



## Healthy Start & MomCare Programs

Implemented April 1, 1992, Healthy Start legislation provides for universal risk screening of all Florida's pregnant women and infants to identify those at risk for poor birth, health and developmental outcomes. All pregnant women regardless of their marital, economic or immigration status are eligible to participate in the Healthy Start program, if they are at high risk for a poor pregnancy outcome. This includes post-partum women and their infants up to age three. The goal of Healthy Start is to reduce infant mortality, reduce the number of low birth weight babies and improve health and developmental outcomes.

The Healthy Start program includes targeted support services that address identified risks. The range of Healthy Start services available to pregnant women, infants and children up to age three include:

- ✓ Outreach
- ✓ Care coordination to assure access to needed services
- ✓ Childbirth education
- ✓ Parenting education and support
- ✓ Nutrition counseling
- ✓ Psychosocial counseling
- ✓ Tobacco education and cessation counseling
- ✓ Breastfeeding education and support
- ✓ Home visiting



All services offered to clients within Healthy Start are on a voluntary basis and focuses on direct contact with clients in their home and/or alternative locations (i.e. schools, clinics, etc.).

The Healthy Start Program trains its care coordinators, program managers and other appropriate staff to utilize the following models/curriculum for providing services. These curriculums are developed based on requirements established by the State of Florida's Department of Health, Healthy Start Standards and Guidelines. The Healthy Start Coalition of Miami-Dade (HSCMD) utilizes various models/curriculums that are research and/or evidence based in the following areas:

### **Parenting Education & Support**

- ✓ Partners for a Healthy Baby for Home Visitors: Florida State University

### **Childbirth Education**

- ✓ Florida Outreach Childbirth Education Program (FOCEP) Training

### **Breastfeeding Education**

- ✓ Lactation Counselor Certificate Training (CLC) Program, Center for Breastfeeding

### **Tobacco Cessation**

- ✓ Smoking Cessation and Reduction in Pregnancy Treatment (SCRIPT)

### **InterConceptional Care (ICC) Education**

- ✓ InterConceptional (ICC) Education Certification

### **Counseling**

- ✓ Resolve Through Sharing (RTS) Bereavement Training
- ✓ Sharing & Caring: A Perinatal Loss Seminar, Share Pregnancy and Infant Loss Support

### **Nutrition Counseling**

- ✓ Assessment and counseling completed by a Registered Dietician

Currently, the Coalition has a total of 12 contracts and in addition a partnership with the federally funded Healthy Start initiative – The Jasmine Project, which is overseen by the University of Miami’s Starting Early Starting Smart Program (UMSESS). This federal project focuses on four specific zip codes: 33054, 33055, 33167 and 33169 and provides intense services to at risk women and follows them for up to two years. In addition, the Coalition partners with Health Choice Network to implement the Nurse Family Partnership Program. Funding is received by the State of Florida, Department of Health General Revenue and the federal government.

For the fiscal year July 1, 2013 – June 30, 2014, the Healthy Start Program has served the following pregnant women and infants:

- ✓ 29,697 pregnant women were screened
- ✓ 26,434 pregnant women consented to the program – 89%
- ✓ 6,092 pregnant women scored into the program (6 or more points needed) – 23%
- ✓ 9,512 pregnant women were eligible based on score/other factors – 36%
- ✓ 14,970 pregnant women were participating in Healthy Start (unduplicated) – 56%
- ✓ 31,483 infants were screened – 99%
- ✓ 31,216 infants consented to the program – 99%
- ✓ 4,637 infants scored into the program (4 or more points needed) – 15%
- ✓ 12,969 infants were eligible based on score/other factors – 42%
- ✓ 14,909 infants participating in Healthy Start (unduplicated) – 48%

### **MomCare Program**

MomCare is a Medicaid-funded program authorized by a special waiver from the federal government called the Sixth Omnibus Budget Reconciliation Act (SOBRA). MomCare was developed as a partnership between the Florida Association of Healthy Start Coalitions, Florida Department of Health, Florida Agency for Healthcare Administration and Florida Department of Children and Families. Coverage in this program is made available to pregnant women who meet up to 185% of the federal poverty level. Medicaid covers approximately 50% of the births in Miami-Dade County. The program is managed locally by the Healthy Start Coalition of Miami-Dade. A total of 31,960 births occurred in 2014.

The goal of Florida's MomCare program is to improve birth outcomes and reduce infant mortality rates through a simplified application, guidance, education and care coordination services.

Once deemed eligible for the program a client will receive:

- ✓ Assistance in linking with a Choice Counselor for selecting a plan
- ✓ Guidance selecting a prenatal care provider
- ✓ Information about state programs for which they may be eligible
- ✓ Referrals to needed services which include Parenting Education & Support, Breastfeeding Education and Support, Childbirth Education, InterConceptional Care and other needed services
- ✓ Limited health education services



For the fiscal year July 1, 2013 – June 30, 2014, a total of 19,793 women was referred to the MomCare Program and they were successfully provided the following:

- ✓ Received an Attempt to Contact within 5 Days – 100% of women referred to MomCare
- ✓ Successfully Contacted – 83%
- ✓ Facilitation of WIC - 96% of women referred to MomCare
- ✓ Provided information on Healthy Start – 100% of women referred and successfully contacted