

# HealthySteps Thrives

2018 At-A-Glance



PEDIATRIC CARE • SUPPORTING • PARENTING  
A Program of ZERO TO THREE



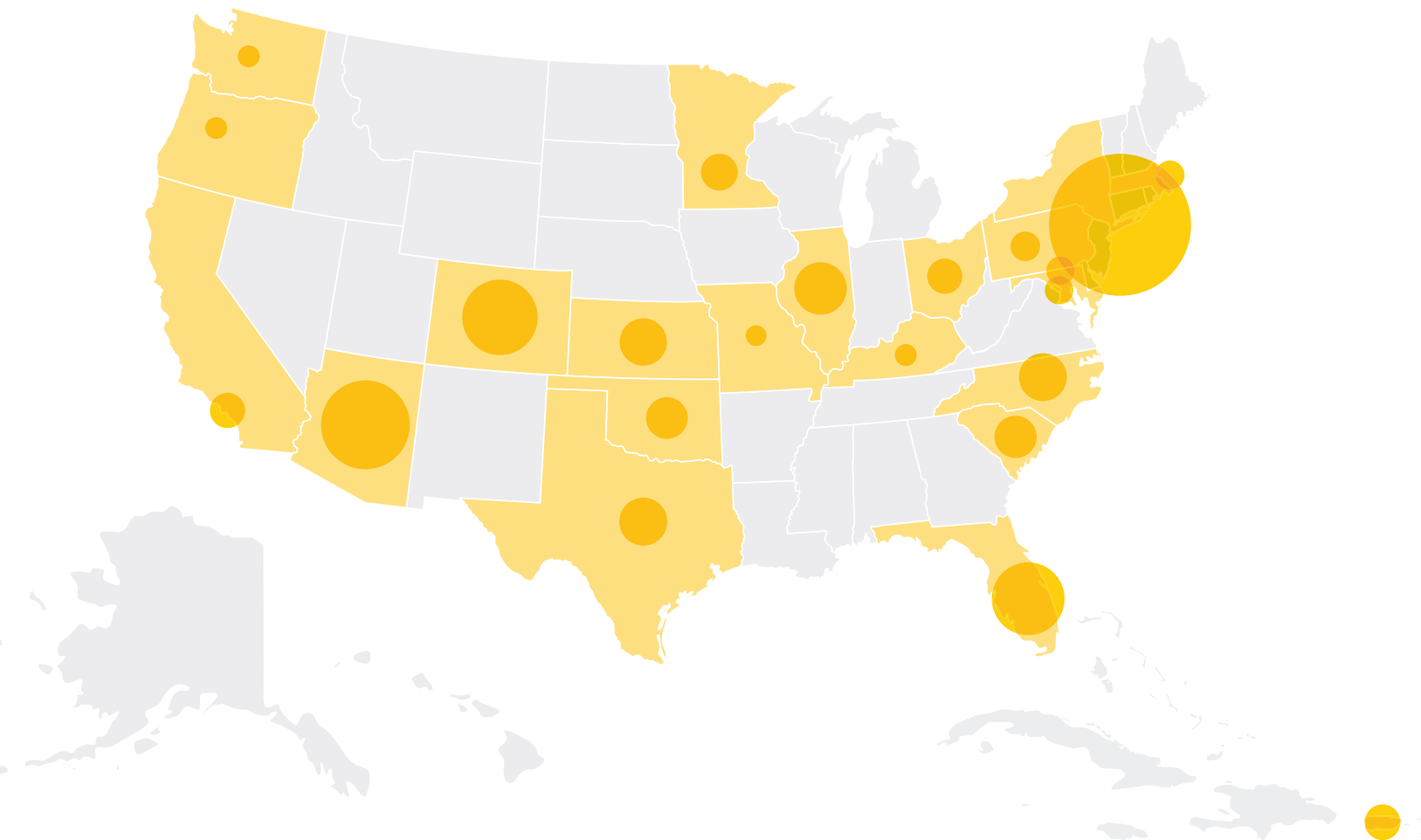
# 2018 was a year of tremendous growth.

From supporting the social-emotional, physical, and cognitive development of babies and toddlers, to giving parents the tools they want and need to support their children's well-being, growth is at the heart of our work at HealthySteps.

We expanded our network, developed a variety of new resources for HealthySteps Specialists, and launched a new phase of evaluation efforts—including brand new fidelity criteria and standard reporting guidance—**all to advance our mission and realize our goal to serve more than 1 million children annually by 2032.**

## Expanding Our Footprint

By the end of 2018, more than **136,000** children were served by **137 HealthySteps sites**<sup>1</sup> across the country.



### Branching Out: Funding from States Increases Our Reach

States are leveraging existing funding streams to finance early childhood programs like HealthySteps, growing our footprint and reach for children:

- Child abuse and neglect prevention dollars (Texas)
- Indian Health Service and First Things First<sup>2</sup> (Arizona)
- Office of Mental Health dollars (New York)
- State general fund appropriation (Colorado)

<sup>1</sup> [healthysteps.org/sites](https://healthysteps.org/sites)  
<sup>2</sup> [firstthingsfirst.org](https://firstthingsfirst.org)

# Documenting What Works

## Promising HealthySteps Outcomes

- Breastfeeding
- Child social-emotional development
- Early childhood obesity
- Maternal depression
- Parent-child relationships
- Social determinants of health

**HealthySteps has a decades-long track record of producing robust research.** We strive to continually learn more about how the model benefits babies, toddlers, and families and how it can continue to help them in the future. In 2018, we launched our *Strategic Evidence Plan* to guide an external multi-year research effort.

To refine our model and drive continuous quality improvement across our network, we launched the Outcome Pilot Study to assess the model's influence on six priority outcomes (left) in three states. We partnered with sites in Arizona, Illinois, and New York to learn about their well-established and innovative practices in these outcome areas to help us better understand how HealthySteps improves the lives of babies, toddlers, and their families. An Evaluation Advisory Group composed of site representatives and topical experts provides input on the Outcome Pilots and future research efforts.



*"HealthySteps is a great asset to our practice. We can amplify each other's counseling. If a parent has questions I can't answer, the HealthySteps Specialist can provide information and I can piggyback off her and vice versa."*

Candice Dawes, MD, Assistant Medical Director,  
Children's Health Center Anacostia

**ZERO TO THREE published four briefs showcasing the reach, strength, and responsiveness of our expanding network.** Based on extensive external research conducted during 2016 and 2017, including an all-site survey, targeted site visits, case record reviews, and in-depth parent and staff interviews, these briefs illustrate the National Office's integral role in implementing HealthySteps, as well as our success in serving babies, toddlers, and families in diverse communities across the country.



## Laying the Groundwork for Staying Power

**To reach as many children and families with low incomes as possible, we launched multi-year Growth and Sustainability Pilots,** where we are scaling the program in three high-potential states—Colorado, New York, and South Carolina—with support from Blue Meridian Partners. The Pilots will serve as a model for growing the HealthySteps program and creating and tapping into innovative funding mechanisms.

*"It was really helpful to be able to sit on the floor with somebody. [My HealthySteps Specialist] watched me play with my son. She talked with me about what was frustrating, what was scary, what was going on, and what wasn't being explained."*

Scarlet, HealthySteps parent

## Guiding Implementation with New Resources

**Our extensive 2018 Implementation Guide gives new and existing HealthySteps sites clear direction for delivering HealthySteps' population-based, risk-stratified model.** As

the HealthySteps network grows, so does the need to uphold standardized practices. That's why we developed administrative and service-delivery fidelity metrics to be reported annually, a recommended screening schedule aligned with the American Academy of Pediatrics *Bright Futures*<sup>3</sup> guidelines, and a comprehensive Family Needs Questionnaire (social determinants of health) for sites to use. The National Office offers ongoing tailored technical assistance and professional development opportunities to ensure that sites are implementing the HealthySteps model<sup>4</sup> with fidelity.

<sup>3</sup> [brightfutures.aap.org/Pages/default.aspx](https://brightfutures.aap.org/Pages/default.aspx)

<sup>4</sup> [youtube.com/watch?v=w7gCZhXj5u0&feature=youtu.be](https://youtube.com/watch?v=w7gCZhXj5u0&feature=youtu.be)



# Exploring New Territory: ZERO TO THREE Annual Conference 2018

**More than 100 attendees from the HealthySteps network convened in Denver at the ZERO TO THREE Annual Conference—our largest contingent yet.** HealthySteps attendees participated in exclusive HealthySteps breakout sessions, attended a pre-conference forum on screening for social determinants of health and adverse childhood experiences in pediatric primary care, and viewed and discussed the film *Broken Places*. The HealthySteps network will convene again for the 2019 ZERO TO THREE Annual Conference in Ft. Lauderdale, October 2-4.

## Engaging New Ambassadors

**HealthySteps Specialists provide invaluable insight and on-the-ground perspective.** We recruited six ambassadors to leverage their experience and strengthen the relationship between the National Office and individual sites. Hailing from urban and rural areas, our HealthySteps Ambassadors reflect the expansive geographical reach of our network and include newly hired and longstanding HealthySteps Specialists.

*"I met a mom at a newborn visit and told her I'd come back to check on her. Next time I saw her at the clinic, she grinned and said, 'You did come back to see me!' At that moment, I realized whatever I said to her during that visit was far less important than the fact that I simply showed up when I said I would and didn't forget about her. So many families have not had these experiences where they can trust that someone will be there for them."*

Kristin Meola, MSW, LCSW, HealthySteps Specialist,  
Duke Children's Primary Care

## Featured in Film

*Broken Places*<sup>5</sup> explores why some children who experience early adversity thrive and others do not. This documentary chronicles the lives of children profiled by Director Roger Weisberg decades ago. It revisits how trauma shaped their lives, drawing a line from past to present.

**The film features HealthySteps as a promising and proven intervention for mitigating toxic stress.** HealthySteps National Director Rahil Briggs, PsyD, provides commentary alongside leading minds in the field, including Nadine Burke Harris, MD, Geoffrey Canada, MS, Jack Shonkoff, MD, and experts in neuroscience and economics.

5 [brokenplacesfilm.com](http://brokenplacesfilm.com)



## Growing Our Team

### **ZERO TO THREE was thrilled to hire 10 new experts in 2018, including HealthySteps National Director, Dr. Rahil Briggs.**

From policy and reimbursement experts, to training and grants specialists, the HealthySteps team<sup>6</sup> is more poised than ever to promote the health, well-being, and school readiness of babies and toddlers today—and for years to come.

**The continued growth of HealthySteps would not be possible without the strategic guidance of our National Advisory Committee**—a group of 17 experts knowledgeable on a wide range of topics, from infant and early childhood mental health to Medicaid financing, many with historical knowledge of the program. As we look to the future, we are grateful to our committee members for their insights into sustaining, replicating, and scaling HealthySteps, so we can reach more families and improve the lives of millions of infants and toddlers, especially those who need it most.

### Dr. Rahil Briggs Takes the Helm of HealthySteps at ZERO TO THREE

Rahil D. Briggs, PsyD<sup>7</sup> is a renowned psychology expert and the leader of HealthySteps. In her role she provides strategic leadership to all aspects of the program as we work toward our goal of serving more than 1 million children annually by 2032.

Dr. Briggs joined ZERO TO THREE after a successful career at the Montefiore Health System in New York, where she grew the HealthySteps footprint from one to 21 practices, serving more than 30,000 children annually. The Montefiore HealthySteps model informed the roll-out of HealthySteps throughout New York state. Additionally, Dr. Briggs is the founder and former director of Pediatric Behavioral Health Services at Montefiore Medical Group, one of the nation's largest integrated pediatric behavioral health services. She is also an associate professor of pediatrics, psychiatry, and behavioral sciences at the Albert Einstein College of Medicine.



<sup>6</sup> [healthysteps.org/article/our-staff-18](https://healthysteps.org/article/our-staff-18)

<sup>7</sup> [healthysteps.org/article/zero-to-three-s-healthysteps-program-announces-large-expansion-and-welcomes-new-national-director-32](https://healthysteps.org/article/zero-to-three-s-healthysteps-program-announces-large-expansion-and-welcomes-new-national-director-32)

We are grateful for the generous support of our funders who are critical in helping us reach our goal—**to serve more than 1 million children annually by 2032.**

We thank Blue Meridian Partners, The Duke Endowment, and Robin Hood for their support of the National Office and for sharing our vision to enhance pediatric care to improve the lives of young children and their families.

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HealthySteps is an evidence-based program of ZERO TO THREE, the nation's leading nonprofit working to ensure all babies and toddlers have a strong start in life. HealthySteps transforms the promise of pediatric primary care through a unique approach that integrates a HealthySteps Specialist, a child development expert, into the health care team. All children ages 0-3 and their families receive a tiered model of services, from universal screening to risk-stratified supports, including care coordination and onsite intervention, as needed. HealthySteps practices serve as trusted and valuable partners as families foster their children's healthy development. Together, the national network of HealthySteps sites aims to reach more than 1 million young children annually by 2032. Join us by visiting [\*\*healthysteps.org\*\*](https://healthysteps.org).



[healthysteps.org](https://healthysteps.org)



[zerotothree.org](https://zerotothree.org)