

# **The Impact of Expanded Home Visitation Services to Low Income Mothers of Young Children: A Program Evaluation Project**

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## **Abstract**

Research has shown individuals who experienced adverse life events during childhood are more likely to suffer from depression, chronic disease and substance abuse. In the US, approximately 14 percent of new mothers suffer from major depressive disorder, with the prevalence almost doubling in women with a low socioeconomic status (Goodson, Mckrain, Perry, O'Brien, Gwawley, 2013). As an intervention, home visitation programs employ registered nurses (RNs) to address perinatal and postpartum care needs, as well as provide case management/care coordination to low-income women and their families. The benefits of home visitation programs have been established in numerous peer-reviewed studies. RNs often find they are unequipped to handle the multitude of mental health conditions faced by the population they serve. In order to bridge this gap in care, the Kitsap County Public Health District (KPHD) has expanded home visitation programs with the integration of a mental health professional as a consultant and provider of care. The sustainability of this program relies on continued funding and positive patient outcomes.

Keywords: adverse childhood experiences, home visiting, mental health, parenting,  
resilience