



HealthySteps

PEDIATRIC CARE • SUPPORTING • PARENTING
A Program of ZERO TO THREE

Presenter Sarah Nolan, Program Manager,
Rady Children's Hospital



What is HealthySteps?

An evidence-based, interdisciplinary pediatric primary care program that promotes nurturing parenting and healthy development for babies and toddlers, particularly in areas where there have been persistent inequities for families of color or with low incomes.

HealthySteps Specialists are integrated into the pediatric team to provide short-term behavior/development consultation and referrals, intensive services when needed, and support practice screening efforts.



Pediatric Setting

ACCESS

Almost all families take their babies to see a pediatric primary care provider

TRUST

Parents trust their pediatric primary care provider

ACCEPTED

The pediatric office is a non-stigmatizing setting

FREQUENT

New parents attend 12-13 well-child visits within the first 3 years of life; half occur in the first year



Practice and Provider Impacts

- ✓ Parents more satisfied with their care
- ✓ Physicians highly satisfied
- ✓ Equitable care
- ✓ Lower costs

INCREASED PATIENT SATISFACTION

- Families were significantly more likely to report practice staff went out of the way for them, that they relied on practice staff for advice (rather than a friend or relative) and that they received needed emotional support^{1,22}
- Families rated their provider as more competent and caring and were significantly more likely to believe that the health plan cared about them and to recommend their clinic to a friend or family member^{6,22}

INCREASED PROVIDER SATISFACTION

- Physicians reported significantly higher satisfaction with HealthySteps and that they felt emotionally supported by the HealthySteps Specialist^{1,25}
- Physicians were over 5x more likely to be very satisfied with the ability of clinical staff to meet children's developmental and behavioral needs¹

MORE EQUITABLE CARE

- One HealthySteps site with integrated behavioral care found that families received equitable advice regardless of race, ethnicity, or language, suggesting that HealthySteps can help mitigate existing disparities in the quality of pediatric primary care²⁷

LOWER COSTS

- One HealthySteps site serving a diverse pediatric population found that estimated costs averted exceeded program operating costs (\$641–\$959 compared to \$575 per child)²⁸

Tiers of Service Delivery

SERVICES INCLUDE

TIER 3

COMPREHENSIVE SERVICES

FAMILIES MOST AT RISK



Ongoing, preventive team-based well-child visits

TIER 2

SHORT-TERM SUPPORT

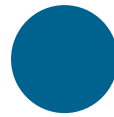
MILD CONCERNS



Child development & behavior consults
Care coordination & systems navigation
Positive parenting guidance & information
Early learning resources

TIER 1

UNIVERSAL SERVICES



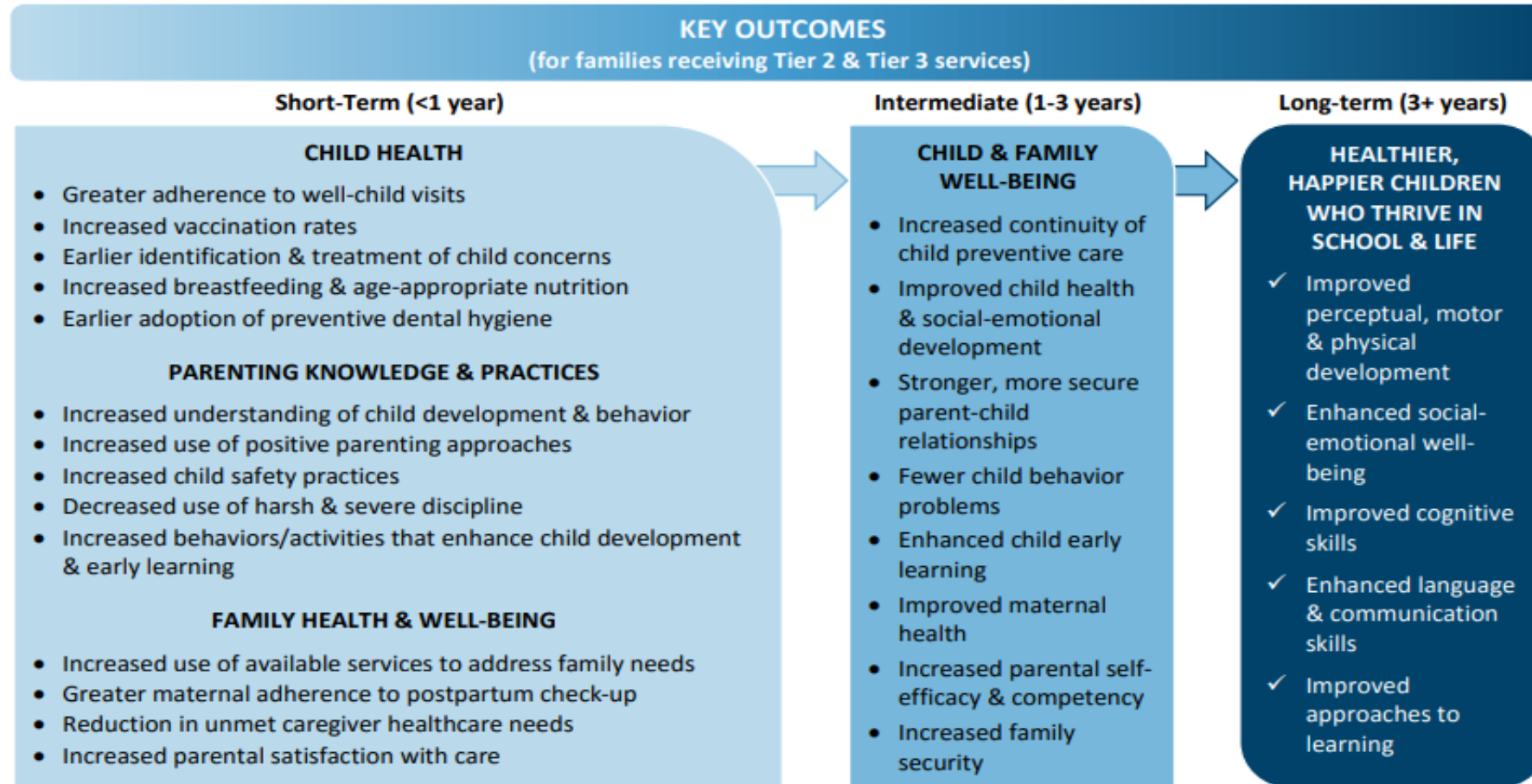
Child developmental, social-emotional & behavioral screenings
Screening for family needs
-MATERNAL DEPRESSION
-OTHER RISK FACTORS
-SOCIAL DETERMINANTS OF HEALTH
-Family support line
-PHONE, TEXT, EMAIL, ONLINE PORTAL



PEDIATRIC CARE • SUPPORTING • PARENTING
A Program of ZERO TO THREE

HealthySteps Logic Model

HealthySteps positively affects both children and their families. Many of the outcomes listed below were demonstrated in a large national evaluation, whereas others were indicated in local evaluations or other published research. The National Office continues to assess and refine our understanding of the model's outcomes today. To learn more, visit [HealthySteps.org](https://www.healthysteps.org).





HealthySteps Families Served*



TIER 1 UNIVERSAL SCREENING

- 4,904 children received at least one developmental screening; 48.3% screened with at least one concern
- 5,473 children received at least one social-emotional screening; 24.6% screened with concern
- 3,455 children were screened for Autism; 27.4% screened with concern
- 3,720 families were screened for SDOH
- 3,050 mothers were screened for maternal depression

TIER 2 SHORT TERM SUPPORT

- 350 families were provided one on one intervention for developmental or behavior concerns

TIER 3 ONGOING, PREVENTATIVE TEAM-BASED WELL CHILD VISITS

- 3,087 children received team-based well child visits

*FY 23-24 Murrieta, Temecula Parkway, and Hemet CPCMG



Linkage to Recommended Services



**EARLY INTERVENTION
REFERRALS FOR CHILDREN**

**REFERRALS TO MENTAL HEALTH
SUPPORT FOR MOTHERS**



HealthySteps Alignment with California's Dyadic Benefit

SERVICES INCLUDE

TIER 3

COMPREHENSIVE SERVICES

FAMILIES MOST AT RISK

Dyadic Behavioral Health Well-Child Visits (H1011)

Comprehensive Community Supports (H2015)
Family Training & Counseling for Child Development (T1027)
Psychoeducational Services (H2027)

Psychotherapy when risk factors present (Dx code Z65.9)*

Ongoing, preventive team-based well-child visits

Child development & behavior consults
Care coordination & systems navigation
Positive parenting guidance & information
Early learning resources

Child developmental, social-emotional & behavioral screenings

Screening for family needs
-MATERNAL DEPRESSION
-OTHER RISK FACTORS
-SOCIAL DETERMINANTS OF HEALTH

Child development support line
-PHONE, TEXT, EMAIL, ONLINE PORTAL

TIER 2

SHORT-TERM SUPPORT

MILD CONCERNS

TIER 1

UNIVERSAL SERVICES

FFS reimbursement for screenings on top of well child visit payment (i.e., Developmental, ACES, Substance Misuse, Depression)

What do Caregivers Say About HealthySteps?

- I have enjoyed every interaction with the Healthy Steps staff. I absolutely love the fact that this program is strategically placed inside of a pediatric office and specifically attached to routine check-ups, making it extremely easy for parents to receive support if needed and to receive anticipatory guidance on upcoming developmental milestones. As a previous EI Case Manager within the Regional Center, I appreciate this program more than the average parent. Over my 19 years of supporting families between 0-3, I have sat across from too many families to count who were in tears that they could only access 2-3 months of services before age three after sharing concerns with their pediatrician since their child's 18 months checkup. Services like this ensure that children and families get the support and guidance that they need right away.

What do Caregivers Say About HealthySteps?

[The specialist] was kind, genuine, and knowledgeable. She was extremely thorough when having a conversation with me about starting solid foods with my baby. At the first visit I had with her she told me the Healthy Steps program was a way to support our whole family and I truly felt that during this visit when she checked in with me about post-partum concerns. I disclosed previously that I was struggling, and she sent me home with numbers to call, called me to follow up, and checked in with me during the next visit. This kind of service and empathy isn't common anymore!