

HOME VISITING HIGHLIGHTS

30 celebrating 30 years of
**PRINCE GEORGE'S CHILD
RESOURCE CENTER, INC**

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Top Ladies of Distinction, Inc. donate Thanksgiving baskets.



FAMILY GOALS

WHY ARE THEY IMPORTANT?

Healthy Families Prince George's

is an accredited site of Healthy Families America (HFA). HFA is an evidence based intensive and long-term home visiting model that promotes child well-being by strengthening families and their communities. Setting Family Goals is an Essential Standard of the model, and our Family Support Specialists (FSS) strive to ensure that every family has an active goal at all times that is important to the family.

Supporting caregivers in setting family centered goals has many benefits. Intentional conversations about setting goals provides opportunities for families to hope for and experience change,

identify their strengths, and celebrate their successes.

Recently achieved goals include:

FSS and caregiver discussed how **learning to read and write** will strengthen her family. FSS shared information on classes on how to learn to read and write. The caregiver took the initiative to enroll in classes and now she is excited to start learning.

FSS helped a caregiver apply for food stamps because her goal was to **provide nutritious meals**.

FSS also supported caregiver in increasing their **literacy activities** with her young child.

Congratulations to our participants! Your hard work is paying off!



*Learn more about
literacy activities
with your baby at
Zero to Three*

HOLIDAY HELPERS

SHARING JOY THIS SEASON

The community partners and friends of Prince George's Child Resource Center have been generous supporters of our Holiday Helper events. In this issue, you can see pictures of Thanksgiving donations being delivered to PGCRC and prepared by staff to be gifted to participants and their families.

Many Thanks to Turner Memorial AME Church and McNamee & Hosea Attorneys and Advisors for faithfully remembering to include Healthy Families Prince George's and the Adelphi Langley Park Family Support Center in your yearly Thanksgiving donations. Once again, your generosity has touched many families this year.

Featured on the cover page is *Top Ladies of Distinction, Inc.* who donated beautifully wrapped food baskets with all the fixings for a feast! Roxana and Cynthia, both Family Support Specialists at Healthy Families, are preparing to bring the Thanksgiving baskets to their lucky family that was chosen to receive this donation of love and food.

December also brings the excitement of the holidays. Community members and partners are invited to confidentially adopt a family in our program and provide holiday gifts. Our community partners will be listed in our January newsletter along with pictures that will certainly depict joy has come to the world. If you'd like to be a Holiday Helper this year, contact Yenny at yucero@pgcrc.org.



HAPPY HOLIDAYS FROM OUR TEAM TO YOURS

Our home visiting teams at PGCRC wish all of our community friends and partners a wonderful holiday season. We love that our community celebrates such a wide variety of holidays during this season and we get to share in so many of them with you. We are thankful for the year-long and holiday support we receive through invitations to community outreach events, referrals for our home visiting programs, donations throughout the year, and especially helping us to make the holidays just a little brighter for many of our participants.

Alyson

MATERNAL HEALTH MATTERS

FAMILY CONNECTS NEWS YOU CAN USE

As we enter the busy holiday season, it is still important to remember that maternal health matters! Fifty-seven percent of caregivers who had a visit with a Family Connects nurse in 2021 still need education, referrals or immediate action due to maternal health issues. Out of 151 caregivers who have completed a full Family Connects assessment, 15% needed support, encouragement or persuasion to find and attend post partum visit because their health assessment indicated they were showing signs of moderate risk. Nearly 42% of post partum caregivers needed information about maternal health warning signs during the post partum period—often called the fourth trimester of pregnancy.

According to the Maryland Maternal Mortality Report of 2019, the rates of Maryland maternal mortality are 24.8 maternal deaths per 100,000 births, are over 2x higher than the Healthy People 2020 Objective goal of only 11.4 maternal deaths for 100,000 births. Additionally, the rate of Black Maternal Mortality is 24 times higher in Maryland than that of White Maternal Mortality.

Family Connects Prince George's offers a **FREE VISIT WITH AN RN IN THE COMFORT OF THE FAMILY'S HOME OR VIA TELEHEALTH PLATFORM** at 3-4 weeks post partum. This visit falls between the typical visits at 2 and 8 weeks post partum. This service is **OPEN TO ALL RESIDENTS OF PRINCE GEORGE'S COUNTY**. By offering services to every family, we can improve health outcomes at a population level and reduce the stigma of asking for help. **EVERY CAREGIVER WE VISIT IS EDUCATED ON THE MATERNAL HEALTH WARNING SIGNS** we received from the The Maryland Maternal Health Innovation Program (MDMOM). For more information, contact gjacobson@pgcrc.org