



Strong Families Healthy Homes (SFHH) prenatal and postnatal home visitation program

Strong Families Healthy Homes (SFHH) is a preventative and comprehensive prenatal and infancy home visitation program that provides care for the whole family. Pregnancy brings about much change within a very short period of time - while pregnancy can be a positive transition for some, it can also be a time of crisis and emotional turmoil. For women whose mental and emotional health is already vulnerable, the pregnancy and transition to parenthood may have long-term consequences for the family and society. **SFHH** provides intensive interventions and support during pregnancy in order to develop and enhance family strengths, assisting prenatal women and their families in understanding how to meet their expected child's needs, and helping to address parent mental health and stress. **SFHH** combines in-home visiting programs and parent education programs, while also assisting families with their overall health care. The program is staffed by Master's Level mental health professionals who have received orientation and training in the SFHH model and the MHA developed home-visit tool-kit. Family Advocates assist with the concrete, essential things that the family needs in preparation for the baby, such as baby clothes, diapers, etc. Family Advocates also assist the family in acquiring stable housing, learning and understanding the importance of prenatal care, learning about safe sleep habits, breastfeeding and baby checkups. Not only do the Family Advocates educate women on prenatal health and mental health during pregnancy, but they also assist the parents in the psychological and emotional transition to parenthood.

SFHH Extension intervention activities: The program contains three major categories of activities:

- 1) A three tier in-home visitations— an intensive, comprehensive and individualized recovery-based support
- 2) In-home or on-site health education
- 3) Peer mentor support provided by Family Advocates and Certified Peer Specialists (CPS) who engage families in a wraparound style approach to help them cope with mental illness and/or substance abuse disorders.

Goals of the program:

- Address mental health and stress
- Promote positive pregnancy and birth outcomes
- Strengthen the family by addressing parenting issues
- Prevent child abuse and neglect

Contact Karissa Vogel for more information:

Karissa@mhawisconsin.org

[414.336.7964](tel:414.336.7964)

