



CommonSpirit St. Joseph's Children Outcome Study: Report in Brief – Summary

March 2025

Prepared for: CommonSpirit St. Joseph's Children

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Background

Home visiting programs (HVPs) provide services to families to raise healthy children. Research since the 1970s has demonstrated the effectiveness of HVPs for producing positive outcomes, including improved cognitive and socioemotional development and reduced incidences of child abuse and neglect. New Mexico has the highest rate of adverse childhood experiences (ACEs) of any state, which contributes to behavioral problems in adulthood.

The CS-SJC Home Visiting Program

The CommonSpirit St. Joseph's Children (CS-SJC) home visiting program is an HVP designed specifically for use in New Mexican communities. Unlike most HVPs, CS-SJC home visitors are “paraprofessionals” (trained home visitor staff) that come from the cultural communities they serve (e.g., Hispanic, Latino, and American Indian).

Outcome Study of the CS-SJC Program

We are conducting a 22-year longitudinal study assessing outcomes for families who received the CS-SJC service. A total of 376 families were consented to participate in the outcome study, beginning in 2016. Half (188) were randomly assigned to receive the CS-SJC service (the “treatment group”) and half (188) were assigned to the comparison group. We are tracking families from both groups through time to assess whether child and family outcomes are better for those who received the CS-SJC service compared with those who did not.

This brief report presents findings for two critical outcome domains: (1) parenting attitudes, and (2) child development. Parenting attitudes refer to the ways parents think about and engage in childrearing, which is important for fostering a safe and nurturing environment for child development. This was assessed using the AAPI measure. Child development refers to the timely acquisition of the cognitive, motor, and social emotional skills and capacities necessary to succeed in school and later life. This was assessed using the ASQ-3.

Findings

Results show statistically significant improvements in both parenting attitudes and child development for families who received the CS-SJC service. These improvements were measured across multiple timepoints. For the AAPI, moderate improvements were observed at the 12, 24, and 36-month timepoints. For the ASQ-3, moderate to large improvements were observed at 2-months, 12-months, 18-months, and 24-months.

Taken together, these results suggest the CS-SJC program is effective at improving child development and parenting attitudes among New Mexican families.

Takeaways

Intervening in early childhood may be an effective way to prevent behavioral problems that compound later in life. Past research shows HVPs can be effective at improving a range of early childhood outcomes. The results of the CS-SJC study demonstrate that these improvements can be achieved by HVPs in New Mexican communities.