



# The Effects of a Home Visiting Program in New Mexico on Child Development at 12-Month Follow-Up



CENTER FOR APPLIED RESEARCH & ANALYSIS

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## INTRODUCTION

- ❖ Home visiting programs provide a variety of services (e.g., parenting knowledge/skills) to families during early childhood to improve long-term development and health (Filene et al., 2013).
- ❖ Meta-analyses provide support for the effectiveness of home visiting programs (Sweet & Appelbaum, 2004).
- ❖ However, less is known about the effectiveness of home visiting programs delivered by paraprofessionals (Peacock et al., 2013), or providers trained to deliver the program without prior clinical training (e.g., nursing).
- ❖ In the present study, we examined the effects of a home visiting program delivered by paraprofessionals in New Mexico compared to treatment-as-usual on child development 12 months after enrolling in the program.

## METHOD

### Participants

- ❖ Participants were 343 first-time parents and their child(ren) living in Bernalillo, Sandoval, or Valencia county in New Mexico at time of consent.

### Procedures

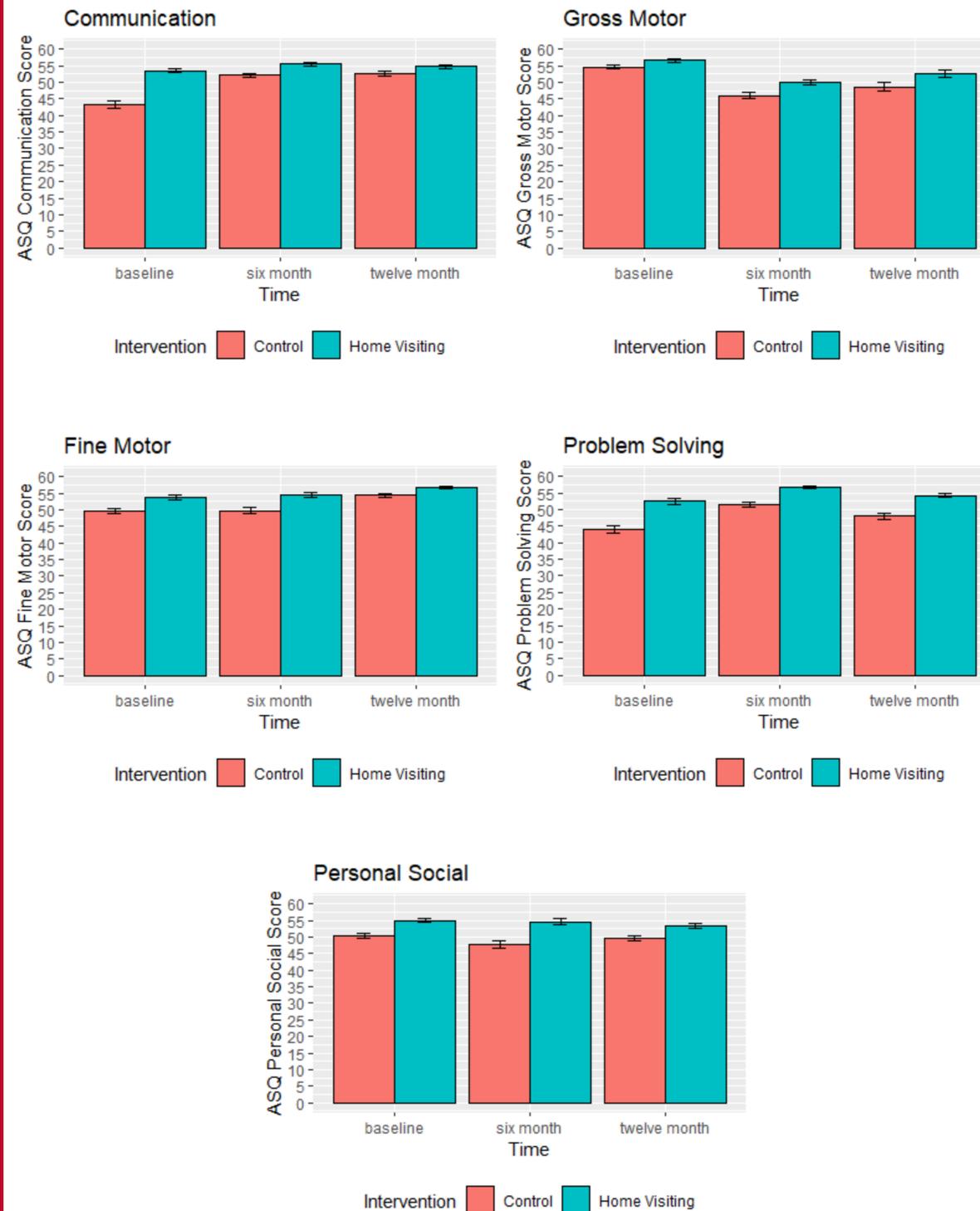
- ❖ Following baseline assessment, participants were randomized to a control condition or home visiting.
- ❖ Control participants (n=164) received referrals to existing social and health services.
- ❖ Home visiting participants (n=179) received a curriculum based on the First-Born Program and Partners for a Health Baby. Home visits could occur weekly but depended on availability and necessity. When the child reached 36 months, home visits could occur biweekly.

### Measures

- ❖ The Ages & Stages Questionnaire (ASQ) is a developmental screening tool that was used to assess five domains of child development:
  1. Communication
  2. Gross Motor
  3. Fine Motor
  4. Problem Solving
  5. Personal Social
- ❖ Each domain includes 6 questions on developmental milestones that are responded to with “yes” (10 points), “sometimes” (5 points), and no (0 points). Domain scores are computed by summing the respective items.
- ❖ The ASQ was administered at baseline and 6- and 12-month follow-up.

## RESULTS

Figure 1. Means (and Standard Errors) on the Ages & Stages Questionnaire (ASQ) Domains Across Intervention Groups Over Time



## RESULTS (CONT'D)

Table 1. Mean Differences Across Intervention Groups on the ASQ Domains at 12-month

ASQ Domain	t-test	p-value	Cohen's d
Communication	$t(272) = -1.981$	0.049	-0.240
Gross Motor	$t(272) = -2.329$	0.021	-0.282
Fine Motor	$t(272) = -2.833$	0.005	-0.343
Problem Solving	$t(272) = -5.068$	< 0.001	-0.613
Personal-Social	$t(272) = -3.236$	0.001	-0.392

Note. Control is the referent condition.

- ❖ In hierarchical regression analyses controlling for baseline scores, the mean differences on each domain remained statistically significant except for Communication.

## DISCUSSION

- ❖ Children whose parents were enrolled in the home visiting program demonstrated better development in each domain than children whose parents received treatment-as-usual.
- ❖ These findings extend our prior work that found similar effects at 6-month follow-up, suggesting that the benefits of the home visiting program are longer lasting.
- ❖ Paraprofessional home visiting programs may be one way to promote the implementation of such programs.
- ❖ Future research is needed to examine the effects of number of visits and longer-term outcomes, among others research questions.

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