

Stepping Stones

A Home Visiting Program for Pregnant and Parenting Teens

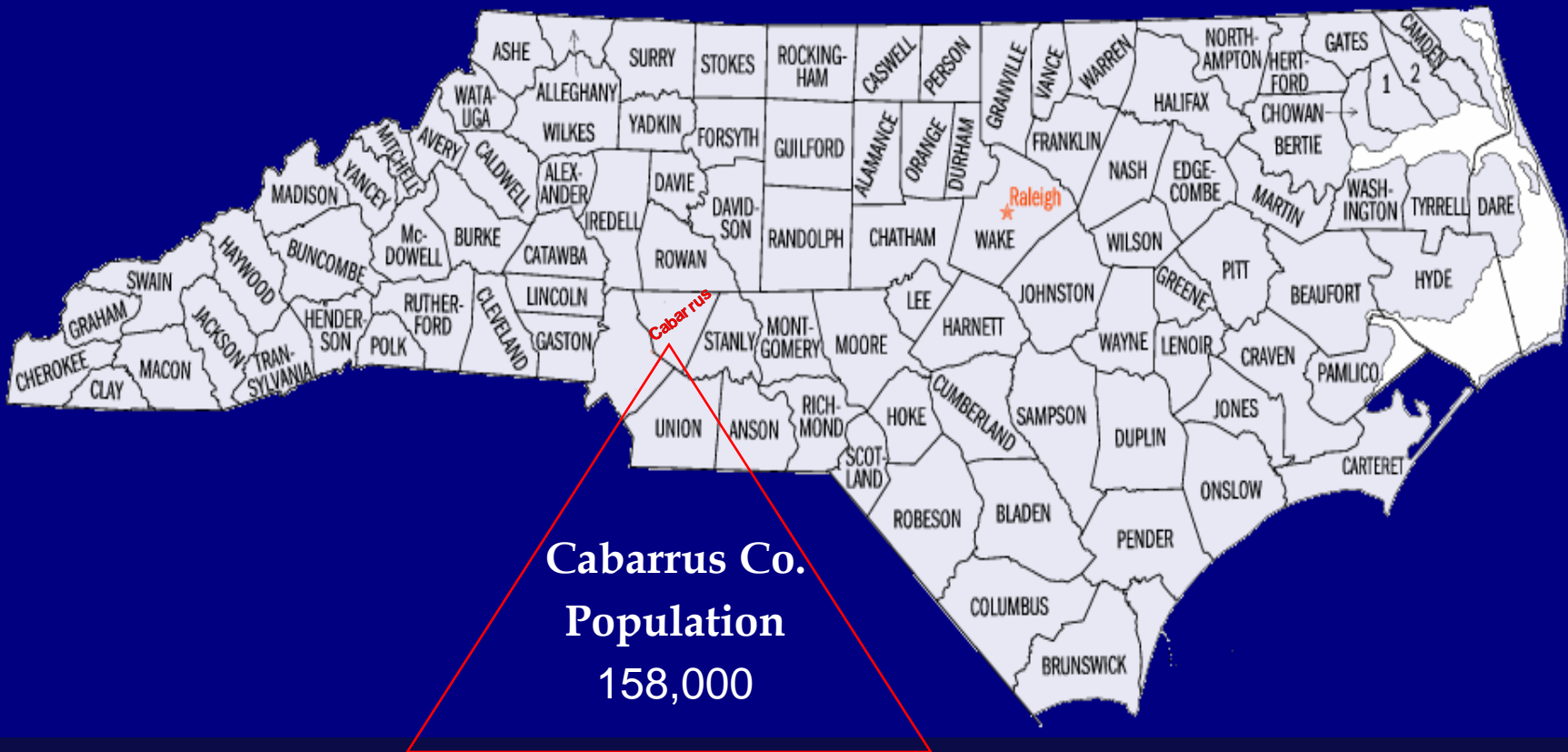
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Cabarrus County



Cabarrus Health Alliance

- “Public Health Authority”
- Separate from local government
- Community collaboration maximized

Community Characteristics

- Demographics
 - population 158,000
 - increased 32.5% between 1990-2000
 - 82% White, 12% African American, 6% other
 - growth of number of uninsured and Medicaid outpacing growth in the overall population

Statistics

- Infant Mortality rate per 1,000 live births (2001-2005)
 - African American: 17.1
 - White: 5.6
- Abuse and Neglect increasing
 - 45% of cases in 2005 were in ages 0 – 6 years

Problem Identification

- Recognition of need for early and consistent prenatal care
- Increased potential for abuse/neglect in teen parenting population

Today's Objectives

- Problem Approach
- Targeted Population
- Collaboration
- Evaluation

Target Population

- First Time Pregnant/Parenting Teens
 - **Lack** support
 - **Lack** parenting skills
 - **Negative** role models
 - “**Breaking** the cycle”

Target Population

- Barriers
 - Transportation
 - Money
 - Housing
 - Child Care



“Stepping Stones” Home Visiting Program

■ Goals

- encourage behaviors that prevent abuse and neglect
- establish medical homes
- identification and support of personal goals

Collaborative Partners



- North Carolina's nationally recognized early childhood initiative
- The Cabarrus County Partnership for Children

Collaborative Partners

- Cabarrus County Department of Social Services
- School System Social Workers
- CHA School Nurse Program



Service Delivery

- Intensive Home Visits
- Registered Nurses

Home Visiting Schedule

- **Individualized, ideally beginning first trimester**
 - Weekly for 1-2 hours first six weeks
 - Bi-weekly until birth
 - Weekly for two months

Home Visiting Curriculum

***“Florida State University Center for
Prevention and Early Intervention
Policy: Partners for a Healthy
Baby”***

Curriculum

- **Educational Topics**

- Early and consistent prenatal care
- Childbirth
- Child Development
- Well child checks/Immunizations
- Anticipatory Guidance
- Family Planning Counseling

Curriculum

- **Modeling Parent/Child Interactions**
 - Feeding
 - Bathing
 - Playing
 - Reading
 - Safe Sleep
 - Oral Health Care



Program Update

- 3 full time RN's
- 1 full time LCSW
- 0.5 FTE Processing Assistant
- Current caseload of 75

Program Evaluation

- Quarterly reports
 - 100% enrolled in medical home
 - 100% up to date on immunizations
 - 70% meeting their educational goals
 - 1 substantiated case of neglect in 5 years

For More Information

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