



**VOL 21
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Contact Us



763-276-0441



www.firststepscentralmn.org

COMMUNITY PARTNER NEWSLETTER

BY THE NUMBERS

Our First Steps centralized intake has averaged 80 incoming FHV referrals a month in 2025.

Approximately 34% of our referrals are prenatal.

We are currently serving 373 families in our family home visiting program regionally.

135 families have completed their FHV programming year-to-date.

There are an average of 652 visitors to our First Steps Central MN website each month.

Our First Steps staff have a total of 337 years of public health experience collectively.

OUR SERVICE AREA



While all MN counties offer Family Home Visiting (FHV), First Steps Central MN covers FHV in Benton, Sherburne, Stearns & Wright Counties



Happy Holidays!

From the First Steps Central MN team

Visit our **First Steps website** for the latest resources, programming information, and our monthly family newsletters.



WHAT IS FIRST STEPS CENTRAL MN?

We are a team of personal nurses from Benton, Sherburne, Stearns and Wright Counties in Central Minnesota who offer support and information at no cost for you to:

Have a healthy pregnancy and baby

It is also where you find our **online referral form** to connect families to us!



OUTREACH & EVENTS

Together we do more! Here are a few ways our teams have built connections with one another, with families, and out in our communities this past quarter:



The Stearns First Steps team welcomed two Public Health Nurses in the past month. Welcome Lucy & Tamara!



(Pictured above) Recently, several First Steps home visitors participated in a training for Promoting First Relationships (PFR). PFR is a tool that our home visitors use with families to help parents and other caregivers nurture young children's social and emotional development. It is rooted in secure attachment and emotion regulation. Thank you, MDH & their Professional Development Grant for making this valuable training possible.



MOTHERS & BABIES

(Pictured right) The First Steps team at Mothers & Babies curriculum training. Program Manager Kelly is a Mothers & Babies Train the Trainer and trained FS staff on November 6. Our home visitors can now offer this evidence-based intervention that helps families manage stress and prevent postpartum depression.

MB uses elements of:

- cognitive behavior theory
- attachment theory
- mindfulness
- psychoeducation



September 18, First Steps Nurses attended a Community of Practice on Prenatal & Postpartum Assessments in the Home & Best Practices. We were joined by CentraCare Plaza OB & Women's Health Nurse Practitioner, Brianna Thomalla.

First Steps nurses convene four times a year for Community of Practice events--at time for shared learning, practice connection, and team building!



(Pictured above) Wright County Case Aid Chastity & First Steps PHN Katie did outreach at the Annual Otsego Prairie Festival on September 13th. There were over 11,000 attendees throughout the event.



Weekly Drop-In Infant Feeding Support

Tuesdays

- 9:30a-11:30a, Monticello Community Center *new day & time
- 9:30a-11:30a, St. Cloud YMCA

Wednesdays

- 9:30a-11:30a, Wright County Historical Society, Buffalo
- 1:30p-3p, Maple Grove Hospital

Thursdays

- 10a-12p, Mainstreet Family Resource Center, Elk River
- 11a-12:30p, Cambridge-Isanti Adult Enrichment Center

Fridays

- 10a-12p, Options for Women -Cornerstone, St. Michael



=First Steps staff present





FAMILY FEEDBACK SURVEY RESULTS

Our annual Family Feedback Survey is distributed to all families currently enrolled in our home visiting program across our four counties. Responses are voluntary and anonymous. This year, we received 147 family responses to the survey, which included scaled questions for families to share how they felt about their home visiting program experience and the impact it is having on their life.

99%

FELT THEY ALWAYS/ALMOST ALWAYS HAVE ENOUGH TIME WITH HOME VISITS (LENGTH, FREQUENCY) TO HAVE NEEDS MET

90% Always; 9% Most of the time

99%

FELT RESPECTED DURING HOME VISITS IN PARENTING STYLE & CHOICES MADE FOR CHILD(REN)

88% Extremely Well; 11% Very Well

95%

FELT HOME VISITING MATERIALS & INFO WERE EASILY UNDERSTANDABLE AND/OR PROVIDED IN THEIR PREFERRED LANGUAGE

An additional 5% of respondents felt they were **somewhat** understood and/or some in preferred language

97%

FELT HOME VISITING MATERIALS & INFORMATION ARE USEFUL FOR DETERMINING WHAT IS BEST FOR THEIR CHILD(REN)

76% Extremely Useful; 21% Very Useful

97%

FELT CONFIDENT THAT THEY CAN DO A GOOD JOB RAISING THEIR CHILD(REN) SINCE PARTICIPATING IN HOME VISITING

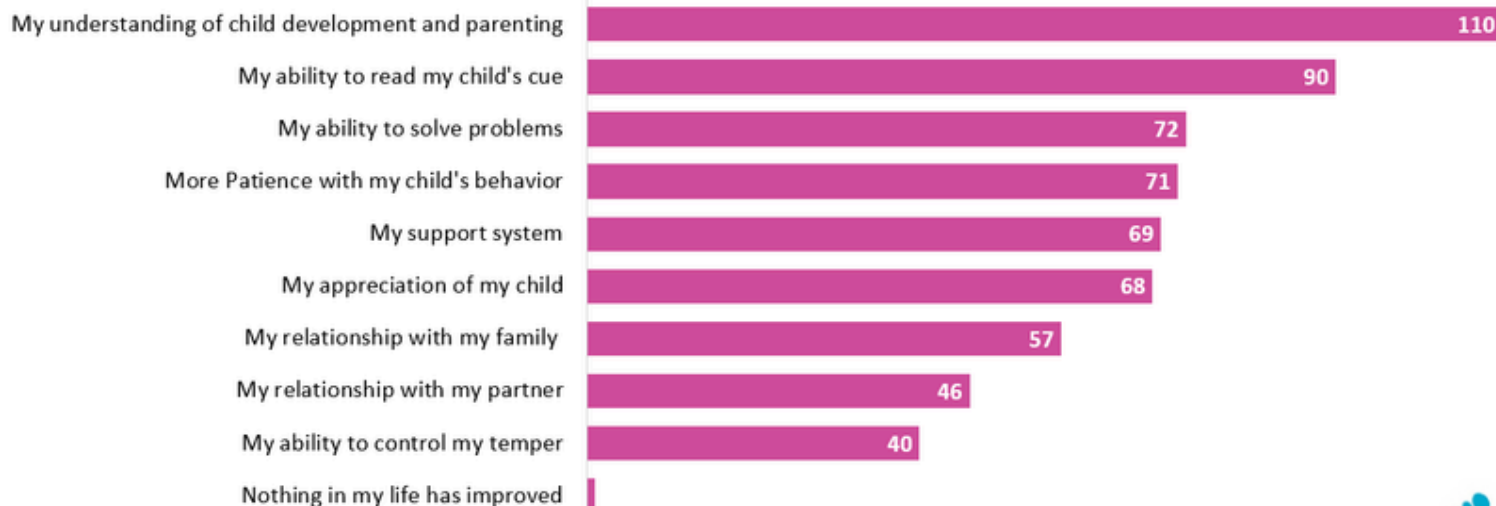
90% Strongly agreed; 7% Somewhat agreed

91% of families reported high likelihood to recommend family home visiting to other families.



99% of families expressed improvement in 1 or more area of life, since beginning home visiting.

FS FAMILY AREAS OF IMPROVEMENT





FAMILY FEEDBACK SURVEY RESULTS

How has family home visiting and/or your nurse impacted your life?

"[My PHN] has been incredibly supportive in connecting me with resources that meet my needs. It's also been really comforting to have someone there to encourage me and remind me that I'm doing a great job especially during stressful times or when I'm feeling unsure."

"[My PHN] is great! I so appreciate that she is able to point out the things I'm doing well as a parent when I focus too much on the areas where I'm struggling."

"[My PHN] is truly amazing. She makes me feel so understood and gives me all the resources I need to help me feel successful as a mom. So grateful for her!"

"[My PHN] has given me very good resources to use during and after pregnancy. And also has given me tools that will help me mentally prepare for what's to come and with being a new mom. I have gained confidence in caring for my child."

"[My PHN] taught me that there's a lot more to [being a parent] than just feeding and changing the baby. [My PHN] has also taught me that it is not as scary or stressful as it may seem. That motherhood can be very much so fun and rewarding."

"[My PHN] has been absolutely incredible for me & my son!! I sing her & First Steps praises to everyone I know. I did not think I would find such an incredible nurse & program. As a first time mom this has helped me feel more prepared & confident in my motherhood journey."

"Home visiting services should be offered to all parents always. It is so needed and important."

"[My PHN] is very helpful and dedicated to my family needs. She goes out of her way to help myself and my children...She really cares about her job and what she does."

"I have been amazed by the support provided by PHN and am so thankful for the opportunity to work with her. She has been a true motivator in my nursing and parenting journey. Her ability to relate and connect has been outstanding. I would highly recommend her and this program to any mother interested in nursing."

"The past year and a half has been tough, I am very appreciative of my PHN during this time. She had made a positive impact on me and my family and really showed how there is still kindness in the world."

"Parenting can feel so isolating so having that reinforcement that what you are doing is right is helpful."

"This is an excellent program. I am so glad that this was available immediately after arriving home with my baby, I was so afraid of the unknown but [my PHN] helped alleviate all those fear and made me a happy mom to take care of my baby. She was always reassuring."





FIRST STEPS DATA DIVE

Thank you for taking the time to connect families you serve to family home visiting! Together we are furthering our families protective factors and impacting the next generation in our region. Let's connect them early in their parenting journey to see the biggest impact!



REFERRALS

725 Referrals YTD to First Steps Central MN family home visiting



FAMILIES

Currently serving 373 families monthly across our 4-county region



COMPLETED

135 Families completed or graduated from our Family Home Visiting Program

If you would like more information about your agency's referral data to us, please contact us at 763-276-0441 or email referrals@firststepscentralmn.org

FHV CENTRALIZED INTAKE REFERRAL SOURCES

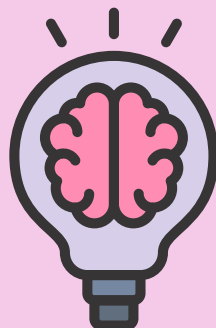
2025 Community Partner Referrals



FS REFERRAL SOURCES 71 IN 2025

43% OF REFERRALS COME FROM TOP 5 SOURCES HIGHLIGHTED

ADDITIONAL 43 REFERRAL SOURCES (5 OR LESS REFERRALS)



Just over half (53%) of our incoming referrals are received from our online referral form.

You can also refer a family by faxing referral information to 763-765-4250, emailing referrals@firststepscentralmn.org or by calling 763-276-0441

Several contact attempts are made with every referral that is received.

