



Great childhoods begin at home



Family & Children's Center

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HEALTHY FAMILIES IS ALL ABOUT RELATIONSHIPS

- ❖ **OUTCOME - CHILDREN ACHIEVE OPTIMAL MILESTONES IN DEVELOPMENT AND EARLY LEARNING**
- ❖ **OUTCOME - CHILDREN ARE HEALTHY**
- ❖ **OUTCOME - CHILDREN LIVE IN A SAFE ENVIRONMENT**



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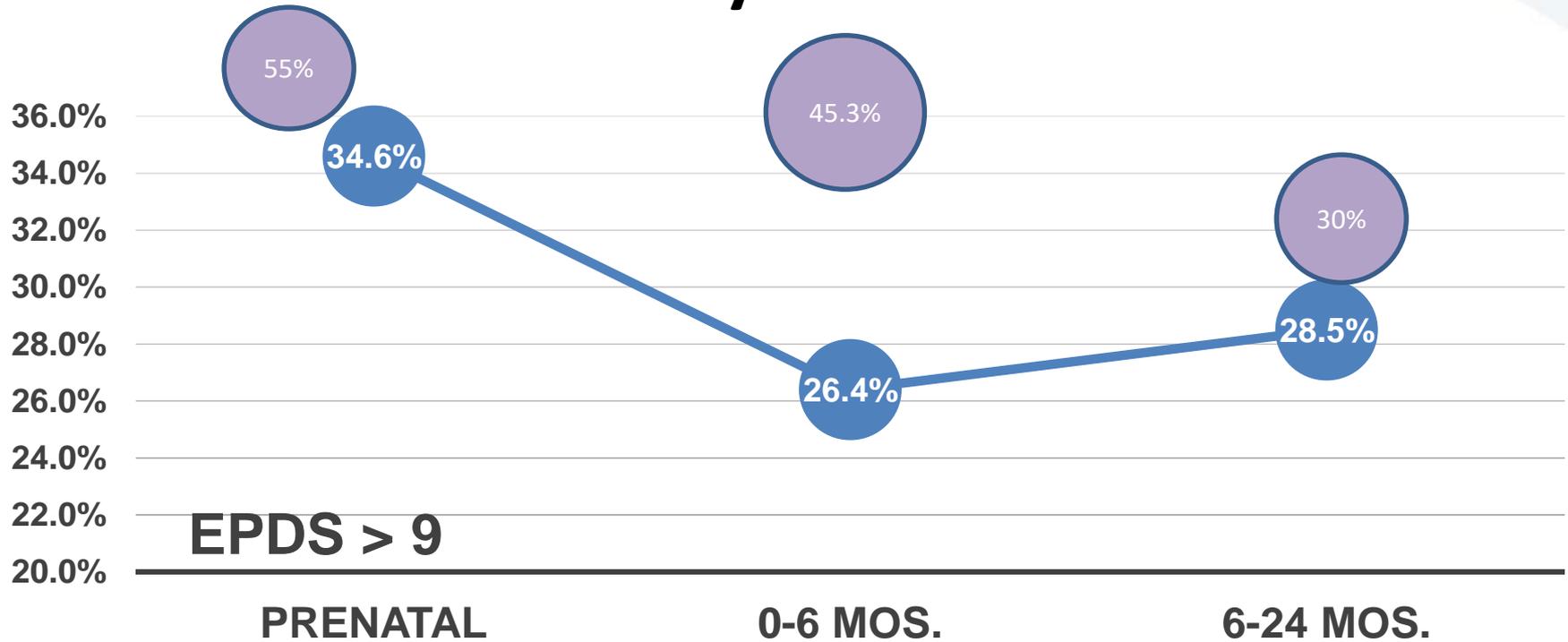
We screen for and address mental health concerns like depression.



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Rates of Perinatal Depression FFHV vs. Healthy Families La Crosse



Underwood, L., et al. (2016). A review of longitudinal studies on antenatal and postnatal depression. *Archives of Women's Mental Health*, 19(5), 711-720.



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Postpartum Anxiety

	FFHV N= 1,872	FCC HF La Crosse N = 24
GAD-7 > 9 ¹	24.4%	45.8%

Generalized Anxiety Disorder Scale (GAD-7) Source: FACT Study, Wave 1



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Postpartum PTSD

	FFHV N= 1,872	FCC HF La Crosse N = 24
PC-PTSD > 2 ¹	22.1%	58.3%

¹Primary Care PTSD Scale-4 Source: FACT Study, Wave 1

Note. The prevalence of PTSD is 6-7% in the general population and 10-20% among veterans



Parting Points

1. Our service is free of charge. We receive local United Way funding and also MEICHV (Federal) funding, as well as grants, individual gifts, and events.
2. Anyone can make a referral to us, including self referrals.
3. We tailor our services to the family.



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