



Healthy Families America[®]

Healthy Families America[®] (HFA[®]) is a national home visitation program that provides expectant and new parents the opportunity to receive the education and support they need from pregnancy and through the first five years of their child's life.

When DHHS refers families to HFA[®], they receive home-based services that empower families and communities. This no-cost, voluntary program is available to parents who live in Douglas and Sarpy County. Services are available to families if they are pregnant or parenting a child under 24 months.

HFA[®] Participants Can Expect:

- Child Development Information
- Family Goal Planning
- Prenatal and Parenting Support
- Parent-Child Activities
- Community Resource Connections
- Relationship Building

FAQS For Potential Participants

What is the Healthy Families America[®] program?

Healthy Families America[®] (HFA[®]) is a national home visitation program that provides expectant and new parents the opportunity to receive the education and support they need during pregnancy and up to the child's 5th birthday.

Can I Join The Program?

HFA[®] provides free, voluntary services to parents who live in Douglas and Sarpy County. At the time of enrollment, you must be pregnant or parenting a child under 24 months of age. Contact your caseworker to get connected!

What Services Would I Get Through HFA[®]?

A dedicated family resource specialist will provide you with education, support, and community resources during pregnancy and up to your child's 5th birthday.

What Will I Learn?

The HFA[®] program utilizes the Growing Great Kids curriculum to educate you on healthy pregnancy, bonding and attachment, child development, and parent-child interaction. The program will help you achieve your parenting goals and give you the opportunity to ask your most pressing questions.

Why Should I Consider Joining HFA[®]?

In addition to invaluable community resources and personalized support, the HFA[®] program has produced tangible results for the families involved, including:



HFA moms show improved mental health, lowered parenting stress, and increased avoidance of risky behaviors.



HFA children receive more well-child visits and developmental screenings.



In HFA families, there is less intimate partner violence and fewer incidents resulting in injury.

