

2024 QTR 1 HIGHLIGHTS



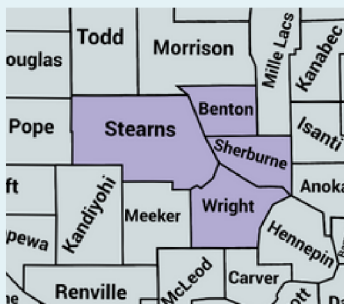
We processed 208 referrals from 39 community partners in Qtr 1, a 38% growth from previous quarter. See pg 3 for more referral data.



We are currently serving 375 families in our FHV program regionally.



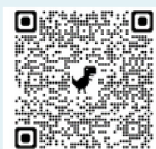
Our Community of Practice staff events have focused on learning about human trafficking & exploitation, as well as the roles of doulas & midwives.



We are a team of Registered Nurses who offer support and information to families during pregnancy through the early years of their child's life. Visits with a nurse are voluntary and free.

We provide support to caregivers, connecting them to resources, provide education on topics such as pregnancy, childbirth, parenting, infant feeding, bonding, and their child's growth and development.

HOW TO REFER



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

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

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

"My home visit team has been amazing, they have encouraged and showed my family so much love and we are so happy we have them."

-Quote from participating family



Follow our teams on Facebook!

- Benton County Public Health
- Sherburne County Public Health
- Wright County Public Health



CALL OR TEXT 763-276-0441
TO CONNECT WITH A FREE
PERSONAL NURSE



REGIONAL DENTAL INNOVATIONS GRANT

Wright County's Health Promotion Coordinator, Megan Coleman, serves as the Regional Dental Health Innovations Coordinator thanks to a Blue Cross Blue Shield grant.

Megan collaborates with community partners to connect dental resources and optimize the utilization of state-funded health care plans, nonprofit clinics, and donated dental services, particularly targeting uninsured individuals of Benton, Sherburne, Stearns, and Wright Counties.

To expand her reach, an online Dental Service Referral form is located on the Wright County Dental Health webpage. It is accessible to residents in all four counties: <https://www.co.wright.mn.us/894/Dental-Health>





COUNTY HIGHLIGHTS

Benton, Sherburne, and Stearns Counties applied for Strong Foundations Expansion funding to serve an additional 10 families each in our MECSH FHV program (a total of 30 families regionally).

Sherburne County will soon to be recruiting for a Community Health Worker who will be focused on building relationships in the Hispanic community.



Wright County's Nurturing Fathers Program is a 13-week training course designed to teach parenting and nurturing skills to Fathers and Father Figures. Each class provides effective skills for healthy family relationships and child development. NFP can be in group format or on an individual basis.

Topics covered in the program include: self-nurturing, fathering without violence or fear, overcoming barriers to nurturing fathers such as anger and stress, how fun and games help children learn, and teamwork between father and spouse/co-parent.

If you or someone you know would like to learn more about the Nurturing Fathers Program, please submit a [First Steps Referral](#).

Reflective Supervision is the process of examining, with someone else, the thoughts, feelings, actions and reactions evoked in the course of working closely with young children and their families.

Our home visiting nurses receive Individual reflective supervision (2x/mo) and Group reflective supervision (1x/mo). We contract with CMMHC for elements of Reflective Supervision.

Learn more about Reflective Practice in Home Visiting at [MDH website](#)

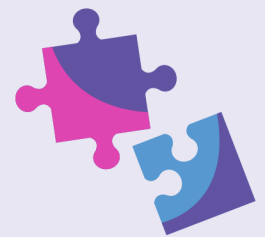


Staff shared about their experience and impact of receiving Reflective Supervision to our First Steps Joint Powers Board during May's meeting.

LET'S CONNECT



- Presentation at a Team Meeting
- Station at a Staff Training Day
- New Staff Orientation
- Lunch-N-Learn
- Outreach at a Community Event



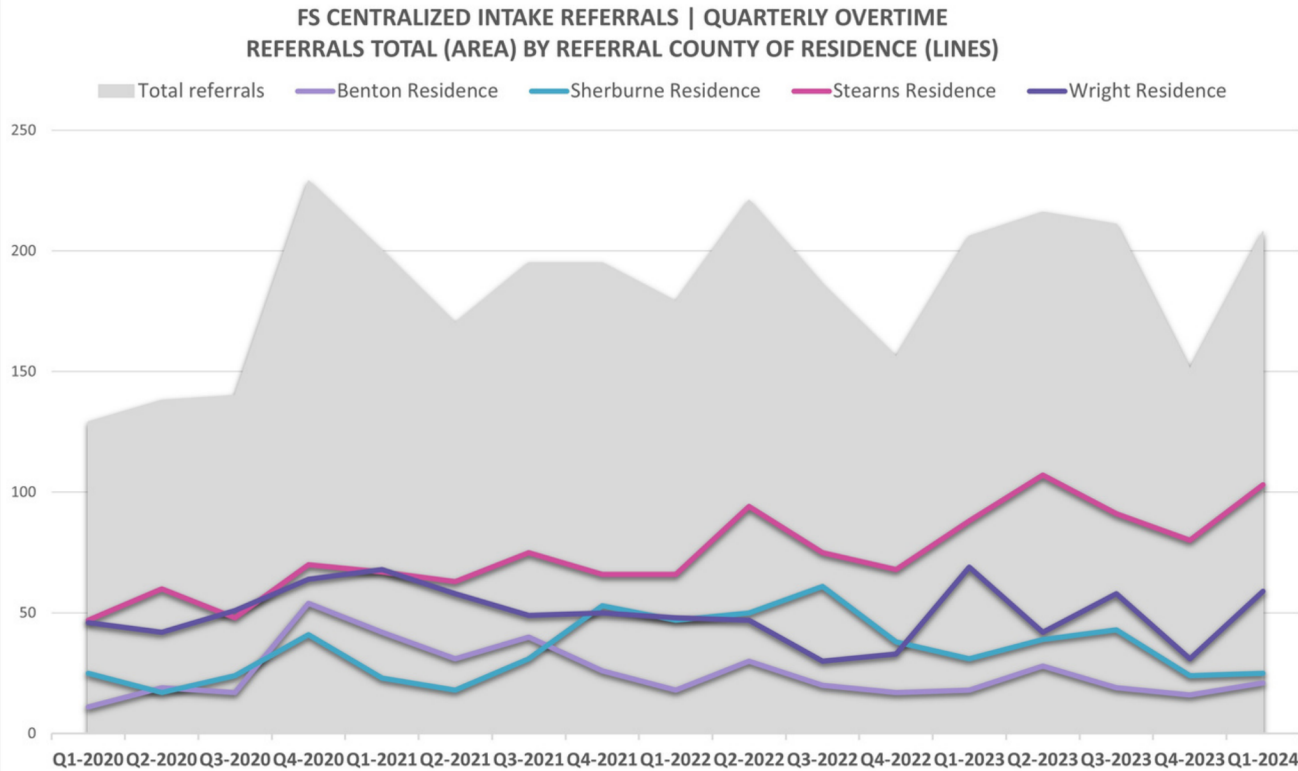
Contact us to schedule outreach to stay up-to-date about programming and resources. We recommend annual outreach to staff.



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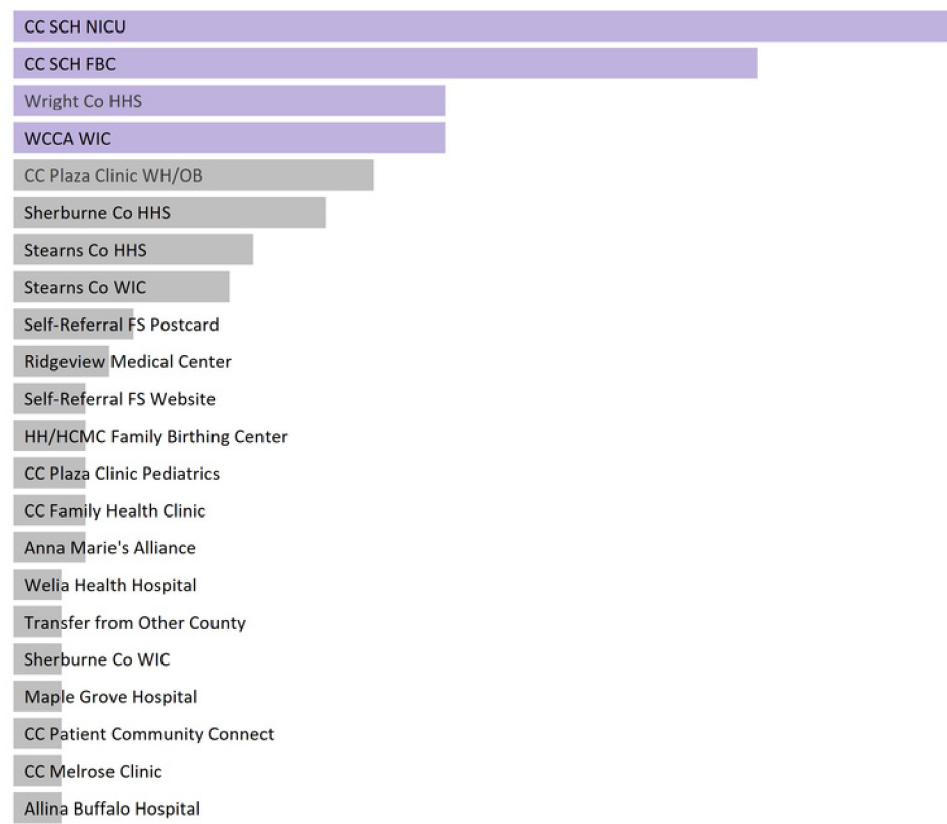
Thank you for taking the time to connect families you serve to our program. We look forward to receiving referrals from you and working together to improve outcomes for central MN families!

We have seen significant growth from our 4th quarter of 2023 dip – with a 38% increase in referrals this first quarter of 2024.



FHV CENTRALIZED INTAKE REFERRAL SOURCES

2024 Community Partner Referrals



FS Referral Sources

39 in 2024 YTD (109 Total)

50% of referrals come from top 4 sources highlighted

Additional 17 Community Partners sent 1 referral in 2024:

- Allina Home Care
- Benton Co HS
- CC Monticello Hospital
- CC Sauk Centre Hospital
- CC SCH Behavioral Health
- CC SCH Pediatric
- Clinic Sofia OBGYN, Maple Grove
- Foley Elementary School (ISD 51)
- Hutchinson Health Hospital
- Monticello School District (ISD 882)
- Park Nicollet Methodist Hospital
- Professional Referral
- Recovery Center
- Self-Referral Phone/Other
- Southdale Pediatric Associates
- St. Michael Albertville School

50% of referrals from CentraCare St. Cloud Hospital NICU & Family Birthing Center, Wright County Community Action, and Wright County Health & Human Services



UPCOMING LOCAL EVENTS

Circle of Security Parenting Group

- Every Wednesday in June & July from 12p-1p (not meeting July 3)
- Virtual via Zoom
- FREE. Register by calling Cathy at Ellison Center 320-406-1600, ext 0 or email office@ellisoncenter.com

Weekly Drop-In Baby Cafes & Infant Feeding Support Groups in Central MN

- Mondays 10a-12p, Monticello Community Center
- Tuesdays 9:30a-11:30a, St. Cloud YMCA
- Tuesdays 10:30a-12:30p, Princeton ECFE Family Center
- Wednesdays 9:30a-11:30a, Buffalo Wright County Historical Society
 - Note the time change beginning 5/15/24!

Great River Regional Library Summer Reading Challenge

- FREE
- Children birth through 12th grade
- Runs June 3 through August 3.
- <https://griver.org/summer-reading-challenge>

FREE EVENT
Funded by: Donations to the CentraCare Foundation

BETTER TOGETHER: A DAY OF WELLNESS

Lundeen Stadium
12000 Hancock Street
Becker, MN 55309
May 19, 2-4pm

SPECIAL PERFORMERS: KOO KOO

Make & Take Stations
Community Resources
Food Trucks & Concessions

Visit the Bounce Back Project Facebook page or Becker Schools webpage for weather related announcements

BOUNCE BACK PROJECT
Promoting Resilience Through Inclusion

Pictures & Videos may be taken to celebrate the joy of our communities coming together!

FREE! YOU'RE INVITED !!
BIG LAKE ECFE
IN THE PARK
REGISTER YOUR FAMILY AT BIGLAKECE.COM

ECFE

IN THE PARK 2024

- JUNE 12 LAKE RIDGE
- JUNE 26 SANFORD SELECT
- JULY 10 HUDSON WOODS
- JULY 24 WRIGHTS CROSSING
- AUG. 7 HIGHLINE
- AUG. 21 LAKESIDE

Join us 10-11:30 AM

MINNESOTA EARLY CHILDHOOD INITIATIVE
Big Lake Area Early Childhood Coalition

Big Lake COMMUNITY EDUCATION

2ND ANNUAL SUMMER KICKOFF

THURSDAY, JUNE 6
11 AM-2 PM
MIDDLE SCHOOL GROUNDS

Join the FREE FUN!

NINJA ANYWHERE
PETTING ZOO
FACE PAINTING
YARD GAMES
VENDORS & MORE

Food for purchase

- THE CORN DOG COMPANY
- BRAIN FREEZE
- MIKE'S MINI DONUTS
- MISTER LEMONADE
- PIZZA & CONCESSIONS

SPONSORED BY: **BIG LAKE SPUD FEST**



Healthy Minds Support Healthy Bodies

Building healthy brains happens from birth to adulthood.

You play a critical role in helping children build mental wellness.

- Build stronger relationships and support healthy brain development at every age.
- Learn how you can positively impact children's mental well-being.
- Explore ways to help children cope with stress and strong emotions.
- Know the signs of distress and where to find help.



Scan the QR code for
helpful tips and ideas!