

COMMUNITY PARTNER NEWSLETTER

OUR REGION



Approximately 440,000 people live across Benton, Sherburne, Stearns & Wright Counties. This includes:

- 87% white, 13% persons of color, 5% foreign-born

In 2024, there were 5,377 births to families living in the four-county region

- 48% births occurred at a CentraCare Hospital, while 22% births occurred at North Memorial - Maple Grove Hospital

Our First Steps centralized intake averaged 77 incoming FHV referrals a month in 2024. We are currently serving over 340 families in our family home visiting program regionally.

OUR SERVICE AREA



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



For the second half of 2025, we are:

- in process of updating our First Steps brochure rack card
- developing additional promo videos in both English & Spanish
- planning to send our annual family feedback survey to all enrolled FHV families
- training staff in both 1) Mothers & Babies (a stress-reduction and perinatal mental health curriculum) and 2) Promoting First Relationships (a curriculum they currently use with families but were looking to enhance their knowledge)

Stay tuned for more!

PARTNERING PROGRAMS

Several of our central MN public health partners in Child & Teen Check-up (CTC) programming have joined efforts to get the word out about all of the great CTC benefits for children ages 0-20 on Medical Assistance.

Check out www.centralmnctc.com to learn more. This includes a complete list of medical, dental, and vision providers, health plan information, and rewards & incentives.



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

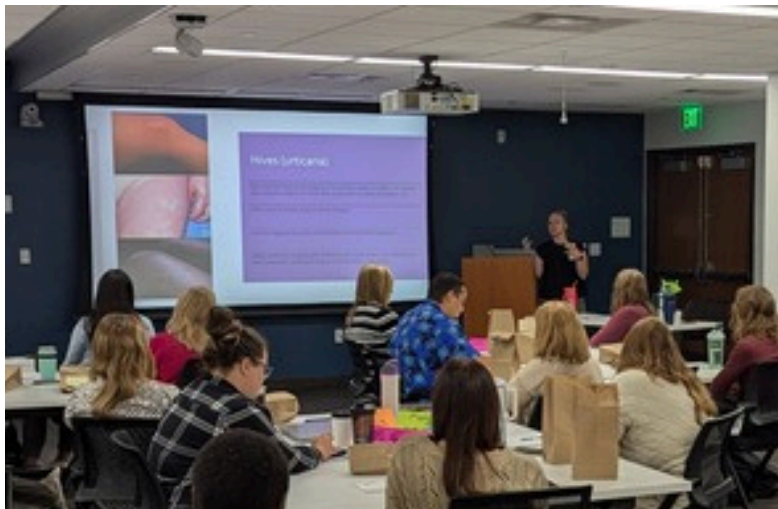
It is also where you find our online referral form to connect families to us!





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:



(Pictured) On June 12, First Steps Nurses attended a Community of Practice on Infant Assessments in the Home & Best Practices. We were joined by CentraCare Plaza Pediatric Nurse Practitioner, Beth Backhaus. A Community of Practice on Adult Assessments (prenatal, postpartum) & Best Practices is being planned for September.



(Pictured) First Steps Regional Program Manager Kelly & Hennepin County Outreach Nurse Mary represented family home visiting at Maple Grove Hospital's Annual World Breastfeeding Week event on August 6.



(Pictured) Room set-up for the Wright County First Steps team's hosted Learn & Play groups. This is an opportunity for Wright County FHV-enrolled families to rotate through a variety of activities focused on fun and early learning skills--while also meeting other parents!



(Pictured) On June 17, members of the Benton County First Steps and Public Health team participated in the Foley Fun Days Grande Parade to share resources about public health programming, including First Steps family home visiting, Child & Teen Checkups, WIC, Follow Along Program & SHIP!

Weekly Drop-In Infant Feeding Support

Mondays

- 10a-12p, Monticello Community Center

Tuesdays

- 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





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!

Jan-Jun 2025



REFERRALS

512 Referrals to our Home Visiting Program from **58** referral sources



FAMILIES

Serving over **340** families monthly across our 4-county region



COMPLETED

104 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.



FS CENTRALIZED REFERRAL INTAKE SNAPSHOT | Q2-2025



FHV CENTRALIZED INTAKE REFERRAL SOURCES

2024 Community Partner Referrals

CC SCH NICU
CC SCH FBC
CC Plaza Clinic WH/OB
Benton WIC Online App
Wright Co HHS
WCCA WIC
Stearns Co WIC
Self-Referral FS Postcard
Stearns Co HHS
Sherburne Co WIC
Stearns Sheriff PIO
Sherburne Co HHS
Transfer from Other County
HH/HCMC Family Birthing Center
Self-Referral FS Online Form/Website
Benton Breastfeeding Support Online Form
Stellis Health Monticello Clinic
CC Family Health Clinic
North Memorial Maple Grove Hospital
CC Plaza Clinic Pediatrics
Hutchinson Health Hospital
Stellis Health Buffalo Clinic
Self-Referral FS Phone
HealthPartners Pregnancy Program
Anna Marie's Alliance
Professional Referral/Other Community Resource
CC SCH Pediatric
CC Melrose Clinic
Allina Buffalo Hospital
Park Nicollet Healthy Beginnings Program
Northpoint Health & Wellness Center
HH/HCMC Women's Health & Wellness Clinic
CC Monticello Hospital
Allina Health Specialty OB

FS Referral Sources

58 in 2025

50% of referrals come from top 6 sources highlighted

Additional 50 FS Referral Sources (Less than 5 Referrals)

Allina Health Elk River Clinic	2
CC Melrose Hospital	2
CC Patient Community Connect	2
Elk River School (ISD 728) ECFE	2
HH/HCMC OBGYN Brooklyn Park Clinic	2
MHealth Fairview Northland Hospital	2
Ridgeview Medical Center	2
UCare PMAP MCH	2
Allina Health Abbott Northwestern Hospital FBC	1
Allina Health Buffalo Hospital	1
Allina Mercy Hospital	1
Benton Co HS	1
Blue Cross Blue Shield Case Management	1
CC Child Advocacy Center	1
CC Sartell Clinic	1
Childrens Hospital NICU	1
CMMHC (Central MN Mental Health Center)	1
Main Street Family Services	1
MHealth Fairview / Fairview Home Care (Princeton)	1
MHealth Fairview Soudthdale Hospital	1
Sanford Health Medical Center-Fargo NICU	1
St Cloud School Dist 742--ECFE SW	1
UMN Community-University Health Care Center (CUHCC)	1



Diaper Club

Join us once a month at the Family Resource Center for our **Diaper Club** — a supportive event where you can pick up **FREE** diapers for your family!

Next Event:

Thursday, July 10th 1:00pm-4:00pm
Thursday, Aug. 14th 1:00pm-4:00pm

400 Jackson Ave NW
Elk River, MN 55330



FREE BACKPACK EVENT!

August 18th-22nd

Main Street Family Resource Center
400 Jackson Ave NW
Elk River, MN 55330

Reserve your backpack by registering today!

***Free Backpacks,
*School Supplies,
*Haircuts
*Bounce House,
*Giveaways, and
more!
(while supplies last!)**

Main Street FAMILY RESOURCE CENTER
WWW.MAINSTREETFAMILYSERVICES.ORG



Big Lake Family Resource Center Opening September 2025!

Liberty Elementary

Mondays 1:30pm-4:30pm

Thursdays 1:30pm-4:30pm

***Ongoing programming and events
can be found by scanning the QR code below**

***Additional appointments available upon request**

The Family Resource Center is here to provide
a welcoming space where you can **receive
support, resources and education.**



Every family flourishes!



St. Cloud Area
School District 

Early Childhood Family Education Presents

ECFE EXPO

Learn,
grow &
shine
together

Saturday **SEPTEMBER 6** 9:30am-1:00pm
Quarryview Education Center



Join us for a fun-filled event where little ones and their families can learn, grow and shine bright together! Admission is Free.



Learn

Expert & Parent Panel
Discussions on Topics Including
ECFE, Sleep & Feeding.



Experience

Classroom Visits
Children's Concert
Touch-a-Truck
Food Trucks



Discover

ECFE & District 742 Programs
Education Resources
Health & Wellness Resources
Parenting & Family Support

PRIZE DRAWINGS - GIFT BAGS FOR THE FIRST 300 FAMILIES

More Info: www.isd742.org/ECFEexpo