

# Maternal Early Childhood Sustained Home-Visiting

[Maternal Early Childhood Sustained Home-Visiting](#) (MECSH) aims to improve the health, development, and social well-being of families with new babies in need of additional sustained support. The model supports positive transitions to parenting, positive parenting skills, future-oriented and aspirational thinking, problem-solving skills, the ability to mobilize resources, and healthy relationships.

<p><b>What is the model’s approach to providing home visiting services?</b></p>	<p>Home visits take place based on the child’s age. Families may receive three prenatal visits. After the child’s birth, families receive visits weekly until the child is 6 weeks old, every 2 weeks until the child is 12 weeks old, every 3 weeks until the child is 6 months old, every 6 weeks until the child is 12 months old, and every 2 months until the child is 2 years old. MECSH recommends families initiate services prenatally, but allows for families to enroll until the child is 2 months old.</p> <p>MECSH’s target population includes the following:</p> <ul style="list-style-type: none"> <li> Expectant mothers</li> <li> Low-income families</li> <li> Unmarried mothers or single parents</li> <li> Parents/caregivers with limited education</li> <li> Families with a history of substance abuse or in need of treatment</li> <li> Families with a history of child abuse or neglect/involvement with child welfare system</li> <li> Families with mental health issues, including maternal depression and anxiety</li> </ul>
<p><b>Who is implementing the model?</b></p>	<p><b>Home Visitors</b></p> <p>The model requires a bachelor’s degree in nursing for home visitors. Home visitors are required to maintain a caseload of 20 to 30 families.</p> <p><b>Supervisors</b></p> <p>The model requires a bachelor’s degree in nursing for supervisors.</p>
<p><b>Where is the model implemented?</b></p>	<div style="display: flex; align-items: center;">  <div> <p>MECSH operated in 6 local agencies in 1 state in 2019. MECSH also operated outside the United States and its territories in Australia, South Korea, and the United Kingdom in 2019.</p> </div> </div>

The NHVRC is led by James Bell Associates in partnership with the Urban Institute. Support is provided by the Heising-Simons Foundation and the Robert Wood Johnson Foundation. The views expressed here do not necessarily reflect the views of the foundations. For details about the methodology, see the *2020 Home Visiting Yearbook*.

