



# CHILD FIRST

Fostering resilience in  
young children & families  
dealing with adversity.

child  
first 

 RHA  
HEALTH SERVICES

WHERE HUMANS BLOOM

# ABOUT CHILD FIRST



**RHA HEALTH SERVICES** is a provider of high-quality behavioral health services. At RHA, the people we serve and support are at the very center of everything we do. We want to give all of us the chance to grow, to learn, to bloom. Learn more about RHA at [rhahealth.org](http://rhahealth.org).

**CHILD FIRST** is a proven early childhood program that fosters resilience in young children and families dealing with adversity. Research shows that stress in the home due to poverty, domestic violence, substance use, maternal depression, etc. affect young children with long-term emotional/behavioral, learning, and health problems. Child First works with very challenged young children and families, providing intensive, mental health, and home-visiting services. It mitigates the harmful impacts of poverty, trauma, and chronic stress.

Studies indicate that Child First enhances mental health, school readiness, and reduces child abuse, significantly improving family health and wellbeing, both now and in the future.



Visit [rhahealth.org/childfirst](http://rhahealth.org/childfirst) or scan the QR code to learn more about Child First.

**Call: 828.273.1377**

**Email: [childfirstnc@rhanet.org](mailto:childfirstnc@rhanet.org)**

Visit [vayahealth.com](http://vayahealth.com) for more information on health plans.



RESULTS

## WHO WE SERVE

Child First services are covered at no charge for those enrolled in Vaya's Healthcare Plan. We serve:

- Children birth through five years of age with emotional/behavioral, developmental/learning programs.
- Families experiencing challenges such as lack of basic needs, trauma, homelessness, parental mental health issues, poverty, and domestic or community violence.

Visit [rhahealth.org/childfirstform](https://rhahealth.org/childfirstform) or scan the QR code to download the referral form and submit it to [childandfamilyreferrals@rhanet.org](mailto:childandfamilyreferrals@rhanet.org).



**75%**

improvement in caregiver-child relationships

**70%**

decrease in symptoms of depression in caregivers

**68%**

decrease in child language problems

# FREQUENTLY ASKED QUESTIONS





## WHERE ARE CHILD FIRST SERVICES PROVIDED?

Child First services are provided in your home environment.

## WHO WILL I WORK WITH?

Child First services are delivered by a two-person team:

- **Licensed Clinician:** Specializes in early childhood development and works with caregivers and their children to build their relationships and promote healthy families.
- **Family Resource Partner:** Coordinates care for optimal success, connects the family with community resources, helps identify sources of stress to overcome, and assists caregivers establish healthy routines and joyful activities with their children.

RHA's teams receive intensive instruction using the research backed curriculum provided by Child First. Learn more at [childfirst.org](http://childfirst.org).

## HOW OFTEN WILL YOU VISIT?

Visits are determined by partnerships with families. Typically, families receive visits twice per week during the first month, which is considered the assessment period. The family is then transitioned to one visit a week or more, depending on the needs of the child and family. Visits typically last 1 - 1.5 hours.



# FREQUENTLY ASKED QUESTIONS





## CAN YOU HELP ME WITH HOUSING, FINANCIAL RESOURCES, OR BABYSITTING?

While Child First does not pay bills, supply housing, babysit, or help with job seeking, we can:

- Link you to agencies that offer financial support.
- Connect you with agencies that offer childcare scholarships.
- Work on housing options by connecting you with community resources.
- Find agencies that can support you with obtaining employment.

## HOW LONG DO CHILD FIRST SERVICES LAST?

- Services generally last for 6 to 12 months, though they may continue longer based on individual family needs.
- Services are voluntary, meaning you can stop at any time.

## WHY RHA?

RHA has been providing child and adult services since 1989. We share a deep commitment to provide quality and responsive services to those in need. RHA is accredited by the Council on Quality and Leadership (CQL) and the Commission on Accreditation of Rehabilitation Facilities (CARF).





WHERE HUMANS BLOOM

1.800.848.0180

[rhahealthservices.org](http://rhahealthservices.org)