



HEALTHY START COALITION OF MIAMI-DADE **FACT SHEET 2021**

About the Healthy Start Coalition of Miami-Dade:

The Healthy Start Coalition of Miami-Dade (HSCMD) is a community-based non-profit organization designated and funded by the State of Florida Department of Health (FDOH) and the Agency for Health Care Administration (AHCA) to serve as Miami-Dade County's prenatal and infant care coalition. HSCMD partners with local community-based organizations and healthcare professionals to plan, coordinate and provide high quality health and education services to women of childbearing age, children to age three and their families.

Who We Serve:

For at-risk mothers, HSCMD is the primary assistance program in Miami-Dade County regardless of marital, economic or immigration status. We help clients address their pre-natal, post pregnancy and general physical and mental health needs for both mother and children.

What We Do:

HSCMD oversees multiple programs in Miami-Dade County, including Connect and Healthy Start. Special projects include the Moving Beyond Depression and the Fetal Infant Mortality Review Project (FIMR). In addition, HSCMD conducts professional development trainings for healthcare and other Maternal, Infant, and Child Health professionals.

Connect Program: Through universal screenings, Connect identifies needs and links families to the programs that best serve them. This coordinated intake and referral process ensures the best fit for families and streamlines access to services. At the same time, it improves program enrollment and retention rates, reduces duplication of efforts, and builds a broader early childhood system of care in Florida. Connect helps pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as education and support in childbirth, newborn care, parenting, child development, food and nutrition, mental health, and financial self-sufficiency.

- The Connect program provided the following services to pregnant women and infants July 1, 2019 – June 30, 2020:
 - 38,302 prenatal women and infants were referred
 - 15,825 clients were successfully contacted
 - 4,483 families were referred to long term intensive home visiting programs
 - 2,540 families were directly referred to the WIC Program for nutritional services



Healthy Start Program: Education, support and proven interventions are provided to expecting and new families who are at-risk of a poor birth outcome or delay in development through this program. Common issues or conditions that occur during pregnancy or in infancy are the primary focus. Screening, offered by prenatal care providers and hospitals, helps to identify families that could benefit from the program. Healthy Start is voluntary and available 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** – one-on-one support in the home or a convenient community location
- **Prenatal Education & Support** – to support a healthy pregnancy, labor, and delivery
- **Free Screening & Services** –for common problems pregnant women and new families often experience, and services/referrals for identified needs. Screenings include: Perinatal Depression, Smoking Use, Substance Use, Intimate Partner Violence, Child Development
- **Parenting Education & Support** – tips on taking care of infant care, growth, and development
- **Care Coordination** – help establishing a medical home for prenatal and pediatric care, referrals for identified needs, access to support groups and classes
- **Health and Well-Being** – family planning education and referrals to services; linkage to training, education, childcare and other resources to support family goals
- **Enhanced Services** –when there is a lack of resources in the community and funding is available, additional services are offered, including:
 - Breastfeeding Education
 - Childbirth Education
 - Nutrition Counseling
 - Psychosocial Counseling
 - Tobacco Counseling
- The Healthy Start program provided the following services to pregnant women and infants July 1, 2019 – June 30, 2020:
 - 2,146 received Healthy Start services
 - 9,363 face to face visits completed
 - 6,370 screenings for depression, intimate partner violence, substance abuse, tobacco use, and child development were conducted
 - 859 referrals made for additional services



Moving Beyond Depression (MBD): Moving Beyond Depression (MBD) is an evidence-based, comprehensive approach to identifying and treating depression in mothers participating in home visiting programs. MBD seeks to foster rapid recovery and promote positive outcomes for mothers and children. MBD uses master's level mental health clinicians to deliver In-Home Cognitive Behavioral Therapy (IH-CBT), a treatment developed for the home visiting setting that consists of 15 weekly sessions with a one-month follow-up booster session. Since its inception in Miami-Dade, MBD has provided services to 592 women. Following the post treatment assessment, 80% of women who completed treatment experienced depression remission and no longer had a Major Depressive Disorder. (October 24, 2016 – July 18, 2020)

Fetal Infant Mortality (FIMR): The FIMR Project of Miami-Dade County works to better understand the issues associated with fetal and infant mortality and to develop strategies that improve local perinatal systems of care. Through reviews of local fetal and infant deaths, FIMR identifies strengths and areas of improvement in service systems and the development of policies to safeguard them. FIMR provides direction towards changes in service systems and the development of policies to safeguard them.

Professional Development Trainings: HSCMD conducts trainings & seminars in the field of maternal, infant and child health. Topics include childbirth education, breastfeeding support, parenting skills, perinatal bereavement, workplace lactation policies, and more. HSCMD is approved to provide continuing education credit by the Florida Board of Nursing and the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling. HSCMD conducted 15 trainings with more than 433 participants between July 1, 2019 and June 30, 2020.

Healthy Start Coalition of Miami-Dade

Phone: (305) 541-0210 - www.hscmd.org

For more information please contact: Manuel E. Fermin, Chief Executive Officer