



Our Programs

With a focus on the whole family and a continuum of care, Wellroot's evidence-based programs are designed to keep families together whenever possible, provide short-term foster families when needed, and nurture and educate teens and young adults to break the cycle of trauma in their lives.

Healthy Families America

Healthy Families America (HFA) helps parents bring out the best in themselves through a dynamic home visitation program that supports prenatal and new moms with comprehensive parenting, secure attachments, health and wellness, child development, family strengthening, stress reduction, and building protective factors.



Positive Parenting Program

Triple P is a research-based parenting and family support system designed to serve children and teens who are struggling with behavioral and emotional challenges by offering parents strategies to help them confidently manage their children's behavior.



Functional Family Therapy

Functional Family Therapy offers in-home therapeutic services for families with youth aged 11-18 who are working through complex behavioral challenges, mental health episodes, substance abuse, and traumatic events.



Well-rooted and Firmly Planted

Foster Care

From their first steps to their high school graduation, there are many milestones in a young person's life that can be enriched by the love and support of a nurturing foster family. When a family makes room in their hearts and their home through foster care, they give a young person a real chance to thrive.



Transitional & Independent Living

Young people transitioning from foster care to adulthood deserve healthy connections, a sense of control over their environment, and strong self-confidence so that they can become the best version of themselves. That's why, in addition to foster care for children, we also serve young adults aged 18-21 as they transition from foster care to adulthood.

Family Housing

The prospect of homelessness is frightening, overwhelming, stressful, and traumatic. Wellroot programming offers our families housing, stability and a safety net of support services focused on self-sufficiency, career development, continuing education, financial management, parenting, and personal development.





Overview

The mission of First Steps is to provide universal support services for all expectant parents and all families with children ages birth to five. First Steps Georgia provides families with parenting information on topics relevant to parent and child health and safety and a guide containing information on community resources appropriate for expectant parents and children birth to five and their families.

First Steps services also include providing referrals to relevant resources and age-appropriate information in at least the following categories:

- Maternal Health
- Newborn/Child Health
- Home and Child Safety
- Community and Family Safety
- School Readiness
- Family Economic Self-sufficiency

Objectives

- Short Term: To provide parents with support and resources to address family needs.
- Long Term: To improve family and child health, home and community safety, school readiness, and the economics of the family.

Outcomes

The primary goal of program services is to strengthen families' concrete connections and, in turn, build protective factors by providing parents with relevant and age-appropriate information on the following topics: maternal health, newborn and child health, child safety, early learning, family violence, and self-sufficiency.

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Learn more or submit a referral at

wellroot.org/hfa





Home Visiting



Providing a Successful Foundation

Mothers are identified and enrolled in the program before giving birth or up to three months after the baby's arrival.

Family Support Specialists visit the home once a week during infancy and phase up to monthly visits focusing on attachment, developmental milestones, and family support.



Home Visiting

- Home visiting occurs weekly, biweekly, or monthly depending on the assessment and service plan
- Services can begin prenatally (or up to when child is 3 months) and last until the target child turns 3 years
- Growing Great Kids Curriculum focus areas
 - Comprehensive parenting
 - Building secure attachment
 - Health and wellness
 - Child development
 - Family strengthening
 - Reducing family stress
 - Building protective factors
- Services are delivered in a strengths-based and parent-driven way

Program Outcomes



of children had no reports of maltreatment



reduction in pregnancy complications



of children had a caregiver read or sing songs daily

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