

FIRST STEPS

The Process

Step One: **SCREEN:** Health care providers at Mankato Clinic and ISJ-MHS EastRidge Clinic will screen OB patients at their first prenatal visit. This screening is built into the family history questionnaire that is already covered at this visit.

Step Two: **IDENTIFY:** At the first prenatal visit, the screening will help identify families that have one or more risk factors who will automatically and voluntarily be referred into the FIRST STEPS program.

Step Three: **REFER:** Health care providers will fill out a fax referral form that will be sent directly to the FIRST STEPS program coordinators.

Step Four: **ASSESS:** Families will be contacted by the FIRST STEPS program coordinator and encouraged to have a home visitor come and visit with them. This is an opportunity to identify what resources and services are needed for each household.

Step Five: **HOME VISIT:** At-Risk families go through the initial assessment with the FIRST STEPS home visitor and from that point the assessment will be able to determine if the family needs intensive home visiting and/or get connected to FREE resources and parental support and education programs within the community.

Short-Term and Long-Term Outcomes and Notes

Program Goal: To ensure that children are prepared and ready for school.

Outcomes:

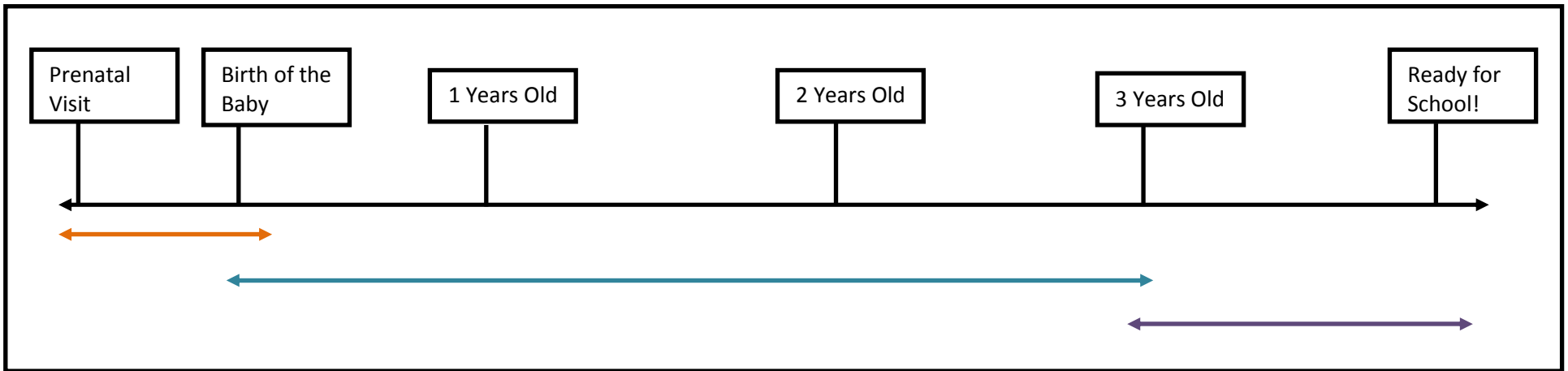
1. Family who gives birth at ISJ Hospital has been connected to resources in the community. (Parent & Child)
2. Healthy birth outcomes (Mom & Child)
 - a. Full-term pregnancy
 - b. Appropriate birth weight
3. Targeted Early Intervention and Referral:
 - a. The child is developmentally on track (Child long and short term)
 - i. Physically (gross/fine motor)
 - ii. Socially and emotionally (attachment)
 - b. Preventative healthcare (Parent & Child)
 - c. Early Childhood Screenings (Parent & Child)
 - i. Parents and Child will be prepped and go through “mock” screenings with their home visitor before hand so that they will know what to expect at the actual screening. (Parent & Child)
 - ii. At age 3, the screening will be the “graduation” from the FIRST STEPS program (Parent & Child)
 - iii. Child will have school readiness skills developed for pre-school and Kindergarten. (Child long term)
 - d. Children enrolled in the program will not be abused and neglected (Parent & Child)

Indicators

1. Children in FIRST STEPS are developmentally on track.
 - a. **80 %** of the children in FIRST STEPS will be developmentally on track. FIRST STEPS staff will utilize the Ages & Stages program to monitor developmental milestones every six months from 6 months through to 36 months of age.
 - b. **80%** of children will go through their Early Childhood screening at 3 years old and be accompanied by FIRST STEPS home visitors who will be able to track these results.
2. Parents in FIRST STEPS will meet their established goals.
 - a. **80%** of parents will meet their established individualized goals set with the FIRST STEPS home visitor. These goals will be reviewed every 6 months to track the parent(s) progress.
 - b. **80%** of parents in FIRST STEPS will demonstrate improved parenting skills. These goals will be reviewed every 6 months to track the parent(s) progress.
3. The FIRST STEPS program will be able to measure the effectiveness of the system by measuring
 - a. Total # of Identified Families
 - b. Total # of Services Provided
 - c. Total % of referred families utilizing services
 - d. Total # of families on the waiting list

FIRST STEPS System Alignment Process

FIRST STEPS is a comprehensive referral system for family support programs and home visiting programs in our community. FIRST STEPS has created a streamlined process that works to ensure that at-risk families no longer fall through the cracks or gaps in the service system. Before FIRST STEPS, there was no guarantee that once a family was enrolled in one program, that they would be referred to the next. Because of FIRST STEPS, families enter the system of support prenatally, and are supported through various programs throughout the early childhood years until they are prepared and ready to enter Kindergarten.



FIRST STEPS RN's will visit with the families prenatally through 6 weeks of age.



FIRST STEPS Parent Educators will work with families from birth to age 3 up until their Early Childhood screening.



All households in the FIRST STEPS program will graduate upon their first Early Childhood screening at the age of 3. After their screening they will be referred into a quality preschool program like HeadStart where they will continue to receive home visits from HeadStart Staff and continue to build upon their school readiness skills before they enter Kindergarten.