

## Healthy Start Spotlight Questions

1. How would you explain Healthy Start to someone with no knowledge of the program?  
**A home-based support program that works with pregnant women and parents with stress factors that make parenting an even tougher job. Healthy Start home visitors help parents to nurture their children's development and create a positive living environment for their families. Healthy Start provides parenting support, education, and optional in-home counseling to reduce the potential of child abuse and neglect. Services are free, we offer 2 parent workshops a year and diapers, wipes, and formula, are provided to clients monthly, as a supplement. Healthy Start is a program offered through Family Service of the Piedmont therefore families can be referred to intra-agency programs to assist with family needs.**
2. Who are you trying to reach?  
**Any caregiver to a child residing in Guilford County that would like to increase their parenting knowledge and receive additional support. Pregnant families, parents with children 0-5, however, we MUST have the referral before the child is 18 months of age. Participating families have been identified with risk factors such as a history of depression, poverty, teen pregnancy, domestic violence, isolation, limited support, unrealistic child expectations and substance abuse.**
3. What could someone expect of the intake process?  
**During this first visit, an introduction of the program along with an assessment is completed to get to know the family. The evidence based Nurturing Parenting Curriculum is utilized during home visits as a foundation for the parenting education provided. Parents can expect to complete this assessment to evaluate beliefs about parenting along with the Adverse Childhood Experiences (ACEs). Caregivers can expect to complete goal plans with the caseworker, to be reviewed every three months.**
4. What is your goal for the families in your program?  
**To increase parental knowledge, foster attachment and bonding, strong literary focus between parent and child, prepare for school readiness, prevent child abuse and neglect and help parents achieve their important life goals and learn new coping skills**
5. How long do services last?  
**Families can remain in the program until the qualifying child turns 5 years old and/or completes family goals.**
6. Are services offered for non- English-speaking families?  
**Yes, Healthy Start has bilingual staff (Spanish? and offer services for other languages through the use of interpreters.**
7. What is the best way for families to contact you?  
**We can be reached at Family Service of the Piedmont  
All referrals are sent to our Program Manager via email, fax, or telephone**

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Referrals can be made through the agency website [www.fspcares.org](http://www.fspcares.org)