



## HEALTHY START COALITION OF MIAMI-DADE FACT SHEET

### 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. Our mission is to reduce poor birth outcomes (premature births, low birth weight, and infant mortality) and improve health and developmental milestones by providing education and linkage to resources in Miami-Dade County. HSCMD partners with local community-based organizations and healthcare professionals to plan, coordinate and provide high quality health and education services to pregnant women, fathers, and children age newborn to three years.

### Who We Serve:

HSCMD is the primary organization in Miami-Dade County for high-risk pregnant women, fathers, babies, and women between pregnancies – regardless of marital, economic or immigration status. We help clients address their prenatal and post pregnancy needs. Postpartum women and children up to age three are also eligible for services.

### What We Do:

HSCMD oversees multiple programs in Miami-Dade County, including Connect, Healthy Start, Moving Beyond Depression, the Fetal Infant Mortality Review (FIMR) Project, the Neonatal Abstinence Syndrome/Substance Exposed Newborn (NAS/SEN) Project, and T.E.A.M. Dad Program. Additional outreach programs are also available to serve our community.

**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. A total of 43,071 prenatal women and infants were referred and processed between July 1, 2022 and June 30, 2023.

**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

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Healthy Start Coalition of Miami-Dade

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**Florida  
Healthy Start**  
Healthy Start Coalition of Miami-Dade

- **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, 2022 – June 30, 2023:
  - 7,501 received Healthy Start services
    - 15,190 face-to-face visits completed
    - 16,789 screenings for depression, intimate partner violence, substance use, tobacco use, and child development were conducted
    - 1,519 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 692 women. Following the post treatment assessment, 80.5% of women who completed treatment experienced depression remission and no longer had a Major Depressive Disorder. (October 24, 2016 – July 28, 2023)

**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. 36 cases were reviewed between July 1, 2022 and June 30, 2023.

**Neonatal Abstinence Syndrome/Substance Exposed Newborn Project (NAS/SEN):** The NAS/SEN Project provides services to families impacted by substance use. Services such as, intensive care coordination, peer support services, linkage to housing, employment, and education services, assistance with childcare services, and referral to substance abuse treatment. 73 women were enrolled and received supportive services between July 1, 2022 and June 30, 2023.

**T.E.A.M. Dad Program:** We are proud to announce the launch of the T.E.A.M. Dad Program in the Spring of 2023! By **T**eaching, **E**mpowering, **A**dvocating, and **M**entoring (**T.E.A.M.**), this program works with expecting dads and fathers of children age birth to three years to achieve their goal of having a positive impact in their children’s lives. This program provides home visiting services to fathers using the 24/7 Dad evidence-based curriculum and is tailored to meet individual needs.

**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 12 trainings with 449 participants between July 1, 2022 and June 30, 2023.