

COMMUNITY PARTNER NEWSLETTER

PROGRAM HIGHLIGHTS



Our nurses are currently serving 363 families in our family home visiting program regionally!



Curious what kind of outcomes families have after receiving FHV services? Check out page 2 for some highlights!



Learn more about our region's Family Resource Centers & Community Schools on page 3!

OUR SERVICE AREA



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

Across MN, only about 1 in 10 families who are eligible for family home visiting enroll in a program.

We believe **every** pregnant and parenting family deserves access to the resources and support they need to thrive.

We are **asking for your help** in connecting families to our trusted services. Include making a referral to First Steps Central MN as part of your standard practice for **all** families your organization serves.

92% of First Steps families reported high likelihood to recommend FHV to other families.

On page 2, learn more about what families can expect after a referral is placed to us.

Have you visited our First Steps website lately?

It is full of great information about our program, monthly family newsletters, and local resources.

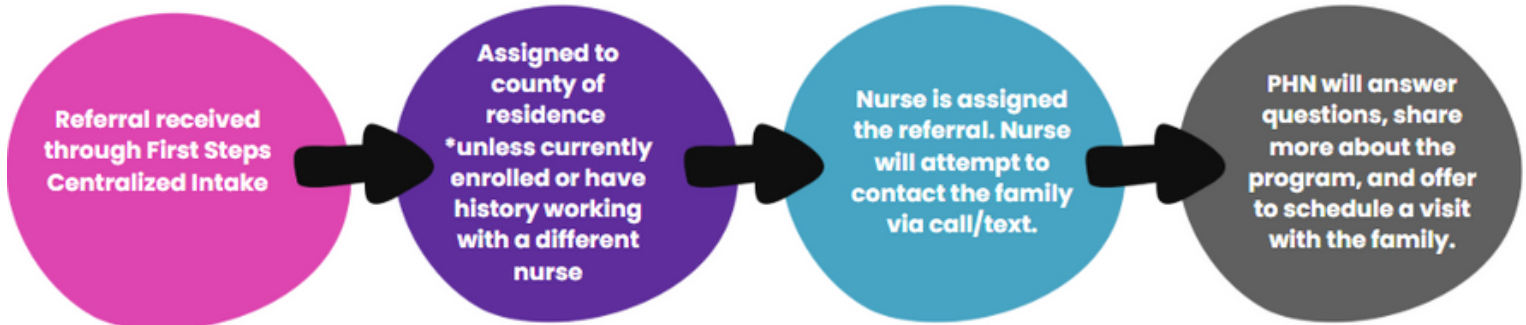
It is also where you find our online referral form to connect families to us!





WHAT CAN FAMILIES EXPECT AFTER AGREEING TO A REFERRAL?

In 2024, our First Steps Centralized Intake processed 940 referrals from 59 referral agencies >>> this is a 20% increase from 2023



Families can expect an initial contact attempt to be made within 3 days after the referral is placed >>> Multiple contact attempts are made on every referral received

Encourage families to answer their phone or return our call or text if they are still interested in being connected to a nurse >>> Families can change their mind at any time

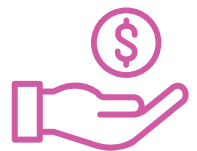
PROGRAM IMPACT

Evidence-based home visiting programming is driven by data that consistently shows the difference it can make for families.



Parents who are supported in family home visiting:

- Have experienced improved pregnancy outcomes and improved transition to parenting their new child
- They demonstrate greater regulation of their child's environment and provision of adequate care
- They are more responsive to their child, including their verbal, emotional, and developmental needs
- They have demonstrated greater ability to adapt and self-manage despite the difficulties they face.
- They are well-supported and confident in their abilities to support their child's learning and development
- They have built supportive community links and developed informal and formal supports. These benefits all last well beyond the time a family is enrolled in programming.



Estimated \$6.40 return on public investment for each dollar spent on evidence based home visiting. (2015, NFP)

We see improved child health for enrolled families:

- Children receive breastmilk longer, which has lifelong health benefits
- We see lower rates of respiratory infections.
- Children overall have improved mental health, language, literacy, and executive functioning—all impacting a more positive transition to schooling and lifelong learning.
- Lower rates of child abuse and neglect.



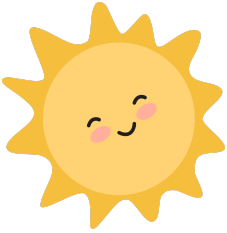
99% of First Steps families felt confident that they could do a good job raising their child(ren) since participating in FHV.



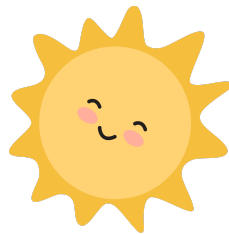


OUTREACH & EVENTS

Together we do more! Here are a few ways our teams have built connections in our communities this past quarter and got the word out about family home visiting (FHV):



(Pictured) Stearns County First Steps Nurses Brooke & Jamie attended CAIRO's Health Fair Event.



(Pictured) Mom Kaytlyn (right) & child Shay shared about their experience in family home visiting along with their Wright County First Steps Nurse Mary (left) and the impact it has had to their lives at our May First Steps Joint Powers Board Meeting.



(Pictured) Several members of our First Steps teams recently attended a staff development training titled "Beyond Good Intentions: Understanding Professional Dangerousness" hosted by Ellison Center.



(Pictured) Regional Managers Leah & Kelly presented at FamilyWise's Conference about the impact FHV can have on reducing adverse childhood experiences and building protective factors for families.

Family Resource Centers & Community Schools

Several organizations and community members across Benton, Sherburne, Stearns & Wright Counties are working to bring Family Resource Centers (FRC) & Community Schools to Central MN.

- FRC provide a safe, accessible place for families to connect and achieve their goals.
- They are community-led. Programming is tailored to the culture, resources, and needs of the community they serve and focus on building the strengths of the individuals, families, and communities. They will look and feel different in every community.
- Core services focus on parenting education & skills, early childhood literacy & access to economic supports.

Current locations include:

- Elk River: Mainstreet Family Services
<https://www.mainstreetfamilyservices.org/family-resource-center/>
- Wright County Family & Community Resource Center (mobile) <https://fcrwc.my.canva.site/>
- St. Cloud 10-10 Park Community Outpost
- ISD 742 Full Service Community Schools--North & Discovery

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.

**2025
Quarter 1**



REFERRALS

261 Referrals to our Home Visiting Program from **44** referral sources



FAMILIES

Serving over **360** families monthly across our 4-county region by our **25** Home Visitors



COMPLETED

49 Families completed or graduated from our Family Home Visiting Program

