

ZERO TO THREE Healthy Steps Model

Path to Healthy Steps

Reasons for our interest in Healthy Steps:

- Interest in how parental ACEs affect child development
- Integrated behavioral health helped us to realize the depth of mental health needs in our patient population and a desire to get “upstream of the problem”.

Healthy Steps Model

- The aim is to “weave together the expertise of a child development expert, the Healthy Steps Specialist, and the pediatric primary care provider. Together, just at the time when the brain is developing most rapidly, these experts bring focus to the important skills needed for families to foster healthy child development and life -long well-being: social emotional development: language and literacy skills: cognition skills: and perceptual, motor and physical development.”

Evidence Base for Healthy Steps: Child Impacts

1. **Screening and Connection to Services**

- 8 x more likely to receive developmental assessment and had higher rates of developmental and other non medical referrals.

2. **Breastfeeding and age appropriate early nutrition**

- Mothers felt more supported to breastfeed and had higher rates of continued breastfeeding after 6 months of age.

3. **Social emotional development**

- Better scores on SE screening for Healthy Steps than comparable children

4. **Timely and continued care and vaccinations**

- 2.4 x more likely to receive timely WCC and attend all of the first 10 recommended WCCs and 1.4 x more likely to be UTD with vaccinations at 2 years old.

Family impacts

1. **Screening and Connection to Services**

- Higher rates of referral for PPD improved

2. **Maternal depression**

- Depression rate decreased and improved at a faster rate

3. **Knowledge of infant development**

- Understanding of infant development improved and more likely to notice behavioral cues and provide age-appropriate nurturing

4. **Early literacy and kindergarten readiness**

- More likely to share picture books and play with their infants

5. **Risk factors for child abuse and neglect decreased**

- Greater secure attachment and fewer child behavior problems

6. **Child safety practices**

- 23% less likely to visit the ER due to injuries

Healthy Steps Metrics: Yearly fidelity indicators

1. **Universal child screening:** Developmental, social emotional, behavioral and autism screening
2. **Universal family needs screening:** Maternal depression and SDOH
3. **Child development support line**
4. **Child development and Behavior consults:** Consult within 3 months of referral
5. **Ongoing preventative team-based well-child visits:** WCC with pediatrician and Healthy Steps Specialist
6. **Care coordination and systems navigation:** Child referral and parental depression referral outcome documented
7. **Positive parenting guidance and information:** Provided at WCC by Healthy Steps Specialist
8. **Early learning resources:** Provided at WCC by Healthy Steps Specialist

Patient Satisfaction Data

Healthy Steps helps me understand my child's growth and development: 96%

I know how to better care for my child because of Healthy Steps: 85%

I am satisfied with Healthy Steps: 85%

I would recommend Healthy Steps to others: 81%

Opportunities

1. Spread knowledge about and support for the ZERO TO THREE Healthy Steps program.
2. Support for parenting classes such as Incredible Years.
3. Support for integrated behavioral health and infant mental health specialists.