

RESEARCH BRIEF #2

NORTH CAROLINA 2020 MIECHV STATEWIDE NEEDS ASSESSMENT HOME VISITING PROGRAMS IN NORTH CAROLINA

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Background

The federal Maternal, Infant, and Early Childhood Home Visiting (MIECHV) program provides grants to states to implement evidence-based home visiting programs to pregnant women and families.¹ One part of the 2020 MIECHV statewide needs assessment is to develop an inventory of home visiting programs operating in North Carolina (NC) and count how many families are served in the state. NC is fortunate to have numerous home visiting programs operating in our state. We identified 13 total home visiting models operating in NC detailed in Table 1.

The MIECHV program is focused primarily on funding evidence-based programs. The field of home visiting has been supported by rigorous research which has been reviewed by external raters to determine which programs are “evidence-based”. An evidence-based designation is identified through the Home Visiting Evidence of Effectiveness ([HomVEE](#)) to identify programs eligible for MIECHV funding. However, states have the option to use a small portion of funding on “promising” programs. There are currently 9 evidence-based programs operating in NC (**Attachment and Biobehavioral Catchup, Child First, Early Head Start-Home Based Option, Family Connects, Healthy Families America, Home Instruction for Parents of Preschool Youngsters, Nurse-Family Partnership, Parents as Teachers, and Safe Care Augmented**). In addition, 4 additional home-visiting are offered in NC that have not met the MIECHV standard for an evidence-based program (**Book Harvest Book Babies, Nurturing Parenting Program, and ParentChild+**). Further, the **Adolescent Parenting Program** operated by the NC Division of Public Health is transitioning all programs to the Parents as Teachers curriculum in 2020. Currently, the NC MIECHV program only funds Nurse-Family Partnership and Healthy Families America.² All other programs in NC are funded from state, local, and private sources.

Results

We estimate that in fiscal year 2018-2019, over **16,000 families** were served by home visiting programs and over **66,000 home visits** were provided in NC. The map in this brief displays the large difference in service

¹ <https://mchb.hrsa.gov/maternal-child-health-initiatives/home-visiting-overview>

² <https://publichealth.nc.gov/wch/aboutus/ebhv.htm>



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reach across NC counties. We identified 12 counties that served zero families with evidence-based home visiting programs, while 3 counties served over 1,000 families.

The profile of families served by home visiting in NC reflect the target populations and program goals for the models operating in the state. The most common target population for was low-income children and families (58%) and the most common outcome was child health and development (61%).

The following table provides a list of the home visiting programs in NC (with a link to the model website), the evidence-based rating, and a count of the number of sites and counties served by the program.

Model (with hyperlink)	# Sites	# Counties	Evidence-Based
Adolescent Parenting Program	25	24	NR
Attachment and Biobehavioral Catchup	16	15	Yes
Book Harvest Book Babies	2	2	NR
Child First	5	27	Yes
Early Head Start – Home Based	17	29	Yes
Family Connects	3	4	Yes
Healthy Families America	3	5	Yes
Home Instruction for Parents of Preschool Youngsters (HIPPY)	1	1	Yes
Nurse-Family Partnership	14	23 + Eastern Band of Cherokee Indians	Yes
Nurturing Parent Program	4	7	No
Parents as Teachers	36	39	Yes
ParentChild+	2	1	No
Safe Care - Augmented	1	1	Yes

Note: This inventory includes programs where home visits are frequent, and are the primary service offered. We do not include several maternal and child health and child welfare programs operating in North Carolina that offer home visits as supplemental services such as the Part C Early Intervention program ([NC Infant Toddler Program](#)), [care management services](#) such as Care Management for High-Risk Pregnant Women and the Care Management for At-Risk Children program, or child welfare in-home services such as [Intensive Family Preservation Services](#). These programs are a critical part of the continuum of family support programs but beyond the scope of the MIECHV needs assessment.

The Adolescent Parenting Program sites previously used either the Partners for a Healthy Baby (n=15) or the Parents as Teachers curriculum (n=10). On June 1, 2020 all APP programs transitioned to the PAT model.

MIECHV evidence-based practice designation (Yes/No, NR=Not Rated) is from the [Home Visiting Evidence of Effectiveness](#) literature review



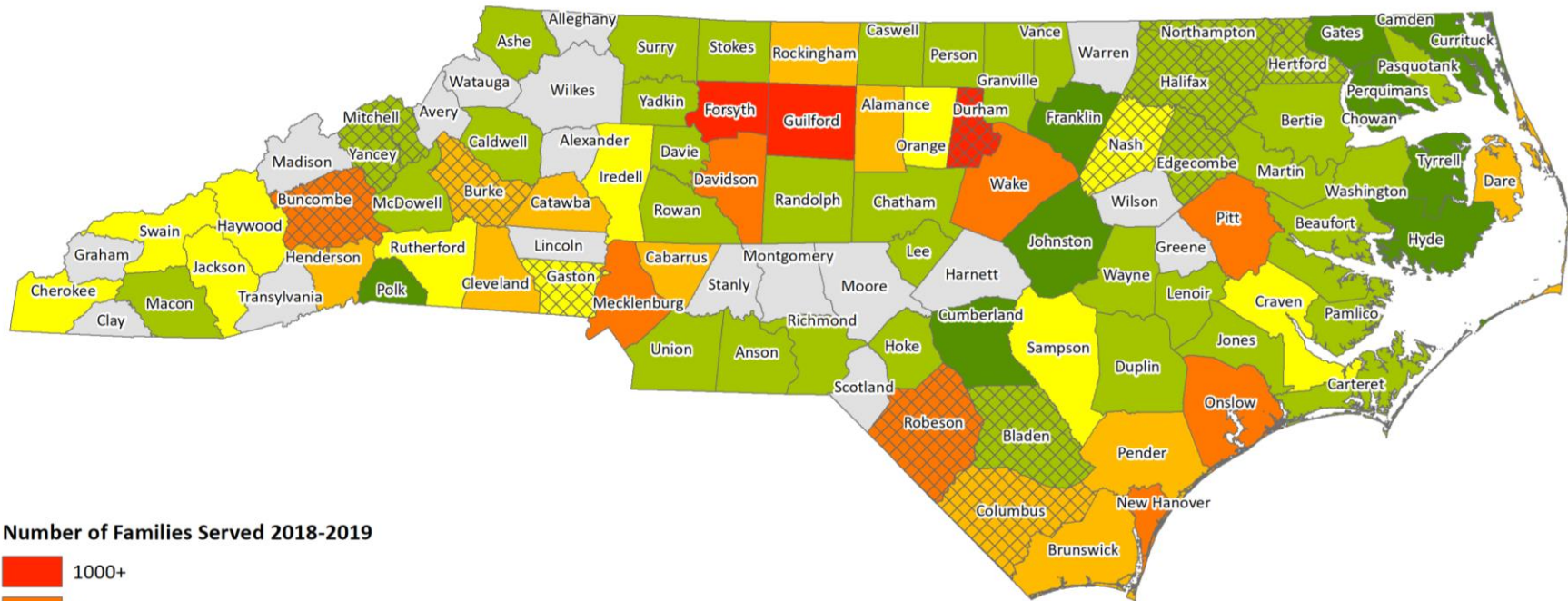
Gaps In Services

Participation in home visiting programs is challenging to measure across programs with varying definitions of attrition, program engagement, and program completion. Based on survey responses, 59% of families who exited a program in NC completed or graduated. Demand for home visiting programs remains high, 52% of programs had a waitlist. Among programs with a waitlist the average number of 14 families on the waitlist. This indicates a need to expand the supply of programs available. The average staff retention was 90% among those who reported. We asked survey respondents to rate a set of barriers to providing home visiting on a 1 to 10 scale, with 10 indicating the greatest barrier to providing services. Geographic/transportation barriers (mean = 7.2) was the highest average barrier identified. Because home visiting programs rely on referrals to community-based services, we also asked about barriers to accessing other services on the same 1 to 10 scale. Mental health providers (mean = 7.6), substance use disorder treatment services (mean = 6.8), and childcare providers (mean = 6.4) were the resources in shortest supply.

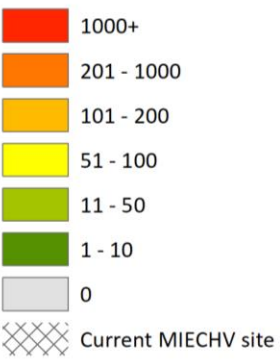
Costs and Funding of Home Visiting

Home visiting programs in NC are funded by several public and private sources, and most individual programs operate on a patchwork of funding sources. Survey respondents reported state government (50%) was the largest funder of home visiting followed by federal (14%) and foundation funding (12%). The average cost per family ranges greatly between programs, average program cost was reported as \$4,500 per family served.





Number of Families Served 2018-2019



Evidence-Based Home Visiting Programs by County of Service (2018-2019)

APP=Adolescent Parenting Program; ABC=Attachment and Biobehavioral Catchup; BB=Book Babies; CF=Child First; EHS=Early Head Start; FC=Family Connects; HFA=Healthy Families America; HIPPY=Home Instruction for Parents of Preschool Youngsters; NFP=Nurse-Family Partnership; NPP=Nurturing Parenting Program; PAT= Parents as Teachers; PC+=ParentChild+; SC=Safe Care

County	APP	ABC	BB	CF	EHS	FC	HFA	HIPPY	NFP	NPP	PAT	PC+	SC	TOTAL
Alamance	x	X									X			3
Alexander					X									1
Alleghany														0
Anson					X									1
Ashe											X			1
Avery														0
Beaufort				X										1
Bertie				X	X									2
Bladen				X										1
Brunswick				X										1
Buncombe	X	X			X				X		X			5
Burke					X		X							2
Cabarrus	X										X			2
Caldwell	X				X									2
Camden				X										1
Carteret				X	X									2
Caswell					X									1
Catawba	X				X						X			3
Chatham					X									1
Cherokee											X			1
Chowan				X										1
Clay														0
Cleveland									X					1
Columbus	X			X					X		X			4
Craven				X	X									3
Cumberland	X				X					X				3
Currituck				X										1
Dare				X							X			2

County	APP	ABC	BB	CF	EHS	FC	HFA	HIPPY	NFP	NPP	PAT	PC+	SC	TOTAL
Davidson	X					X					X			3
Davie											X			1
Duplin											X			1
Durham		X	X		X	X	X				X			6
Edgecombe	X								X					2
Forsyth			X			X			X		X			4
Franklin											X			1
Gaston	X	X							X					3
Gates				X										1
Graham														0
Granville											X			1
Greene														0
Guilford	X	X			X	X			X	X	X			7
Halifax									X		X			2
Harnett	X													1
Haywood									X					1
Henderson	X				X						X			3
Hertford				X					X		X			3
Hoke											X			1
Hyde				X										1
Iredell											X			1
Jackson		X							X					2
Johnston		X												1
Jones				X	X									2
Lee	X										X			2
Lenoir											X			1
Lincoln														0
Macon					X				X		X			3
Madison														0
Martin				X							X			2
McDowell					X				X					2
Mecklenburg		X			X				X	X	X	X		6

County	APP	ABC	BB	CF	EHS	FC	HFA	HIPPY	NFP	NPP	PAT	PC+	SC	TOTAL
Mitchell							X							1
Montgomery														0
Moore														0
Nash				X					X					2
New Hanover	X	X		X							X			4
Northampton				X					X					2
Onslow	X			X	X									3
Orange	X	X			X									3
Pamlico				X	X									2
Pasquotank				X										1
Pender		X		X										1
Perquimans				X										1
Person											X			1
Pitt				X					X		X			3
Polk					X									2
Randolph											X			1
Richmond					X									1
Robeson	X								X					2
Rockingham	X								X		X			3
Rowan	X										X			2
Rutherford					X				X					2
Sampson					X		X ^a				X			3
Scotland	X													1
Stanly														0
Stokes										X	X			2
Surry										X	X			2
Swain									X					1
Transylvania					X									1
Tyrrell				X										1
Union					X					X				2
Vance	X										X			2
Wake		X			X			X	X		X		X	6

County	APP	ABC	BB	CF	EHS	FC	HFA	HIPPY	NFP	NPP	PAT	PC+	SC	TOTAL
Warren														0
Washington				X										1
Watauga	X					X ^a								1
Wayne											X			1
Wilkes														0
Wilson	X	X												2
Yadkin										X	X			2
Yancey							X							1
Eastern Band of Cherokee Indians									X					1
NC TOTAL	24	15	2	27	29	4	5	1	24	7	39	1	1	179

Notes: ^anew HFA Site 2020, new Family Connects Site 2020

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