

Strengthen Families by Investing in Home Visiting

The statewide home visiting workgroup, comprised of New York State **maternal, infant and early childhood home visiting** programs and advocates, has compiled a joint budget ask to better support children and families across New York State in the 2016-17 SFY budget.

Maintain \$26.8 million and invest an additional \$11.5 million in maternal, infant, and early childhood home visiting to adequately fund a continuum of supports and services for families.

▶ Healthy Families New York (HFNY):

- **Maintain \$23.3 million** in funding.
- **Add \$4.5 million** in new funding to:
 - » restore \$3.5 million to 2008 funding levels. This funding will cover increased capacity at existing sites, workforce development and local level service enhancements (mental health, fatherhood, community coordination).
 - » \$700,000 to expand services in unserved areas (200 slots).
 - » \$300,000 to support a site not currently funded.

▶ Nurse-Family Partnership (NFP):

- **Maintain \$3.5 million** in funding.
- **Add \$2.5 million** to preserve current program sites as well as to support growth in new communities and/or expand existing teams.

▶ Parents as Teachers (PAT):

- **Invest \$3 million** in new funding to expand capacity to 1,000 families across the state.

▶ Parent-Child Home Program, Inc.:

- **Invest \$1.5 million** in new funding to expand capacity to 300 additional families across the state.



Home Visiting Makes a Difference



A story about Nurse-Family Partnership

By Erica Moore, Nurse-Family Partnership Graduate

At first I was very reluctant to participate in Nurse-Family Partnership. I was going through some difficult things, was dealing with anxiety, and I was nervous about becoming a mother. My Social Worker encouraged me to do it. When I first met Deb I was living in a hotel. During my pregnancy, with Deb's help, I learned about what to eat and what not to eat while pregnant, what labor and delivery would be like, how to care for my baby girl after she was born, and how to decrease my anxiety and stress. One of my biggest fears of delivering my baby was the pain I would experience. This fed into my anxiety. During some of our visits, Deb shared with me different techniques, like breathing, and other distractions I could use to decrease my anxiety about delivering my baby.

After delivering Amberleigh, I thought she was perfect and at that moment I knew my whole life changed. My anxiety continued to get the best of me after Amberleigh was born. One thing that really stressed me out was when she cried, I wouldn't know how to calm her down. Deb gave me information and talked to me about different ways I could console Amberleigh. And I learned that it was okay for me to put her down in a safe place and walk away for five minutes if I got too stressed out.

As time went on, my boyfriend, Amberleigh's father became very abusive, both physically and emotionally. I wanted so much to have the perfect family, Mom, Dad and baby. I realized that was not going to happen. Through many visits and talks with Deb, I realized that my self-worth and the legacy that I would be leaving my daughter were much more important than being in an unhealthy relationship. I began to realize, with Deb's help, that I did not deserve to be treated badly, nor did my daughter. I did not want Amberleigh growing up thinking that it is okay to be physically and emotionally abused. Going through this wasn't easy. I was afraid of being alone and raising Amberleigh without help of her father. Deb helped me to realize that I was doing a good job taking care of her on my own. What helped me the most during this time was that I knew people were supporting and assisting me in making good choices for myself and Amberleigh. I also began to see myself change. I began to be able to think more clearly and not act on my emotions all the time as I did in the past. I realized that I cannot make someone else do the right thing. I had to step to the plate and make the tough decisions that were best for me and Amberleigh. It was scary, but so rewarding. My Amber is turning into a smart, beautiful girl.

