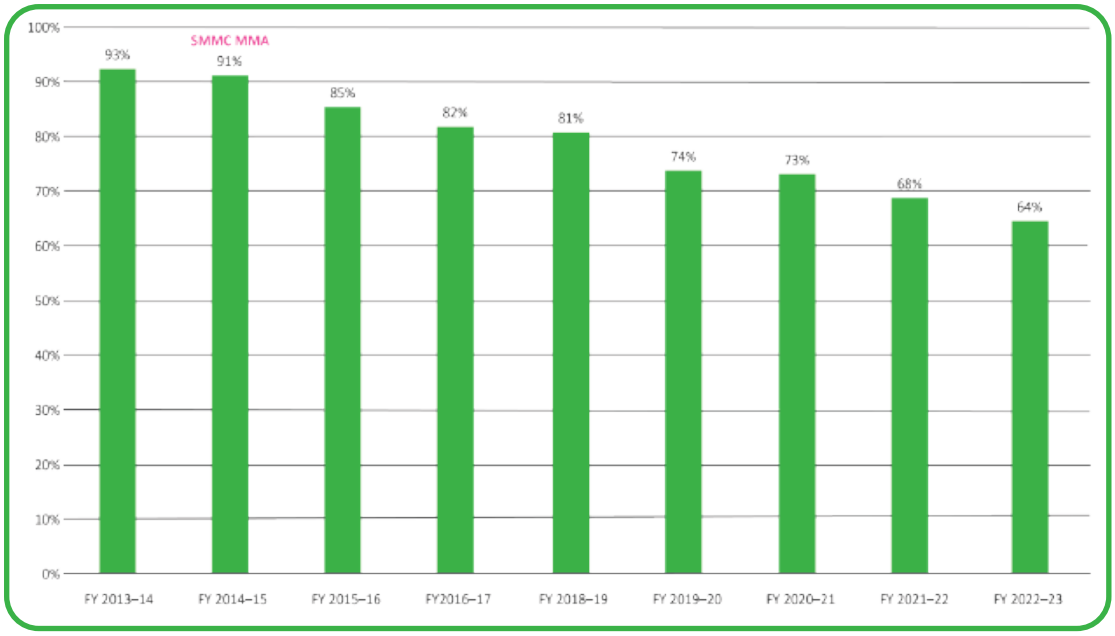
142,884 prenatal screening forms processed
Decrease from 68.3% from previous year.



211,568 infant screening forms processed
Decrease from 95.6% from previous year.



Prenatal Risk Screen Offer Rate



Coordinated Intake and Referral (CI&R)

281,931 Referrals

6,140 increase from the previous year & a 10,000 increase in referrals from the health plans

56% completed intake → **49% home visiting**

56% successfully completed an intake and of these 49% agreed to a referral to a home visiting program

Outcomes & Accomplishments

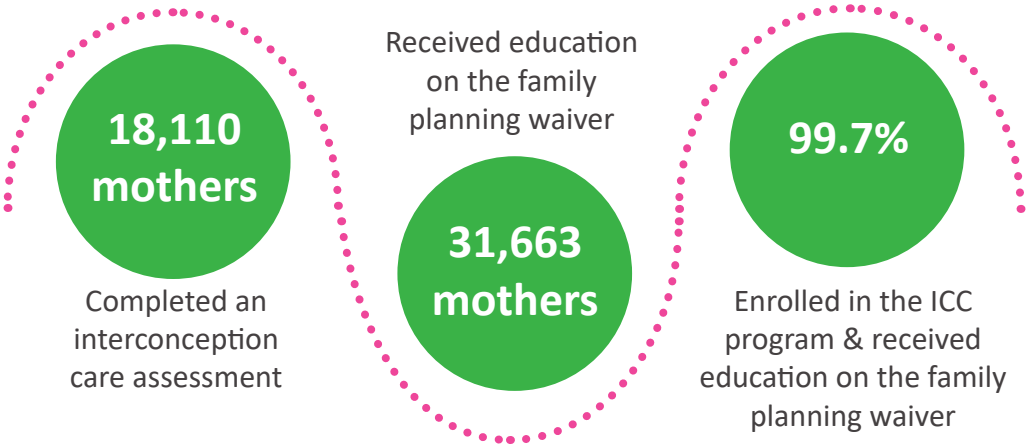
Health Start Home Visiting

26,303 new mothers and infants were enrolled in Healthy Start in addition to existing families receiving services. This was a 5% decrease (1,315) compared to the previous year.

Outcomes	Healthy Start Full Model Intervention	Healthy Start Any Home Visits
Premature births	9.6%	13.3%
Low birth weight	8.9%	13.6%
Initiated breastfeeding	85.9%	83%
Quit or reduced tobacco use	90.9%	88%
Abstained from tobacco	97%	97%
Substance use % referred	87%	80.2%
% screened for depression	99.7%	94.9%

* Full model is defined at entering the program before 28 weeks gestation and received at least six home visits.
** Healthy Start received referrals for higher risk women and infants so it would be expected they would have higher percentage of poor birth outcomes than the general population.

Interconception/Between Pregnancy Care



T.E.A.M. Dad

In the first six months:

235 fathers referred	**137 fathers enrolled**	**30 coaches hired & trained**

National Fetal and Infant Mortality Review (FIMR)

The FIMR program statewide expansion launched this past fiscal year. Some of the early successes in launching the FIMR expansion include:

15 new FIMR Coordinators hired and/or trained.

19 new Nurse abstractors hired and/or trained.

9 new Case Review Teams were formed.

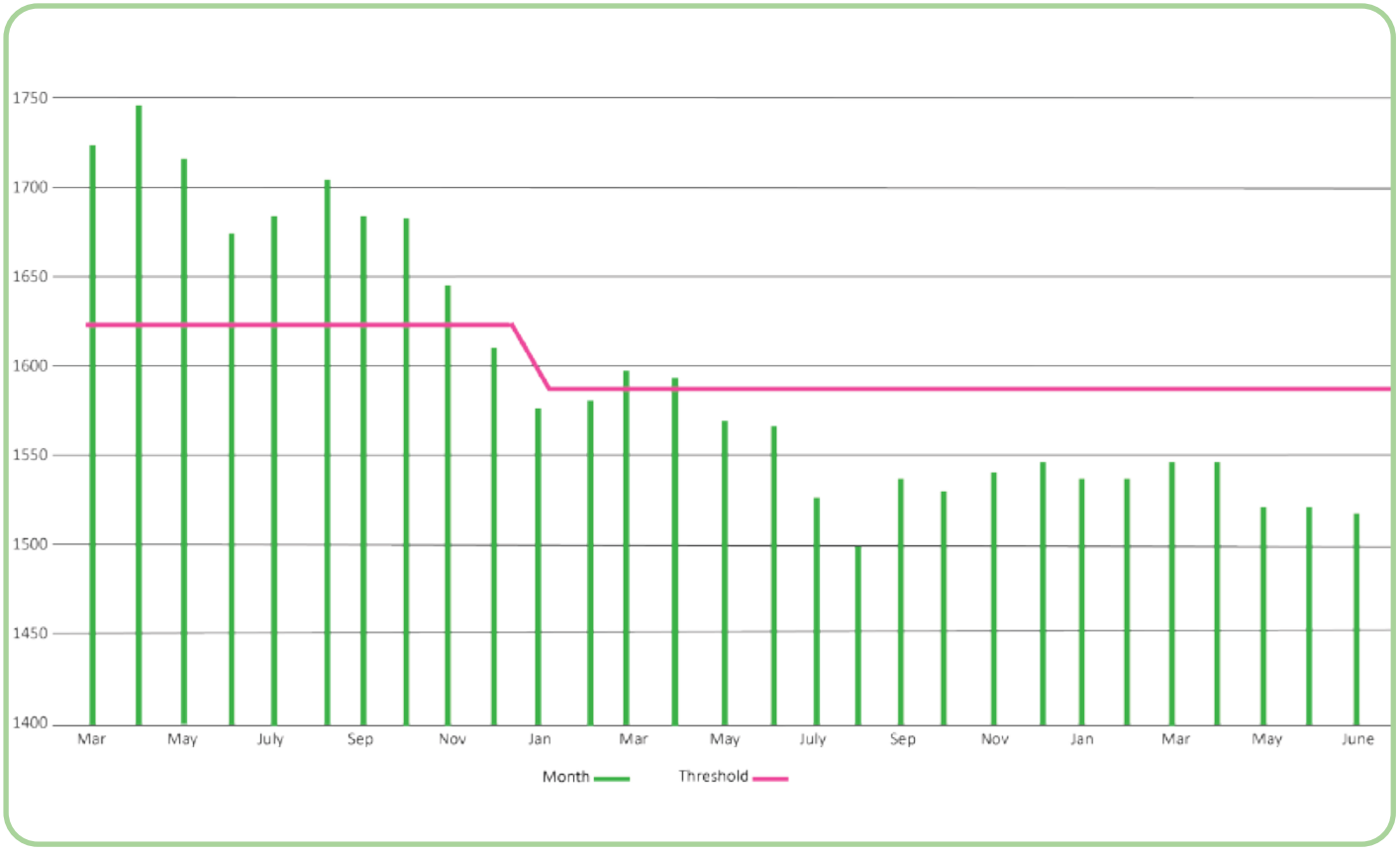
20 new Community Action Groups were formed.

More than **399** cases from existing and new teams were reviewed through June 30, 2023.

Florida Maternal, Infant, and Early Childhood Home Visiting (MIECHV)

At 80% capacity	Average of 1.47 visits per funded family	95% of families received a visit	55% were in-person visits vs. virtual visits

Monthly Count of Families Currently Receiving Services Compared to the 85% Capacity Threshold



Early Childhood Comprehensive Systems

- Hired new parent lead with 8 additional parents participating.
- Selected a Healthy Start coalition to increase health care screening rate.
- Purchased and distributed thousands of children's books about healthy development.
- Offered health equity training across the state for advisory groups, families, and MIECHV and Healthy Start staff to help build integrated maternal and early childhood systems of care that:
    - Promote early developmental health and family well-being with a prevention lens
    - Are equitable, sustainable, comprehensive, and inclusive of the health system
    - Increase family-centered access to care and leadership

Department of Early Learning (DEL)

Funded by the Florida Preschool Development Grant Birth through Five Renewal (PDGR) through the Division of Early Learning, the purpose of this project was to expand access and information to families on home visiting programs in Florida through the creation of professional development trainings and outreach/social media in five high-need areas of the state. Pilot partners were the Healthy Start Coalitions of Chipola, Bay Franklin and Gulf, Southwest Florida, and North Central Florida.

DEL tools for sustainability:

- Professional development training plan
- Train the trainer program
- Trainer toolkit
- Outreach, social media campaign, and toolkit
- Materials and tools list for home visitors to integrate early literacy, early math, school readiness, and other developmentally appropriate materials into home visits.
- Trainings:
    - 10 train the trainers
    - 5 regional home visitor trainings
    - 5 regional community partner trainings

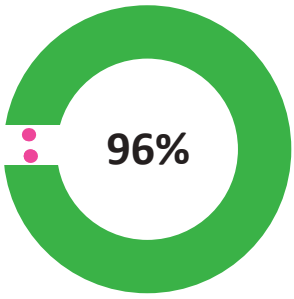
Ninety-eight percent of trainees reported that the information will help them better serve their clients. All participants learned more information about home visiting programs than they knew previously.

Outcomes & Accomplishments

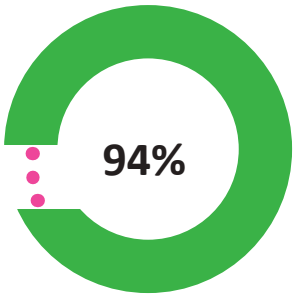
DCF Child Abuse Prevention and Treatment Act (CAPTA)

Sites: Healthy Start Coalitions in Northeast Florida, Hillsborough, Orange, and South West Florida

317 families served

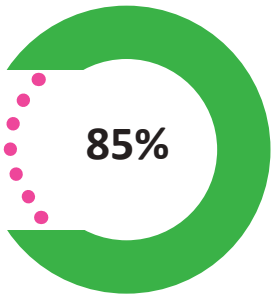


Participants who received an initial/ attempted contact within 3 business days



Moms who tested positive for depression & received a referral to a mental health service that treats depression within 15 days

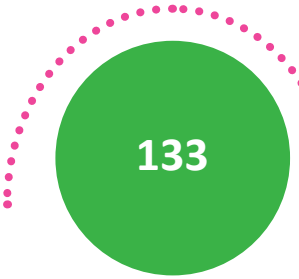
Infant program participants who had a plan of safe care in place within 30 days of enrollment



Program participants who received at least 3 home visits

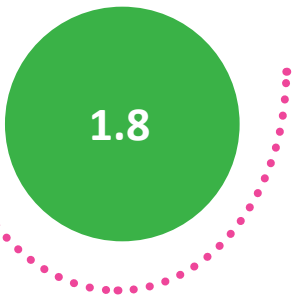
DOH Nurse Family Partnership (NFP)

Sites: Healthy Start Coalitions in Brevard, Hillsborough, and Orange and Health Choice Network in Miami



Families that received NFP services

Average number of visits per family during the month



Florida Perinatal Quality Collaborative (FPQC)

FAHSC is collaborating with the Florida Perinatal Quality Collaborative (FPQC) in supporting the Florida maternity hospitals participating in the Mother-Focused Care initiative. An important component of addressing social determinants of health includes understanding challenges faced by women during pregnancy and postpartum. In order to support hospital efforts, Healthy Start captured anonymous diverse mothers' voices on their recent delivery care experience in their county:

68 hospitals	64% of Florida births	261 women registered	163 women interviewed

FAHSC and Florida maternity hospitals will meet and discuss the summary anonymous interview results to determine how to improve care in maternity hospitals, communities, and in Florida.

Moving Beyond Depression (MBD)

Site: Success 4 Kids in Tampa

3 new clinicians licensed

20 clinicians were trained during the entire project

8 clinicians supervised

19 referrals

3 unable to locate and 1 did not qualify

AETNA/CVS

Partnership to help launch the doula program included partial funding for data system development, state doula director, and Osceola doula coordinator.

Advocacy

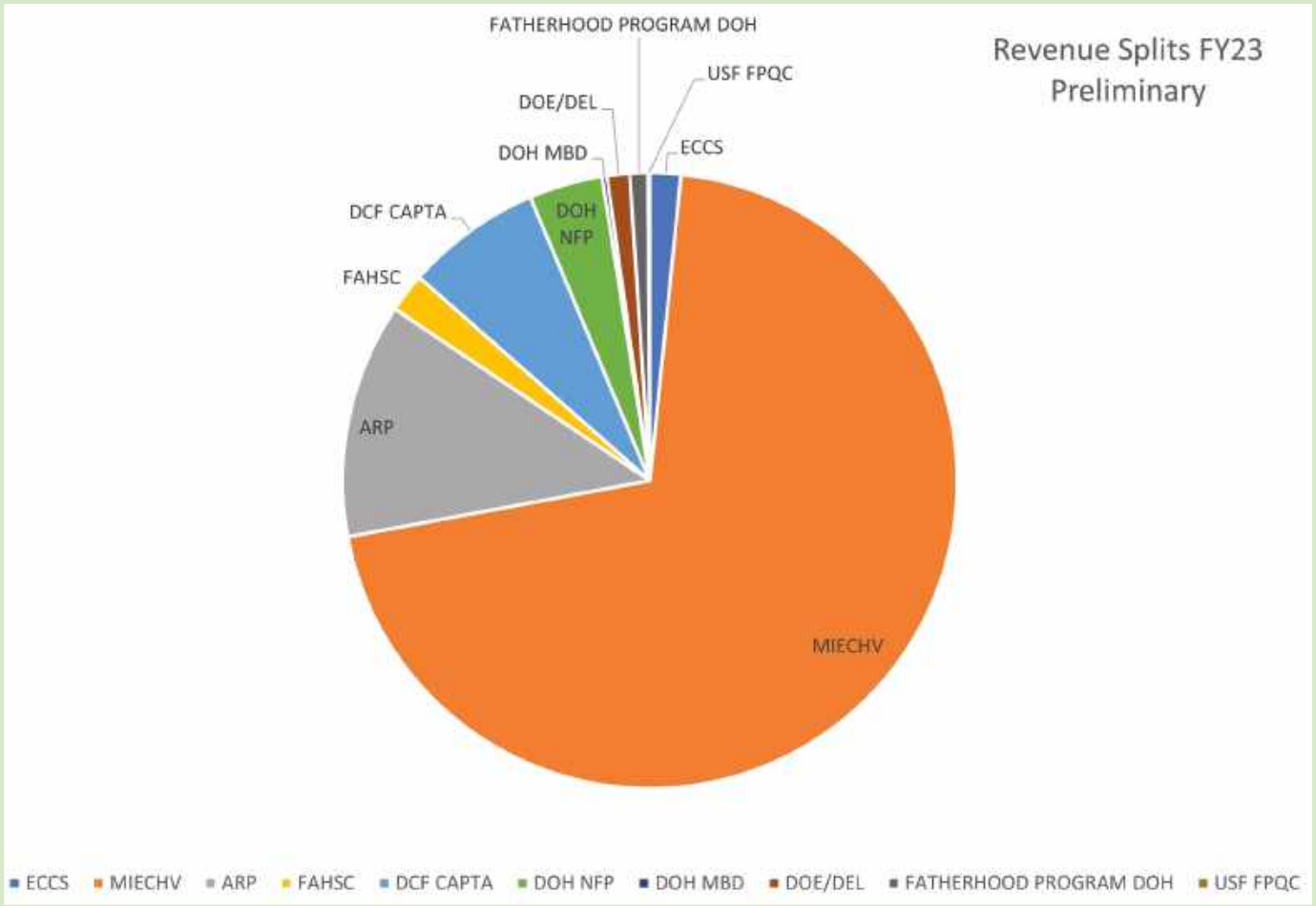
- FAHSC was thrilled to receive a 9.5 million dollar funding increase from the Florida Legislature. Thank you to our state leaders for their generous support!
- The federal reauthorization of Maternal, Infant and Early Childhood Home Visiting (MIECHV) was a success, enabling FAHSC to continue to provide home-visiting services throughout the state.
- FAHSC and Healthy Start Coalition leadership attended this year's Children's Week at the Florida Capitol.

From left to right: Cathy Timuta, FAHSC CEO; Amy Beascoechea, Provider Liaison; Charlene Edwards, Executive Director; Tonya Akwetey, Community Outreach Manager (coalition staff from Healthy Start Coalition of Hardee, Highlands, and Polk Counties).

2022-23 Preliminary Financial Report

PRELIMINARY	
Total Revenues	$12,739,642.53
Total Expenses	$12,626,409.53
Change in Net Assets	$113,233.00

PROGRAM	REVENUE	
ECCS	$206,529.18	1.6%
MIECHV	$8, 976,192.20	70.5%
ARP	$1,572,226.30	12.3%
FAHSC	$263,434.41	2.1%
DCF CAPTA	$909,946.61	7.1%
DOH NFP	$493,803.94	3.9%
DOH MBD	$32,804.00	0.3%
DOE/DEL	$150,745.45	1.2%
Fatherhood Program DOH	$120,053.94	0.9%
USF FPQC	$13,906.50	0.1%
Total	$12,739,642.53	



Every baby deserves a healthy start.

This report was produced by:
Florida Association of Healthy Start Coalitions (FAHSC)
2002 Old St. Augustine Road, Ste. E-45
Tallahassee, FL 32301
850-999-6200
healthystartflorida.com

Florida Healthy Start
Florida Association of Healthy Start Coalitions