Early preventive services in Germany

New beginnings and the challenges to collaborate among youth welfare and health services

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National Centre for Early Prevention / Federal Centre for Health Education
AGENDA

1. Early Childhood Intervention (national activities)
2. Federal Action Program ➔ Federal Foundation for Early Childhood Intervention
3. The Theory of Change
   3.1 Nationwide implementation
   3.2 Strong collaboration
   3.3 Families in need use support measures
   3.4 Early childhood intervention is positively assessed
   3.5 Measures are effective
4. Discussion
1. Early Childhood Intervention
Starting Point of the Commitment of the National Government

- Severe cases of child abuse and neglect since 2005 (Jessica, Kevin, Lea-Sophie…)

Strong Pressure for Political Action

- Not only intensified control and protection measures,
- Experts advocate for:
  - preventive strategies based on promoting parental competence, voluntary activities, participation
  - strengthening collaboration between the health & child and youth welfare sectors to reach the target group.

Main Target Group

- Early: Expecting mothers and families with children aged 0 – 3
- Families in need for psychosocial support

Early childhood intervention in Germany

Municipal networks
Cross-sectoral collaboration

Target group:
Families with children 0-3 years

Support Measures:
- Pilotage services for new parents
  → Identification, information, and referral
- Home visiting measures
  → e.g. Midwives, nurses, and other health professionals with qualifications related to psychosocial care for families
- Other measures
  → e.g. support groups for single parents

General health promotion
foster

Child protection
protect

WHO: Targeted Support
2. Federal Action Program

Federal Foundation for Early Childhood Intervention
<table>
<thead>
<tr>
<th>Year</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>National Centre for Early Prevention established</td>
</tr>
<tr>
<td>2007</td>
<td>Bundesinitiative Frühe Hilfen Federal Initiative for Early Childhood Intervention</td>
</tr>
<tr>
<td>2008</td>
<td>Bundesstiftung Federal Foundation for Early Childhood Intervention</td>
</tr>
<tr>
<td>2009</td>
<td>Implementation of action program</td>
</tr>
<tr>
<td>2010</td>
<td>Early Support for Parents and Children and Social Early-Warning Mechanisms by the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth (BMFSFJ)</td>
</tr>
<tr>
<td>2011</td>
<td>Pilot projects</td>
</tr>
<tr>
<td>2012</td>
<td>Federal Child Protection Act</td>
</tr>
<tr>
<td>2013</td>
<td>Mandatory Funding (51 Mio €)</td>
</tr>
<tr>
<td>2014</td>
<td>National</td>
</tr>
<tr>
<td>2015</td>
<td>Federal State</td>
</tr>
<tr>
<td>2016</td>
<td>Municipal</td>
</tr>
<tr>
<td>2017</td>
<td>ECI Networks Measures</td>
</tr>
<tr>
<td>2018</td>
<td></td>
</tr>
<tr>
<td>2019</td>
<td></td>
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</tbody>
</table>

Project area „Learning from problematic child protection cases“
3. Theory of Change
3 Theory of Change

Goal of early childhood intervention: Improved psychosocial care for families through measures of early childhood intervention

→ The vision: Every child is able to develop their full potential and no child is left behind (WHO: Nurturing Care Framework)

(1) Nationwide municipal implementation of early childhood intervention

(2) Strong collaboration: Health & child and youth service sectors

(3) Families in need make use of early intervention measures

(4) Early intervention is positively assessed by the target group

(5) Measures of early childhood intervention are effective
3.1 Nationwide municipal implementation of early childhood intervention
### Nationwide municipal implementation of early childhood intervention

#### Indicators for successful implementation of „Frühe Hilfen“ on municipality level

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2013</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Networks „Frühe Hilfen“ are implemented</td>
<td>93,7</td>
<td>98,4</td>
</tr>
<tr>
<td>Municipalities implemented home visiting programs</td>
<td></td>
<td>87,9</td>
</tr>
<tr>
<td>Activities in „Frühe Hilfen“ are documented</td>
<td>65,7</td>
<td>76,6</td>
</tr>
<tr>
<td>There is an overall concept of municipal policy concerning „Frühe Hilfen“ (Leitbild Frühe Hilfen)</td>
<td>46,5</td>
<td>62,3</td>
</tr>
<tr>
<td>There is a binding agreement on intersectoral collaboration</td>
<td>42,3</td>
<td>60,0</td>
</tr>
</tbody>
</table>

Prozentuale Anteile der Kommunen. Quelle „Kommunalbefragung des NZFH“ 2013 (n = 452) und 2015 (n = 432)


3.1 Nationwide municipal implementation of early childhood intervention

However, further requirements were indicated by municipalities:

- development of networks
- meeting families’ needs for home visiting care (e.g. by family midwives)

<table>
<thead>
<tr>
<th>„Early childhood intervention networks need to be further developed“</th>
<th>2013</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>49,0%</td>
<td>36,8%</td>
</tr>
</tbody>
</table>

87,9 % municipalities offer home visiting care (e.g. by family midwives)

- Home visiting care offered in my municipality is sufficient:
  - Yes
  - No


3.2 Strong collaboration: 
Healthcare & child and youth welfare
### 3.2 Strong collaboration: Healthcare & child and youth welfare

Outpatient healthcare integrated in early childhood intervention (ECI) networks in 2013 und 2015

<table>
<thead>
<tr>
<th>Percentage of municipalities that integrated outpatient healthcare actors in local ECI networks</th>
<th>Assessment of the quality of collaboration by municipal professionals responsible for ECI networks</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>2015</td>
</tr>
<tr>
<td>Paediatrician surgeries</td>
<td>66.6</td>
</tr>
<tr>
<td>Gynaecologist surgeries</td>
<td>37.6</td>
</tr>
<tr>
<td>Psychiatric or psychotherapist surgeries (children)</td>
<td>25.0</td>
</tr>
<tr>
<td>Primary care physician surgeries</td>
<td>15.3</td>
</tr>
</tbody>
</table>

3.2 Strong collaboration: Healthcare & child and youth welfare

Has the proportion of psychosocially burdened families in your practice changed in recent years?

- Has increased: 72%
- Is unchanged: 22%
- Has decreased: 1%
- No information available: 6%

Do you perceive the care of psychosocially burdened families as a challenge?
- Yes: 92%
- No: 8%

Early childhood intervention is (would be) a relief for my work/activities as a paediatrician.*
- Agreement (values 5+4): 77%
- Neutral (Value 3): 13%
- Disagreement (Values 2+1): 10%

*5-point scale of 1 "disagree" to 5 "fully agree"

3.3 Families in need make use of early intervention measures
3.3 Families in need make use of early intervention measures

3.4 Early intervention is positively assessed by the target group
### Are you satisfied with the (family) midwife's care?

<table>
<thead>
<tr>
<th>Satisfaction Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very satisfied</td>
<td>77.7%</td>
</tr>
<tr>
<td>Long time care</td>
<td>79.2%</td>
</tr>
<tr>
<td>Not satisfied at all</td>
<td>0.7%</td>
</tr>
</tbody>
</table>

NZFH survey among 1019 mothers with children aged 0 – 3

Early intervention is positively assessed by the target group

3.4 Das Angebot wird positiv bewertet

Recommendation of a (family) midwife or nurse by mothers

Würden Sie die Unterstützung durch eine Familienhebamme/FGKiKP oder langfristige Hebamme/Kinderkrankenpflegerin weiterempfehlen?

- Familienhebammen und FGKiKP-Fachkräfte (N=146)
  - 98,7%

- lange Hebammenbetreuung und Kinderkrankenschwester (N=468)
  - 97,9%
3.5 Measures of early childhood intervention are effective
### ECI Measures are effective

<table>
<thead>
<tr>
<th></th>
<th>Internal Consistency (Cronbach`s α)</th>
<th>Range and Mean of Selectivity ($r_{itc}$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interaction between main caregiver and child (6 Items)</td>
<td>,950</td>
<td>,815 - ,893; M = ,847</td>
</tr>
<tr>
<td>Care for the child (6 Items)</td>
<td>,868</td>
<td>,470 - ,774; M = ,671</td>
</tr>
<tr>
<td>Acceptance of support in further, special support needs (6 Items)</td>
<td>,921</td>
<td>,642 - ,868; M = ,775</td>
</tr>
<tr>
<td>Activities related to budget and everyday life (4 Items)</td>
<td>,852</td>
<td>,614 - ,798; M = ,694</td>
</tr>
<tr>
<td>Social Support (2 Items)</td>
<td>,803</td>
<td>,671</td>
</tr>
</tbody>
</table>

- Participants: 190 Family Midwives and Nurses took part in the online survey
- They reported data concerning resources, stresses, competencies of 937 families (anonymized / voluntary)
- Start of care – End of care

ECI Measures are effective

Enhancement of competencies over time

## 3.5 ECI Measures are effective

### Enhancement of competencies over time

<table>
<thead>
<tr>
<th>Scales SEVG</th>
<th>Start of care period</th>
<th>End of care period</th>
<th>t-Test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M (SD)</td>
<td>M (SD)</td>
<td>p</td>
</tr>
<tr>
<td>Interaction</td>
<td>4,10 (.872)</td>
<td>4,46 (.706)</td>
<td>.000*** .45</td>
</tr>
<tr>
<td>Care</td>
<td>4,39 (.671)</td>
<td>4,53 (.596)</td>
<td>.000*** .23</td>
</tr>
<tr>
<td>Acceptance of support</td>
<td>3,14 (1,222)</td>
<td>3,37 (.1,232)</td>
<td>.001** .18</td>
</tr>
<tr>
<td>Activities related to budget and everyday life</td>
<td>3,90 (.911)</td>
<td>4,21 (.814)</td>
<td>.000*** .37</td>
</tr>
<tr>
<td>Social Support</td>
<td>3,12 (1,287)</td>
<td>3,61 (1,206)</td>
<td>.000*** .39</td>
</tr>
</tbody>
</table>

* * sig. p < .05; ** sig. p < .01; *** sig. p < .001

Early preventive services in Germany

4. Discussion
Theory of Change

Goal of early childhood intervention: Has psychosocial care for families been improved?

So far, yes – but there is much future work to be done

1. Nationwide municipal implementation of early childhood intervention
2. Strong collaboration: Health & child and youth service sectors
3. Families in need make use of early intervention measures
4. Early intervention is positively assessed by the target group
5. Measures of early childhood intervention are effective
Thank you for your attention

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