



**SAC  
FAMILY  
CONNECT**

# **Connecting Families with Agencies to Empower Healthier Communities**

**A Staff Training Exercise**



## OVERVIEW

# Working Together to Empower Healthier Communities

Sac Family Connect is proud to bring together programs and agencies throughout Sacramento County to support parents and families and help them access the services that best meet their unique needs.

This training will focus on:

- Resources for Sacramento County families
- How to help families choose the services that BEST meet their needs
- How to work with other agencies to create a coordinated system of care for prenatal and parenting families



## TRAINING HIGHLIGHTS

### 1. Decision Tree

The Decision Tree makes the referral process simple by guiding you to the program that best fits the family's needs.

### 2. Partnering Agencies

Sac Family Connect brings state, county, and community-based programs together to create a coordinated system of care for prenatal and parenting families throughout Sacramento County.

### 3. Scenarios

Test your knowledge by using the decision tree to guide your decision-making process. What agency would best meet the family's unique needs?



# Tips to Better Support Families

- **Parents** are empowered when they **make choices** for their families.
- **Better outcomes** are achieved for families when the **services are specialized** to their needs.
- Home visiting programs and other family support services **working together support families best.**

## Families want help from programs with staff who:

- **Have lived experiences** and understand where they are coming from
- **Reflect the community** they serve in both language and culture
- **Are trained** on critical topics that impact Sacramento families and communities

*When it comes to family support services, diversity, equity, and inclusion are a priority.*

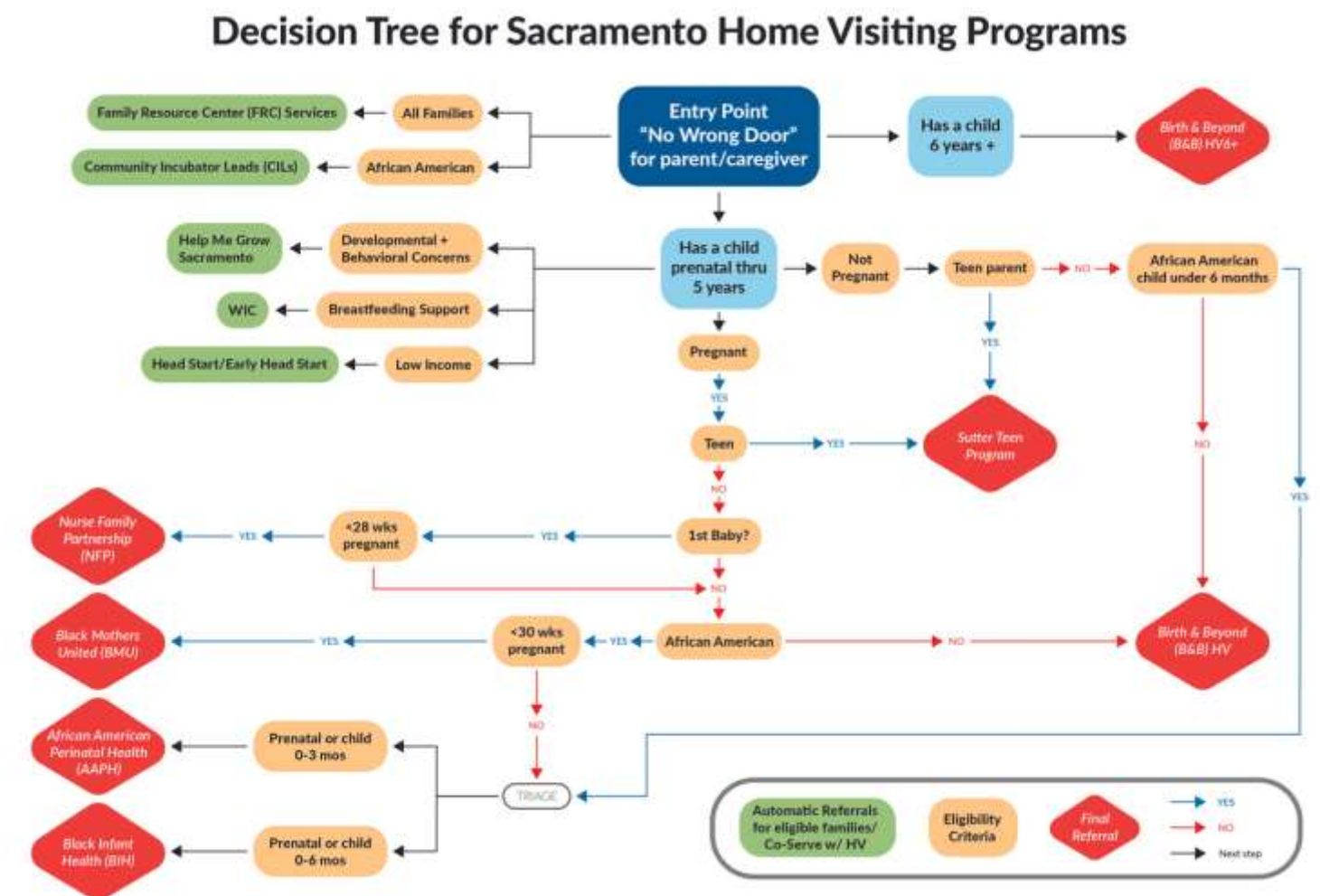
THE DECISION TREE

# Connecting Families with the Best Agency

The **Home Visiting Referral Program Decision Tree** can help narrow down the options for eligible families by providing staff with step-by-step navigation support to help guide the decision-making process.

Sac Family Connect agencies can work together to refer or co-serve families to ensure the family receives the services they need.

- Download the PDF [here](#).
- Learn how to use the Decision Tree [here](#).



## PARTNERING AGENCIES

# Connecting Families with the Right Agency

By understanding some of the important support service programs created for specific populations, we can better understand how they work and when to refer families to them. We will look at three specific categories:

- Families pregnant for the first time
- Pregnant or parenting teens
- African American families

These programs will help moms with prenatal care, parent-child bonding, postpartum support, and education to help ensure their babies are born healthy!

## PARTNERING AGENCIES

# African American Families

Studies show that African American babies die at twice the rate of any other ethnic group. As a result, specialized programs were created to ensure that African American moms have a positive, healthy pregnancy in the prenatal stages through the postpartum period. These programs include:

- African American Perinatal Health Program (AAPH)
- Black Infant Health (BIH)
- Black Mothers United (BMU)
- Birth & Beyond (B&B), Arden/Arcade & Valley Hi/ Meadowview
- Black Child Legacy Campaign Community Incubator Leads (CILs)



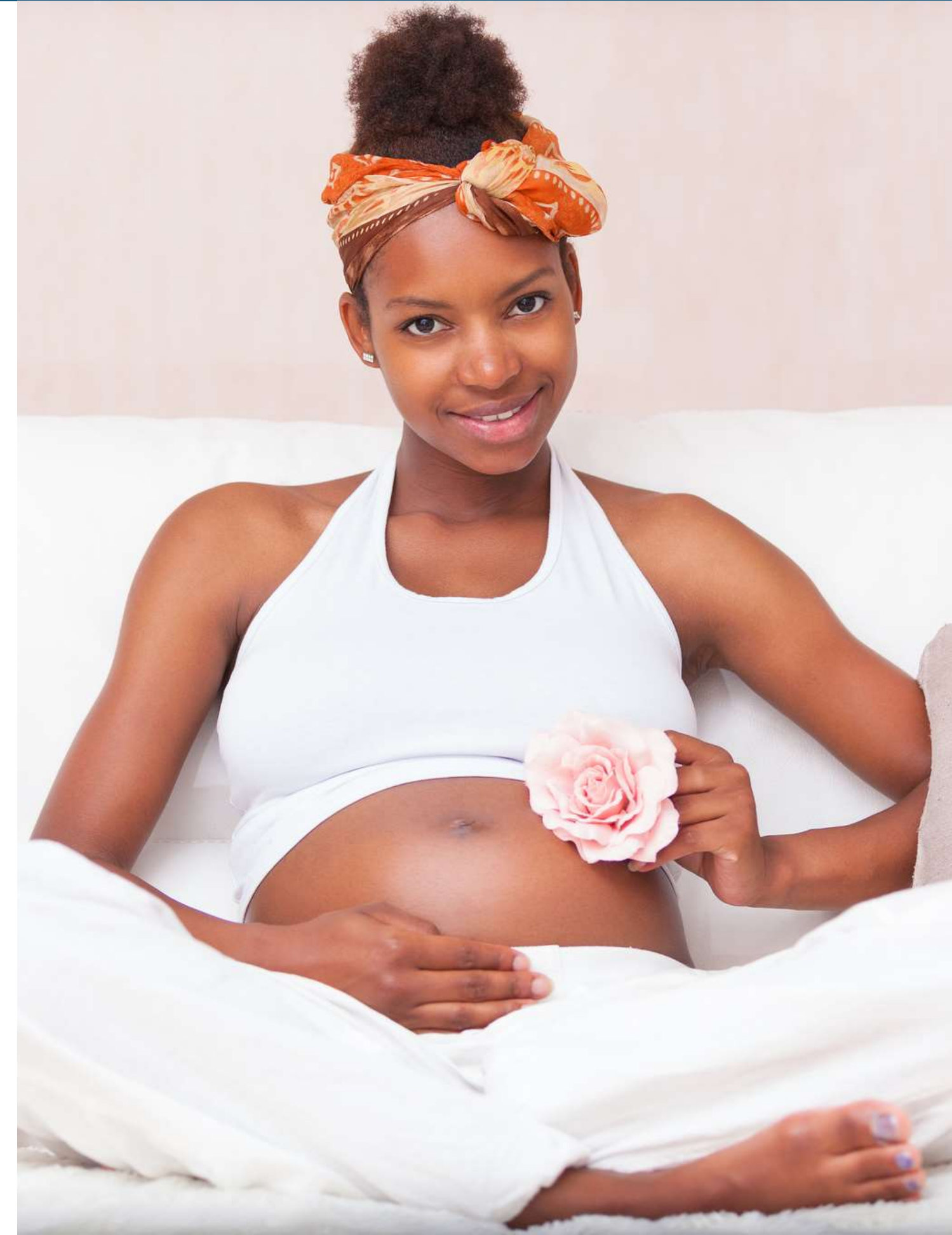
PARTNERING AGENCIES: AFRICAN AMERICAN FAMILIES

# African American Perinatal Health Program (AAPH)

The AAPH program provides African American families with home visits by a public health nurse. You can make a referral to AAPH if:

- The mother is African-American **AND**
- Pregnant **OR**
- Has a child UNDER 3 months old

The mother and baby can remain in the AAPH program until the baby turns one year old.





PARTNERING AGENCIES: AFRICAN AMERICAN FAMILIES

# Black Infant Health (BIH)

The BIH program provides home visits by a case worker and a public health nurse. BIH also holds support groups for families. You can make a referral to BIH if:

- The mother is African American **AND**
- Pregnant **OR**
- The baby is under 6 months old

Services are provided until the baby turns one year old.



PARTNERING AGENCIES: AFRICAN AMERICAN FAMILIES

# Black Mother United (BMU)

The BMU program provides home visits with a community pregnancy coach. BMU also offers support groups and doulas, depending on the pregnant mother's preference. You can make a referral to BMU if:

- The mother is African American **AND**
- **UNDER** 30 weeks pregnant

Services are available until the baby turns four months old.



PARTNERING AGENCIES: AFRICAN AMERICAN FAMILIES

# Birth & Beyond (B&B) Family Resource Centers (FRCs)

There are **two specialized home visiting programs** through B&B FRCs that are specifically focused on supporting African American families. You can make a referral to this B&B FRC if:

- The mother is African American and *cannot* be served by any of the previous specialized programs, **AND**
- Lives in either the Arden/Arcade **OR** Valley Hi/Meadowview area, **AND**
- Is pregnant **OR** parenting a child, age 0-17 years old

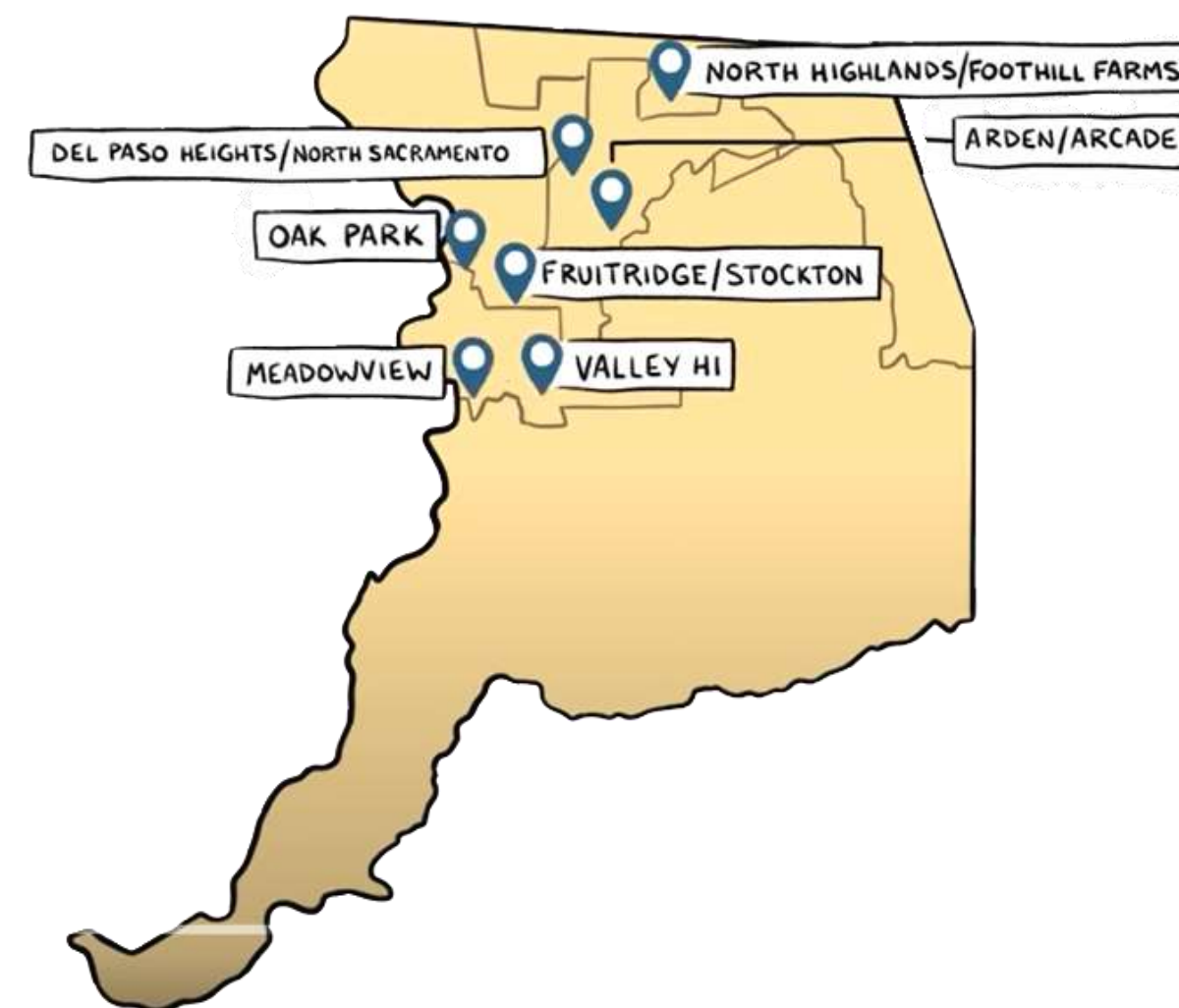


PARTNERING AGENCIES: AFRICAN AMERICAN FAMILIES

# Black Child Legacy Campaign Community Incubator Leads (CILs)

Black Child Legacy Campaign offers community hubs, called Community Incubator Leads (CILs), that are located in seven Sacramento county neighborhoods. CILs are focused on prevention and intervention efforts to reduce disproportionate African American child deaths.

**Every African American family should be provided with information about the nearest CIL in their home.**



PARTNERING AGENCIES: PREGNANT OR PARENTING TEENS

# Sutter Teen Programs

Sutter Teen Programs provide home visits specifically for pregnant or parenting teens, offering support through education and resources to help navigate challenges they may face as young new parents. You can make a referral to Sutter Teen Programs **if the parent is under 21 years old.**

If a client needs additional support, the case manager can coordinate additional services with another specialized program to ensure that all of the family's needs are met.



PARTNERING AGENCIES: PREGNANT OR PARENTING TEENS

# Nurse Family Partnership (NFP)

NFP provides home visits from a public health nurse to first time parents. You can make a referral to NFP if:

- This is the mother's first pregnancy **AND**
- Under 28 weeks pregnant

Once enrolled, services are available until the baby turns two years old.



## PARTNERING AGENCIES

# Services for All Families

If a family does not qualify for one of the specialized programs, that's okay! There is a program for everyone. **Birth & Beyond (B&B)** has bilingual staff that provides home visiting support through their **nine family resource centers (FRCs)** located throughout Sacramento County. You can make a referral to a B&B home visiting program if:

- The family has graduated from **OR** is not eligible for one of the specialized programs in the previous slides
- The family has a child/children ages 0-17 years old

In addition to home visiting, each FRC offers parenting workshops, family events, crisis intervention, and more. FRC resources are available to everyone.



PARTNERING AGENCIES: ALL FAMILIES

# Additional Resources

Some referrals can and should be made automatically for eligible families **IN ADDITION** to whatever home visiting program they choose. This includes:

- **Head Start/Early Head Start**
- **Help Me Grow (HMG)**
- **Women Infants Children (WIC)**





PARTNERING AGENCIES: ALL FAMILIES

# Head Start/Early Head Start

Head Start isn't only for schools. Head Start home visiting programs for **income-eligible families** provide support with:

- School Readiness
- Prenatal Support
- Lactation Support
- Medical and Dental Information
- Health Screening
- Nutrition
- Referrals

Visit [www.headstart.seta.net](http://www.headstart.seta.net) to confirm eligibility.

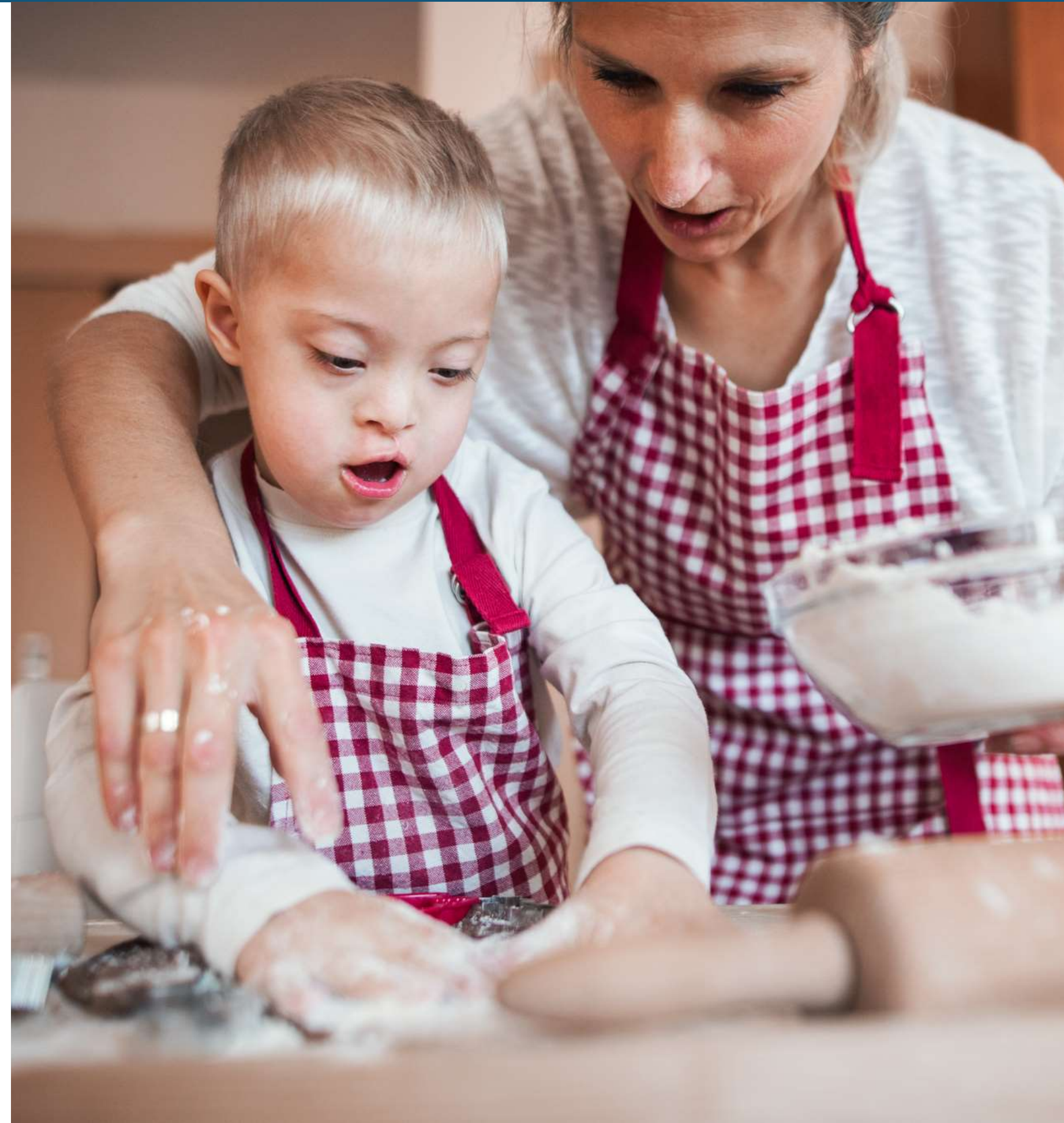


PARTNERING AGENCIES: ALL FAMILIES

# Help Me Grow (HMG) Sacramento

HMG Sacramento helps parents with children under the age of six who have concerns about their child's development and/or behavior.

HMG provides screening to help identify developmental and/or behavioral delays, and when needed, can send a parent advocate to the family's home.



PARTNERING AGENCIES: ALL FAMILIES

# Women Infants Children (WIC)

WIC provides many services, including nutrition support for pregnant moms and children under 6 years old, lactation support for breastfeeding moms, and more. When making a referral to WIC, their staff will determine the family's eligible services.



# Snapshot Summary

<b>FIRST pregnancy + Under 28 weeks</b>	→	<b>NFP</b>
<b>Pregnant/Parenting TEENS</b>	→	<b>Sutter Teen Programs</b>
<b>African-American Pregnant/Parenting</b>	→	<b>CIL</b>
• Pregnant Under 30 weeks	→	<b>AAPH / BMU</b>
• Infant under 6 months	→	<b>BIH</b>
• Child over 6 months old	→	<b>B&amp;B</b>
<b>All families</b>	→	<b>B&amp;B</b>
• If they don't qualify for home visiting programs above		
• They have graduated from any of the programs above		
• Serves families with children 0-17 years old!		

*Even if a family qualifies for multiple home visiting programs, you can make a referral to the home visiting program that is the best fit unless the family chooses otherwise. That program will assess and coordinate with other programs.*

A young girl with dark hair, wearing a white tank top and grey leggings with gold polka dots, is sitting on a light-colored carpet. She is smiling and hugging the pregnant belly of a woman who is kneeling next to her. The woman is wearing a white and grey patterned dress. The background is a bright, out-of-focus indoor space with large windows. The word "SCENARIOS" is overlaid in large, bold, orange capital letters across the center of the image.

# SCENARIOS



## SCENARIO 1

# Meet Maria

### The Situation:

Maria is a Latina, 21 years old and 20 weeks pregnant. She is visiting WIC for her nutritional needs. Maria is worried because this is her first pregnancy and she doesn't know what to expect. She is also in need of other resources.

**Which home visiting program do you think would best fit Maria's needs?**



## SCENARIO 2

# Meet Mercedes

### The Situation:

Mercedes is African American. She has a 5 year old and is 7 months pregnant. She is talking with her counselor that she is worried that this baby will be born premature like her first one.

**What home visiting program may be the best fit for Mercedes?**



### SCENARIO 3

# Meet Richard

## The Situation:

Richard is a Vietnamese-American single dad of a 3 year old and 5 year old. He is speaking with his social worker about how he would like to gain skills on bonding with his children. He is also concerned that his 3 year old does not talk much.

**What home visiting program may be a good fit for Richard?**





# ANSWERS



## SCENARIO 1

# Meet Maria

### The Situation:

Maria is a Latina, 21 years old and 20 weeks pregnant. She is visiting WIC for her nutritional needs. Maria is worried because this is her first pregnancy and she doesn't know what to expect. She is also in need of other resources.

### The Answer:

**NFP.** NFP specializes in helping moms with their first pregnancies. If NFP identifies that Maria can use support from other home visiting programs, they will make the referral.



## SCENARIO 2

# Meet Mercedes

### The Situation:

Mercedes is African American. She has a 5-year-old and is 6 months pregnant. She shares with her counselor that she is worried that this baby will be born premature like her first one.

### The Answer:

**AAPH.** Since Mercedes has a history of having a premature baby, she could benefit from having a home visiting nurse. AAPH specializes in helping moms like Mercedes. AAPH can provide Mercedes with a community mentor and refer her to BMU. She should also be connected to her neighborhood CIL for additional support.



### SCENARIO 3

## Meet Richard

### The Situation:

Richard is a Vietnamese-American single dad of a 3 year old and 5 year old. He is speaking with his social worker about how he would like to gain skills on bonding with his children. He is also concerned that his 3 year old does not talk much.

### The Answer:

**B&B.** B&B serves all families, regardless of the age of the child. Since Richard does not qualify for a specialized program, a referral should be made to B&B for parent bonding and child development. In addition, a referral should be made to HMG for a screening for his 3 year old.

## WRAPPING IT UP

# Tips to Make the Hand-off Seamless

- Once you have informed the family of their options, work closely with them to **determine the best possible referral** using your agency's referral process.
- A "**warm hand-off**" is best because it makes the transition easiest for families.
- That means **contacting the receiving agency** to confirm they can serve the family, and with the family's consent, provide them with as much detail as possible to make it a smooth process for everyone.
- Don't forget to "**close the loop**" by contacting the receiving agency or the family to get a status update on the referral to ensure the family received the help they needed.

# Don't Forget...



**Parents are empowered** when they are able to make choices for their families.



**Families are healthier** when they receive services specialized to their needs.



Home visiting programs **must work together** to build stronger relationships to make inter-agency referrals work. Warm handoffs to help families have the best outcome!



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# Thank you!

For more resources, visit

**SacFamilyConnect.com.**

