

First Born® is home visitation for women pregnant for the first time and first-time parents.



## 2015 Annual Report

First Born has provided effective and respectful home visitation services across a variety of cultures since 1997. One example of this success comes from services provided within the Navajo Nation. Home Visitor, Freda Begay, provided this observation of her First Born work with the Northwest New Mexico First Born Program:

*As a Native American I've come to genuinely appreciate the First Born Program. I have been inspired with hope for many generations to come for Native American families and communities. As a parent, I've come to realize that my eldest son is the first generation of my direct family lineage who was NOT forced or left with a decision to leave home for educational purposes. With this personal knowledge of my own experiences and research regarding trans-generational trauma, I've come to realize what an amazing opportunity the First Born Program is providing our families that is changing our history. First Born is able to provide families with the tools to support themselves to make well-informed decisions and feel empowered as parents. First Born is changing history for all families who may have never had the opportunity or the chance to effectively parent their own children with hope and confidence.*

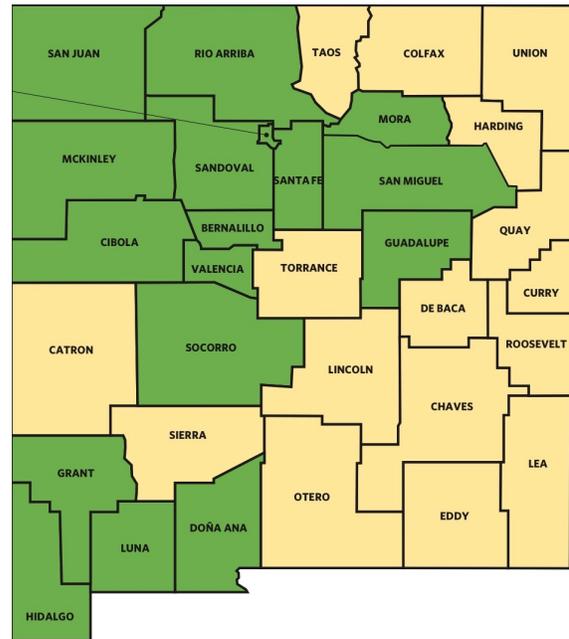
### **2015 First Born Program OUTCOMES that result in BETTER OUTCOMES FOR CHILDREN**

- 99% of families receiving First Born Program services had NO substantiated reports of child abuse and neglect. The lifetime cost of one victim of child abuse and neglect is \$210,012.
- 99% of mothers were screened for depression, referred accordingly, and effective interventions identified.
- 98% of homes were FREE from domestic violence. Intimate partner violence costs the USA economy \$12.6 billion a year.
- 98% of primary caregivers were NOT arrested while enrolled in First Born services. The average annual cost to confine an inmate in a Community Corrections Center is \$26,163. The annual cost for FB services for a family is about \$3,400.
- 99.9% of pregnant women received regular prenatal care.
- 94% of pregnancies were DRUG-FREE. The total lifetime costs for caring for an infant that survives prenatal exposure to drugs or alcohol ranges from \$750,000 to \$1.4 million.
- 96% of births had a birth weight of greater than 2500 grams. The expected costs of delivery and initial care of a baby weighing 1000 grams at birth can exceed \$100,000.
- 97% of children have current immunizations.
- 99% of children are receiving regular well-baby checks.
- 98% of children have NOT had emergency room visits when services were available through the family's medical provider. The average ER visit costs \$1,049, while the average physician's office visit costs \$153.
- 89% of mothers initiated breastfeeding and almost 70% of those babies were breastfed exclusively for at least six months. Breastfeeding prevents childhood obesity and diabetes. Annual healthcare costs are about \$6,700 for children treated for obesity covered by Medicaid.
- 99% of children's development was assessed at regular and scheduled intervals and referred accordingly.
- 100% of children have a foundation of skills that promotes school success and a lifelong joy of learning.
- 82% of teen primary caregivers are completing his/her high school education.
- 100% of families are integrated into their community's formal and informal continuum of care.
- 100% of families report increasing their confidence in parenting.

## *First Born programs are currently located in 17 New Mexico Counties*

75% of New Mexican first born babies are born in a county where there is a First Born Program

- **Grant County**  
Gila Regional Medical Center /Silver City
- **Socorro County**  
Presbyterian Socorro General Hospital /Socorro
- **Bernalillo, Valencia, Sandoval, Luna, Dona Ana, and Cibola Counties**  
CHI St. Joseph's Children / Albuquerque
- **Santa Fe County**  
United Way of Santa Fe County / Santa Fe
- **Rio Arriba County**  
Presbyterian Española Hospital / Española
- **Los Alamos County**  
Los Alamos First Born Program
- **San Miguel, Guadalupe and Mora Counties**  
First Born of Northern New Mexico / Las Vegas
- **Hidalgo County**  
Hidalgo Medical Services / Lordsburg
- **McKinley County**  
North West New Mexico First Born Program / Gallup
- **San Juan County**  
North West New Mexico First Born Program/Farmington



## Program Statistics for 2015

- In New Mexico, First Born Programs employ more than 100 professionals who provide home visiting services.
- First Born Program Home Visitors completed **23,639** face-to-face home visits.
- **1,407** families received First Born services
  - 22% are teen parents
  - 50% of families were enrolled during the prenatal period
- No state-funded program experiences being “fully-funded” to meet the needs of their communities.

## Program Highlights

- Grant County First Born has enhanced home visitation services to include fatherhood support, high school equivalency tutoring, brief counseling, nutrition and diabetes education, and lactation consultation.
- Los Alamos First Born has had great success in recruiting families into their supportive home visitation services. Strong community partnerships are strength of this program.
- The United Way of Santa Fe's First Born Program is having increasing success at recruiting families in the first trimester of pregnancy in addition to collaborating with local high schools to host weekly group visits.
- First Born Socorro's staff is working toward enhancing their credentials including certification as a Community Health Worker and Infant Mental Health endorsement.
- Rio Arriba First Born engages the community through on-going collaborative efforts with community partners. Rio Arriba First Born had no staff turnover in 2015.
- CHI St. Joseph's Children has expanded its comprehensive services to include Bernalillo, Valencia, Sandoval, Luna, Doña Ana and Cibola Counties with the capacity to conduct 500-600 visits per week based on self-funding.
- First Born of Northern New Mexico while expanding funding partnerships continues to build strong community relationships that are the cornerstone of this program's many successes.
- Hidalgo Medical Services First Born Program, located in the Federally Qualified Health Center in Lordsburg, provides families with home visitation services plus coordination with medical, behavioral health and dental care.
- Northwest New Mexico First Born Program, providing services in McKinley County, San Juan County and the Zuni Pueblo, became a stand-alone 501(c)(3) in August.