

# **Healthy Start Annual Report to the Legislature**

**July 1, 2009 – June 30, 2010**



Tennessee Department of Health  
Maternal and Child Health  
425 Fifth Ave. North  
4th Floor, Cordell Hull Building  
Nashville, TN 37243  
(615) 741-0329

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## TENNESSEE HEALTHY START

Tennessee has developed, implemented, and continues to coordinate the Healthy Start pilot programs in accordance with TCA 37-3-703. The program provides home visiting and counseling services in 30 counties to high risk families with the goals being to improve family functioning and reduce abuse/neglect of infants and young children. Families voluntarily participate in the program and services can be provided until the child's sixth birthday.

The Tennessee Healthy Start program is modeled after the nationally recognized Hawaii Healthy Start program which has demonstrated effectiveness in reducing child abuse and neglect, increasing immunization rates, increasing prenatal care and promoting child development<sup>1</sup>. During Fiscal Year 2010, the Healthy Start projects served only high risk families, assured that children were up to date with immunizations and provided frequent home visits to improve parenting skills through coaching, demonstration and referral for identified needs. Developmental screenings were also completed to assure that any child with a potential problem was referred before school entry. Detailed information about the results of these measures is contained in the following tables.

### Program Results for FY 2009-2010

#### (1) Number of Families Receiving Services:

Table 1: Number Served (FY 2009-2010)

Facility Name	Children	Families
CFD Shelbyville	88	78
Healthy Start of Clarksville	156	139
HR McNabb Center	309	256
Jackson MCGH	136	132
Le Bonheur CCP	174	158
Nashville HD	249	219
Stephens Center	147	122
UT Martin	145	136
<b>TOTAL All Sites</b>	<b>1,404</b>	<b>1,240</b>

#### (2) Number of Visits Provided

The Tennessee Healthy Start program provides home visits, other visits<sup>2</sup>, and group sessions in 30 counties to improve family functioning and to prevent child abuse/neglect.

<sup>1</sup> Hawaii Department of Health. *Outcomes for the Hawaii Healthy Start Program, 1992*. Honolulu, HI, Maternal and Child Health. 1994.

<sup>2</sup> "Other" visits are defined as visits that take place in locations such as the health department clinic, DHS office, or high school.

Table 2: Type of Service Contacts

Facility Name	Home Visits	Other Visits	Group Sessions
CFD Shelbyville	1,285	32	18
Healthy Start of Clarksville	2,285	45	21
HR McNabb Center	2,940	243	364
Jackson MCGH	2,000	33	191
Le Bonheur CCP	2,538	25	8
Nashville HD	2,693	76	5
Stephens Center	1,654	115	39
UT Martin	1,397	2	0
<b>TOTAL All Sites</b>	<b>16,792</b>	<b>571</b>	<b>646</b>

**(3) Number of Children at Risk of Abuse or Neglect Prior to Receiving Services:**

The Kempe Family Stress Checklist (KFSC) is a standardized instrument used by the Healthy Start program to determine indicators of stress and elevated risk for child abuse and neglect. Families whose stress scores are at or above the recommended cutoff level of 25 points are offered enrollment in the Healthy Start program. All 1,404 (100%) of the children receiving Healthy Start services were considered at risk for abuse/neglect based on the family KFSC score prior to initiation of service.

**(4) Program Objective:**

**At least 95% of program children served will be free from suspected abuse or neglect.**

This measure is an indicator of family functioning in accordance with TCA 37-3-703 (c) (1) and (c) (4). The data for fiscal year 2009-10 indicates that 98.8% (1387/1404) of the 1,404 children active in the program were free from suspected abuse. Seventeen (17) or 1.2% (17/1404) enrolled children were reported to the Department of Children's Services as suspected cases during the fiscal year. Of those families with children in the project, more than 98% have remained unified with families and were not reported for suspected of abuse and neglect during the service years reported below.

Table 3: Percent of Children Free of Abuse/Neglect and Remaining in Home

	% of children
<b>2006</b>	<b>99.2%</b>
<b>2007</b>	<b>99.4%</b>
<b>2008</b>	<b>98.1%</b>
<b>2009</b>	<b>98.8%</b>

**(5) Program Objective:**

**At least 95% of program children should be up to date with immunizations by their 2<sup>nd</sup> birthdates.**

In accordance with TCA 37-3-703 (c) (2), 95% (418/440) of children at age 2 were up to date on immunizations significantly exceeding the rates for Tennessee (88%) or the nation (71.3%). (CDC National Immunization Survey 2008).

**(6) Program Objective:**

**Enrolled children will receive at least one annual periodic developmental screening.**

In accordance with TCA 37-3-703 (c) (3), 100% of enrolled children received at least one developmental screening during the year in accordance with the screening tool guidelines.

**(7) Program Objective:**

**At least 85% of mothers enrolled during the prenatal period will have a healthy birth measured by birth weight of 2,500 grams or more and gestational age of at least 37 wks.**

In accordance with TCA 37-3-703 (c) (5), of the 292 births, 86.3% (252/292) weighed 2,500 grams or more and 89.4% (261/292) were at 37 weeks gestational age or more. Of the mothers who had subsequent pregnancies, 93% or 148 of the 159 women, based on data available, entered care during the first trimester.

**(8) Program Objective:**

**At least 94% of program mothers will delay a subsequent pregnancy for at least one year (12 months) after a previous birth.**

93% (1,028/1,106) delayed a subsequent pregnancy at least one year; 10% (111/1,106) of program mothers delayed a subsequent pregnancy for more than a year.

**COST/ BENEFIT ESTIMATES**

**Average cost of services provided:**

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Total DCS Contract:	\$3,060,100
Total MCH Funding:	\$510,900
Total Healthy Start funding:	\$3,571,000

**Average cost per child per year: \$2,543**

**Estimated cost of out-of-home placement:**

Cost per child in residential care: \$126.65/ day

Cost per child in foster care: \$24.12/ day<sup>3</sup>

Estimated cost of child in residential care for one year

**\$46,227.25**

Estimated cost of child in foster care for one year:

**\$8,803.80**

Average length of stay in foster care: 6.8 months<sup>4</sup>

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<sup>3</sup> Tennessee Department of Children's Services

<sup>4</sup> Based on 2009 state specific data submitted by the Department of Children's Services to Chapin Hall at the University of Chicago (correspondence from Jennifer Miller Haight).

**Appendix 1: Tennessee Healthy Start/Healthy Families Program Descriptions**

Sites	Center for Family Development	Exchange Club/Stephens Center	Healthy Start of Clarksville	Helen Ross McNabb Center	Jackson-Madison County General Hospital	Le Bonheur Center for Children & Parents	Metro. Nashville/Davidson County Health Department	UT Martin
<b>Counties Served</b>	Bedford, Coffee, Lincoln, Marshall, Maury, Rutherford, Moore and Franklin	Jackson, Overton, Putnam and White	Montgomery and Stewart	Blount, Jefferson, Knox and Loudon	Chester, Crockett and Madison	Shelby	Davidson	Benton, Carroll, Gibson, Henry, Lake, Obion and Weakley
<b>Primary source of referrals and screening</b>	Hospitals, schools, health depts., self referrals	Hospitals, schools, doctors	Hospitals, schools, health depts., doctors	Hospitals, schools, health depts., doctors	Hospitals, schools, health depts., doctors, clients, clinic, TEIS	Hospitals, schools, health depts., self referrals	Health Department Central Referral System	Hospitals, schools, health agencies, TEIS, clients, doctors
<b>Develop-mental Screening Instruments</b>	Infant/Toddler Home Inventory; Hawaii Early Learning Profile(HELP)	Denver II	Denver II; Ages & Stages Questionnaire	Ages and Stages Questionnaire – Dev. & Social Emotional	Denver II; Ages & Stages Questionnaire; Developmental Assessment of Young Children	Denver II	Denver II	Denver II, Battelle
<b>Staffing</b>	5 FSW's 1 FAW 1 program manager/ director 1 supervisor	5 FSW's 1 FAW 1 program manager 1 supervisor 2secretaries	5 FSW's 1 FAW 1 program manager 1 program assistant	13 FSW's 3 team leader/FSW 1 director 1 coordinator 1 assistant 1 health educator	5 FSW's 1 FAW/FSW 1 FAW/ supervisor 1program manager	9 FSW's 1 FAW/FSW 1 director, 1 program manager 2 supervisors 1 administrative assistant	7 FSW's 2 Nurse/FSW's 1 Nurse FAW/FSW 1 director 1 office support	5 FSW's 1 FAW/FSW 1 director 1 program manager 1 assistant 1 secretary

FAW – Family Assessment Worker FSW – Family Support Worker