



FHV UPDATES

Community of Practice (CoP)

These events are planned for our home visiting nurses and supervisors regularly. They are an opportunity to increase staff knowledge of local resources, build upon nursing skills, provide shared cross-county learning, and team building.



In June, we began the morning with a Guided Imagery exercise. It was followed by a presentation about 'Resiliency & Mental Wellbeing for the Home Visitor' from CentraCare's Bounce Back Project. Our staff found the CoP not only useful for building their own resiliency, but also walked away with tools they can share with the families they serve.

In October, we were joined by four community resources who increased our knowledge of Hispanic & Latino Resources in Central MN.

Continuous Quality Improvement (CQI)



Throughout 2023, we participated in a CQI project about Client Engagement & Retention. Our efforts were focused on increasing retention of families enrolled in FHV. Our CQI workgroup focused on standardizing steps nurses take when contact is lost with an enrolled family.

Wright County also piloted a Teaching Tools project which allowed nurses to offer families various developmental supplies which supplemented the education provided during a home visit and corresponded to the child's age.

Family Celebration Event

Sherburne County hosted its 2nd Annual Family Celebration event on August 24. Its intent was to gather family home visiting families to provide opportunities to learn about local resources, meet other families with young children, and have fun! A total of 64 current and past home visiting families attended. Activities included tie-dyeing onesies, photobooth, and painting a canvas for your child's room.



It was held at a local park with a playground and families could connect with 17 different community resources present. A continental breakfast was served. Families received a welcome bag full of donated goodies and could enter several door prize drawings. Transportation was provided through TriCAP.

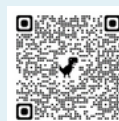


FIRST STEPS CENTRAL MN

We are a team of Registered Nurses who offer support and information to families living in Benton, Sherburne, Stearns, & Wright Counties during pregnancy through the early years of their child's life. Visits with a nurse are voluntary and are provided at no cost to families.

We provide support to caregivers, connecting them to local resources, and provide education on topics such as pregnancy, parenting, infant feeding support, promoting the parent-caregiver relationship, and child growth and development.

CONNECT A FAMILY



Our electronic referral form is the preferred method. Find it at:

<https://firststepscentralmn.org/make-a-referral>



WHAT FAMILIES CAN EXPECT

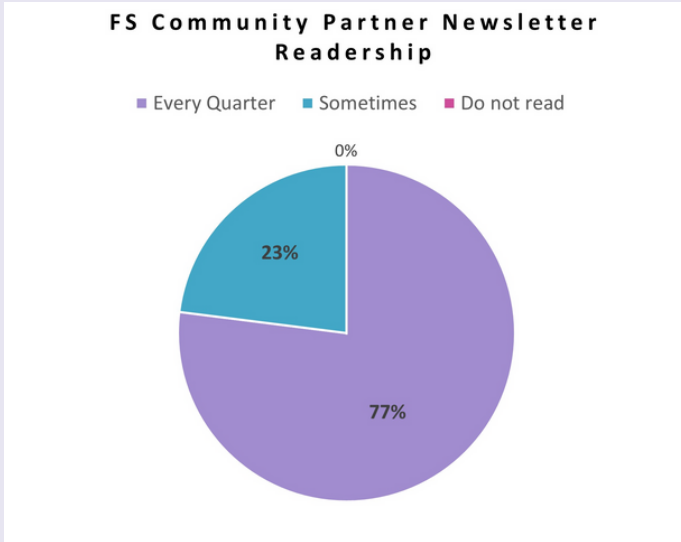
A nurse will call/text within 1-3 days after a referral is received. They will answer any questions families may have, share resources, and schedule a first visit, if families are still interested.

Home visits occur 3-5 times during pregnancy, weekly initially after delivery, then transition to less frequent thereafter.



COMMUNITY PARTNER SURVEY RESULTS

A survey was sent with our 2023 Spring Edition newsletter asking for feedback from our community partners. We received responses from 11 different organizations across central MN. Here is what we learned:



46% of respondents forward the newsletter to colleagues.

Respondents shared that the most useful parts of our newsletters were:

- reminders about our outreach materials
- updates on quarterly referral data
- sharing of community resources
- cues about our referral process to their every day work

50% of respondents do universal referrals to family home visiting, meaning they offer a referral to all prenatal and postpartum families they serve.

- One respondent shared, “We share this with providers and care teams who could benefit in referring families. It has been a great point of connection.”



Hispanic Heritage Month Celebration

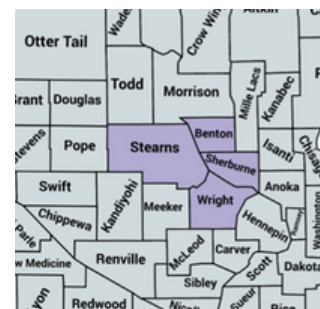
First Steps nurses from Stearns County attended the Hispanic Heritage Month Celebration on September 15 in St. Cloud. They were among 20 community partners with stations. They shared that nearly 80 families stopped by the booth for the interactive game for children to play while parents talked with nurses. One family requested to enroll in FHV during the event and a referral was placed. Staff also brought a BF tent to be utilized by nursing mothers and pumping staff during the event—one attendee said it was “lovely” to have that available.

First Steps Central MN Joint Powers Board

Our Joint Powers Board is made up of one Commissioner from each of our counties. Current members are:

- Beth Schlangen (Benton)
- Lisa Fobbe (Sherburne) & Gary Gray (Sherburne alternate)
- Tarryl Clark (Stearns)
- Jeanne Holland (Wright)

Members typically meet quarterly and are provided an overview of workplan progress, referral and caseload data, and budget by program staff. They also oversee the implementation of our regional work and are strong advocates for FHV.



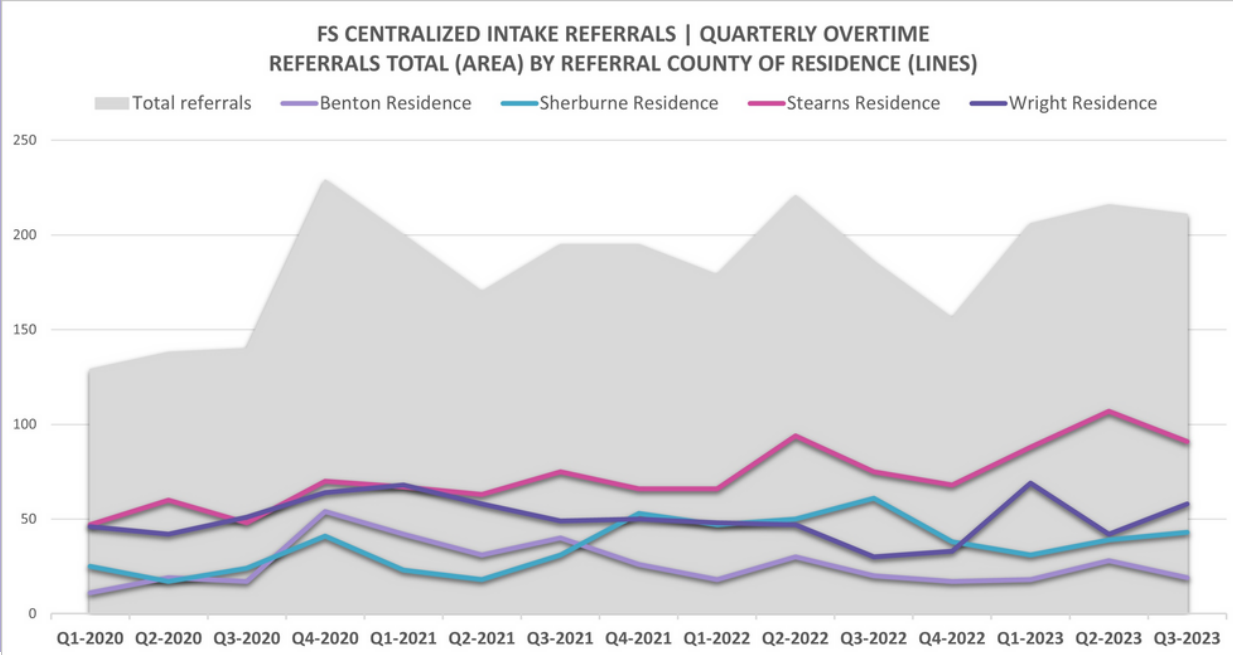
Our Outreach Team is available for presentations to your staff meetings, training days, and lunch-n-learn events to share information about FHV.

This is a convenient way for your staff to get a refresher about our services, other public health programs, and learn who and how to make the referral. Email referrals@firststepscentralmn.org or call 763-276-0441 to get scheduled!



DATA DIVE

Thank you for taking the time to connect families you serve to our program. We look forward to receiving referrals from you and working together to improve outcomes for central MN families!



2023 Community Partner Referrals, YTD

- CC St. Cloud Hospital FBC
- CC St. Cloud Hospital NICU
- Wright Co Community Action WIC
- Sherburne Co WIC
- CC Family Health Clinic
- Wright Co HHS
- Stearns Co HHS
- Self-Referral FS Postcard
- Stearns Co WIC
- Transfer from Other County
- Sherburne Co HHS
- Ridgeview Medical Center
- Self-Referral FS Website
- Hutchinson Health Hospital
- CC Melrose Clinic
- Allina Buffalo Hospital
- Self-Referral Other
- CC Plaza Clinic WH/OB
- CC Plaza Clinic Pediatrics
- CC Monticello Hospital
- CC Patient Community Connect
- Benton Co HS
- Anna Marie's Alliance
- Stellis Health Monticello Clinic
- Professional Referral
- HH/HCMC Family Birthing Center
- HealthPartners Pregnancy Program
- Rivers of Hope
- Options for Women | Cornerstone
- Maple Grove Hospital
- HH/HCMC Women's HW Clinic
- North Memorial Health Hospital
- HH Nurse Midwife Service
- Glencoe Regional Hospital

FS Referral Sources 57 in 2023 YTD (97 Total)

50% of referrals come from top 4 sources highlighted

Additional 23 Community Partners sent 1 referral in 2023:

- Allina Health Specialty OB
- Annandale Middle School
- Anoka Hennepin Tech High School
- Blue Plus PMAP List
- Catholic Charities – HOPE
- CC Behavioral Health
- CC Melrose Hospital
- CC SCH Pediatric
- CC Southway Clinic
- Childrens Hospital NICU
- Childrens Hospital MPLS
- Crystal Women's Clinic
- Elk River School (728) ECFE
- HH/HCMC OBGYN Brooklyn Park
- Lutheran Social Services
- MHealth Fairview Northland Hospital
- Milaca School District
- North Memorial Health Clinic
- Park Nicollet Methodist Hospital
- Robbinsdale Women's Center
- Sherb & N Wright Special Ed Coop
- St. Cloud School Dist 742 – ECFE
- Tri-Valley Opportunity Council