



WHO WE ARE

Evidenced-based home visiting program for parents of newborns and expectant parents. Public Health Nurses provide intensive visits up until the child's third birthday.

Healthy Families has demonstrated **positive outcomes** for families that include:

- Reduced child maltreatment by **1/3**
- **48%** fewer low-birthweight infants
- **30%** fewer intimate partner violence incidents resulting in injury
- **27%** fewer families were homeless
- **Improved** mental health and lowered parenting stress

WHO WE SERVE

Parents

- Pregnant teens
- Lack of prenatal care
- Difficult relationships
- Pregnancy loss or early birth
- High-risk pregnancies
- Prenatal or postpartum depression
- Chronic disease management
- Concerns about substance use

Babies

- Born premature
- With special health care needs or developmental delays
- Difficulty breastfeeding



WHAT WE OFFER

- Promoting positive parenting and child development
- Understanding health needs, including planning and managing their healthcare
- Learning how to live a healthy life and be present for their child and family
- Accessing community resources and support
- Setting personal and family goals

HOW TO REFER

To refer a family in need of services, please send an email to:
PersimmonySupport.HHSA@sdcounty.ca.gov

You may also call
Office of Nursing Excellence
(858) 514-3125
or dial 211 to get more information.

