



EVERY CHILD SUCCEEDS[®]

*Preparing new mothers and their children
for healthy, successful lives.*


2018 Report to the Community



At Every Child Succeeds, our mission is to provide an optimal start for children by promoting positive parenting and healthy child development during the important first 1,000 days of life. Since our founding in 1999, we have served more than 26,000 families with over 610,000 home visits, achieving impressive outcomes for both mothers and babies. We invite you to learn more about ECS in the pages of this 2018 annual report (July 1, 2017-June 30, 2018). More than a compilation of facts and figures, it is a celebration of changed lives here in Greater Cincinnati and beyond. Thank you for your interest and your partnership as we continue this important work!

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Jim Spurlino, Board Chair


Judith VanGinkel, ECS President

2,045

Families served
in FY 2018

29,325

Home visits in FY 2018

4.7%

Infant mortality per
1,000 live births for
children enrolled in
ECS prenatally (rate in
the City of Cincinnati
is 12.5%)

14

Presentations at
professional/national
meetings in FY 2018

5

Publications in peer-
reviewed journals in
FY 2018

2018 Outcomes

OUR BABIES ARE HEALTHY...

- 89% of infants reach a gestational age at birth of 37 weeks or more.
- 91% of children receive at least three of the five well-child visits expected by six months of age.
- 84% of children receive required immunizations by two years of age.
- 93% of our families practice safe sleeping habits with their children early in life.

A critical measure of the physical and socioeconomic health of the community is its infant mortality rate (the number of deaths in a year of children less than one year of age). The infant mortality rate among ECS children enrolled prenatally is 4.7 per 1,000 live births¹, in comparison to:

City of Cincinnati²	12.5%
Hamilton County³	9.0%
State of Ohio³	7.2%
Kentucky³	6.7%
National³	5.9%

...AND SO ARE OUR REMARKABLE MOTHERS

Among mothers who enrolled during pregnancy and who remained active in ECS at delivery:

- 94% received more than 10 prenatal care visits with their obstetrician
- 82% of mothers initiated prenatal care in the first trimester.
- 86% initiated breastfeeding and 62% reported breastfeeding for at least a month.
- 14% reported smoking cigarettes at enrollment and 11% of the moms quit smoking during the program.
- 72% reported being able to cope adequately with the stress of parenting while 27% reported high levels of coping with the stress of parenting.
- 34% of moms exhibited clinically significant levels of depressive symptoms.
- 70% with major depressive disorder recovered following individualized treatment in the home through our Moving Beyond Depression program.

OUR HOMES ARE NURTURING AND SUPPORTIVE

- At three months of age, 45% of children lived in environments with a high level of stimulation and emotional support.
- By 15 months of age, 75% of children lived in environments with a high level of stimulation and emotional support.
- 69% of mothers who had low social supports at enrollment with ECS significantly increased that support by the time the child was nine months of age.

OUR CHILDREN ARE DEVELOPMENTALLY ON TARGET

Children demonstrated normal development for their age:

- 98% on target for gross motor skills
- 99% on target for fine motor skills
- 96% on target for communication skills
- 97% on target for personal and social skills
- 97% on target for problem-solving skills
- 41% of children ages two to three received at least one school readiness home visit
- 85% of children who graduated from ECS had a plan to send their children to preschool

¹ "Intensive Home Visiting Is Associated with Decreased Risk of Infant Death," Pediatrics, Donovan et al., 2007

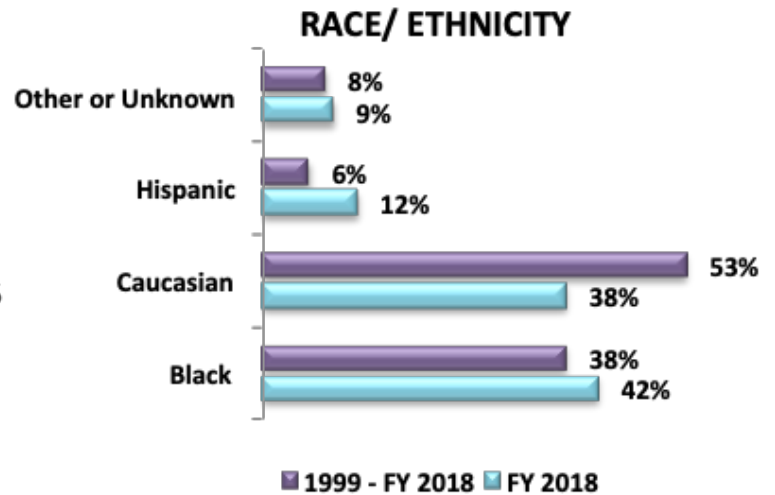
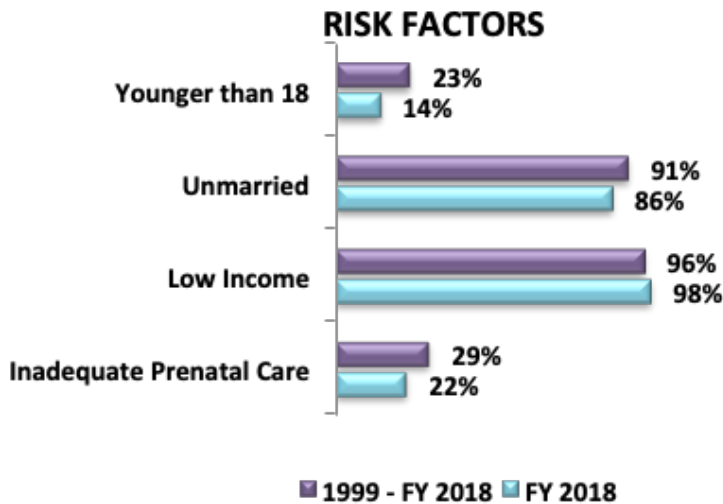
² Hamilton County Public Health, 2017

³ 2016 statistics, National Center for Health Statistics Infant Mortality Rates by State

Note: Clients were defined as those families who received a home visit during the 2018 Fiscal Year (July 1, 2017 – June 30, 2018) and met the ECS eligibility criteria; data are provisional and current as of August 2018.

Meet Our Families

ECS moms are an impressive group, not only because they are raising healthy, happy babies, but because they are doing so despite significant challenges. Many became pregnant at a young age, before completing their high school education. The vast majority are unmarried; almost all live in low-income communities. Yet they share one important quality: a desire to raise healthy, happy children. By working closely and consistently with an ECS home visitor, these moms – and their babies – truly are succeeding!



A Fresh Start for Frida

Frida was single, working toward her high school diploma, and financially dependent on her family back in 2015 when she learned she was pregnant with twins. She knew she needed help, and turned to Every Child Succeeds for home visiting, parenting information, guidance, support and referrals. "Taking care of two kids with no help from anyone was challenging for me," Frida says. "I made a great choice choosing ECS over other agencies."

In September 2018 after 111 home visits, Frida and her children graduated from ECS. Frida has divided her time and attention to achieve success with her own education, employment and parenting the twins, who are now flourishing in preschool. She has graduated high school and is exploring college courses. She has been working full time and has been able to move herself and the twins into their own home, as well as purchase a car. Frida is an example of how hard work and dedication can be life changing.



Frida and her children are thriving after three years with ECS.

We are proud of her and all our Every Child Succeeds families!

The ECS Story

Every Child Succeeds was founded in 1999 by Cincinnati Children's Hospital Medical Center, Cincinnati/Hamilton County Community Action Agency and the United Way of Greater Cincinnati, with the goal of ensuring an optimal start for at-risk children. Today, the program has received national recognition for its evidence-based home visitation model.

Home visitors serve families in Butler, Clermont and Hamilton counties in Ohio, and in Boone, Campbell, Grant and Kenton counties in Northern Kentucky. ECS builds on strong scientific evidence that a nurturing and stimulating environment in the first three years of life is essential for proper brain growth, cognitive development of social skills, strong emotional and behavioral health and a reduction in toxicity in early childhood.

Our home visitors help families break the cycle of poverty, abuse and neglect, working closely with new mothers to ensure that:

- Moms experience a healthy pregnancy and delivery
- Children are on track developmentally
- Parents establish a strong bond with their children
- Home environments foster learning, emotional growth and safety
- Families have access to resources and support to address abuse, trauma, depression and poverty

ECS effects positive outcomes through:

- Enrollment prenatally or early in the child's life
- Engagement of mothers as they are forming their roles as parents
- Strengthening individual and family protective factors and mitigating risk factors to promote normative development and healthy growth
- Frequent contact between home visitors and families
- Extended program duration (up to three years) to ensure that home visitors are present during the developmental transitions in which new needs of children and families emerge



"I would recommend this program to all new moms. It's not just the wealth of knowledge they provide to you about how to be a parent, but they supply with you resources if you ever need anything, and they're there to be your friend and make you feel comfortable. It's just a great experience for everyone."

—ECS mom Faith, who is featured in a new video on the ECS blog

Research Highlights

Through its association with Cincinnati Children's, ECS contributes to the home visitation field through scientific studies that generate new and more effective practices. All members of the ECS community are involved in research activities, including mothers, children and families; home visitors and agencies; and Cincinnati Children's faculty. It is through such efforts that new research findings are made and the next generation of home visitation programs will emerge, optimizing the development and well-being of children and families.

New Grant to Enhance Trauma-Informed Home Visiting

Every Child Succeeds received an important grant from the Home Visiting Applied Research Collaborative (HARC) at Johns Hopkins University. The one-year project, called "Development of a Trauma-Informed Approach in Home Visiting," builds on over a decade of research in ECS demonstrating that mothers who have experienced trauma are more likely to have debilitating symptoms of depression and to be socially disconnected from others. For example, a recent study published in *Psychoneuroendocrinology* (2018) showed that among ECS mothers who reported two or more adverse childhood experiences (or ACEs), the level of depression was significantly correlated with cortisol (a stress hormone). The evidence suggests that maternal early life adversity might increase the biological toll of distress experienced during pregnancy, a critical window of development. The HARC project seeks to develop ways in which home visitors can better support mothers with ACEs. Using surveys and interviews, researchers will develop a trauma-informed home visiting module addressing depression and social support that will be pilot tested in ECS.

Prenatal Home Visits May Impact Gene Expression

The dose of prenatal home visiting might have a protective biologic effect. Epigenetic mechanisms include chemical modifications "on top" of DNA that can determine how genes are expressed in the body. The science has gained attention as research has demonstrated potential links between the early environment and epigenetic changes that might influence early development—for some forming a biological memory of adversity. New evidence within ECS suggests that the amount of prenatal home visiting (≥ 10 visits) may buffer an effect of maternal ACEs on certain child epigenetic mechanisms. This research builds towards the concept of precision home visiting and suggests a potential biological effect. ECS researchers were awarded best presentation (of 229 posters) at the national conference for the Society for Epidemiologic Research (2018).

ECS Participation May Mitigate Developmental Delays

ECS researchers examined the association between participation in ECS home visiting and use of early intervention services to mitigate developmental delays. Mother-child pairs who participated in home visiting were matched to a comparison group of mother-child pairs who were eligible, but who did not participate in ECS. Among over 3,500 ECS and non-ECS participants, nearly 40% more ECS participants accessed these services. This work is significant as it demonstrates that participating in ECS home visiting may serve as an important resource for improving access to early intervention. The study was published in *Maternal and Child Health Journal* (2018).

Exploring the Link Between Home Visiting and Injury Risk

ECS researchers examined the association between post-natal participation in ECS home visiting and the risk for child medically attended unintentional injury. Mother-child pairs who participated in home visiting (births 2006-2012) were matched to a comparison group of eligible non-ECS mother-child pairs. The study sample of 5,458 subjects was linked to injury outcomes. The risk for injury from birth to two years old and birth to three years old was significantly higher among ECS children; however, excess injuries were largely superficial (minor). The findings suggest that ECS children are more likely to be treated for unintentional injury. Implications include an increased need for injury prevention and that ECS families may have increased health-seeking behavior for their children. The findings were published in *Annals of Emergency Medicine* (2017).

Financial Report

Income

Total Income \$8,496,684

Expenses

Program \$7,085,582

Fundraising \$ 67,007

Administration \$ 712,166

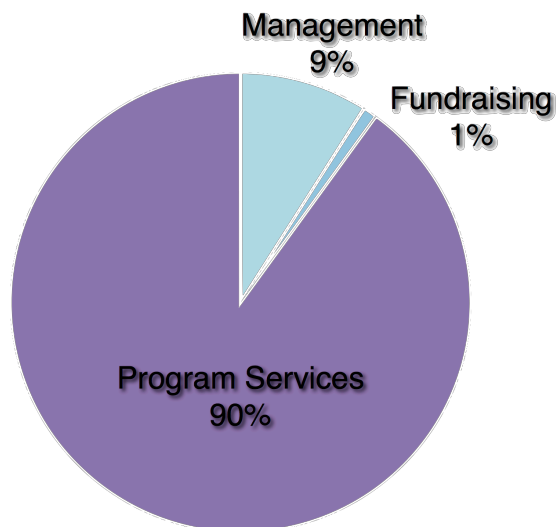
TOTAL \$7,864,755

Assets

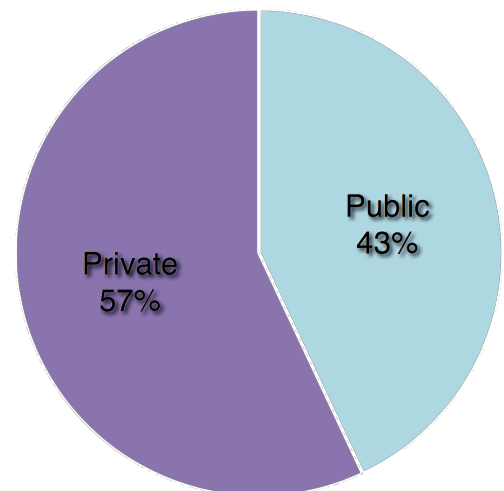
Total End-of-Year Net Assets \$3,775,480

Note: Current funding levels meet less than 20% of the current need for services in our community.

Low Administrative Costs



Sources of Funds Strong Public/Private Partnerships



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Robert T. Ammerman, PhD, Scientific Director

Alonzo (Ted) Folger, PhD, Director of Evaluation and Epidemiology

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- Elaine Whittle, RN BSN, Program Supervisor, St. Elizabeth Medical Center and Every Child Succeeds/HANDS

*Executive Committee Member