

# Child First

Child First helps to heal and protect children and families from the effects of trauma and chronic stress by providing a psychotherapeutic intervention that promotes nurturing caregiver-child relationships, enhances adult capacity, and provides care coordination to connect families with services and supports. See [www.childfirst.org](http://www.childfirst.org) for details.

<p><b>What is the model's approach to providing home visiting services?</b></p>	<p>Home visits take place twice per week during a month-long assessment period and a minimum of once per week thereafter. Services are provided for families and their children prenatally through 5 years old for approximately 6 to 12 months, but can extend beyond 12 months depending on a family's need.</p> <p>Child First's target population includes the following:</p> <ul style="list-style-type: none"> <li> Children with emotional or behavioral problems</li> <li> Caregivers with depression, PTSD, and other mental health problems</li> <li> Low-income families</li> <li> Caregivers experiencing domestic violence or trauma</li> <li> Children experiencing abuse, neglect, or other trauma</li> <li> Families with a history of substance abuse or in need of treatment</li> <li> Families who are homeless</li> <li> Children with developmental delays or disabilities</li> </ul>
<p><b>Who is implementing the model?</b></p>	<p><b>Home Visitors</b></p> <p>Child First was implemented by 156 home visitors in 2018. The model requires care coordinators to have a bachelor's degree and mental health clinicians to have a master's degree in a mental health specialty with a license. Home visitors typically maintain a caseload of 12 to 16 families.</p> <p><b>Supervisors</b></p> <p>Child First was implemented by 34 supervisors in 2018. The model requires a master's degree in a mental health specialty with a license for supervisors.</p>
<p><b>Where is the model implemented?</b></p>	<div style="display: flex; align-items: center;">  <p>Child First operated in 23 local agencies across three states in 2018.</p> </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 2019 *Home Visiting Yearbook*.



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## Families Served Through Evidence-Based Home Visiting in 2018



**54,882**

home visits provided



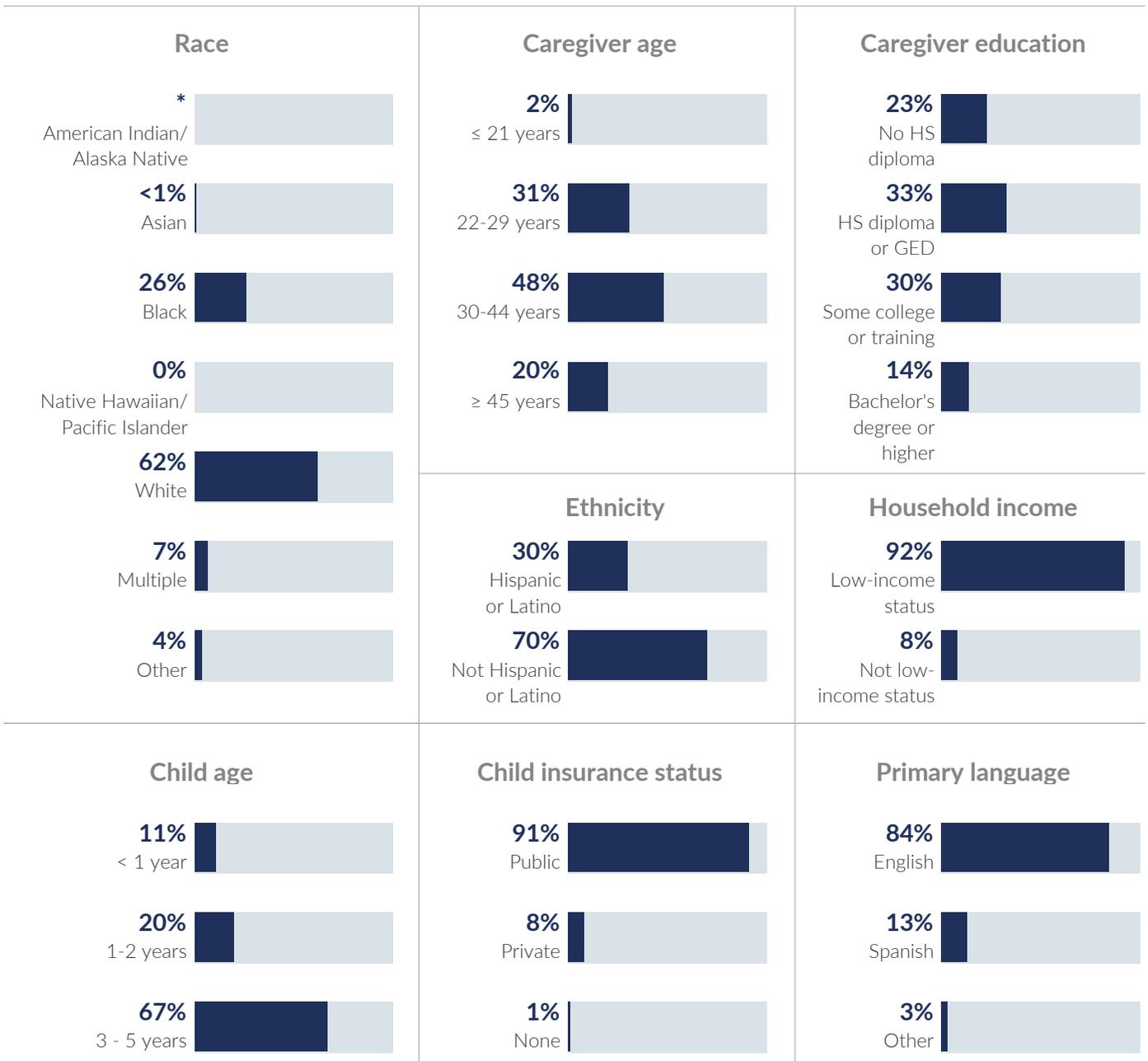
**1,859**

families served



**1,835**

children served



Note • The number of home visitors and supervisors represents the number employed at the end of 2018. • Percentages may not add up to 100 due to rounding. • To protect confidentiality, race and ethnicity categories with 10 or fewer participants were replaced with \*. • Low income is defined as families meeting eligibility for Medicaid. • One percent of children are 6 years and older.