

News Release

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For Immediate Release

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Launch of Healthy Families Program in Southwest Nebraska

Southwest Nebraska Public Health Department (SWNPHD) is pleased to announce the launch of Healthy Families Nebraska – Southwest, a voluntary home visiting program designed to support families during pregnancy and early childhood.

Healthy Families Nebraska – Southwest is an evidence-based home visiting model that provides support, education, and community connections to help families build strong foundations for their children. The program focuses on strengthening parent-child relationships, promoting healthy child development, and enhancing overall family well-being.

Through regular home visits with trained Family Support Specialists, families receive:

- Guidance on child development and positive parenting
- Support for maternal health and family well-being
- Assistance setting and achieving family goals
- Connections to local community resources

Participation is voluntary and offered at no cost to eligible families.

“This program allows us to walk alongside families during one of the most important seasons of life,” said Diana Garcia, Senior Program Manager at SWNPHD. “By providing early support, education, and connection, we are investing in stronger families and healthier communities across southwest Nebraska.”

How to Apply

The program prioritizes enrollment for prenatal mothers and families with infants up to three months of age, recognizing that early support can have a lasting impact on child development. However, any family who believes additional support would be beneficial is welcome to apply.

Referrals will be accepted beginning March 1st. Families may refer themselves, and referrals from healthcare providers, community partners, and community members are encouraged.

Referral forms are available:

- Online at swhealth.ne.gov under “Health Services”
- By contacting Southwest Nebraska Public Health Department directly at 308-345-4223

Healthy Families Nebraska – Southwest is funded through the Nebraska Maternal, Infant, and Early Childhood Home Visiting Program (N-MIECHV) in partnership with the Nebraska

Department of Health and Human Services. By integrating this program within SWNPHD's existing maternal and child health services, the department continues its commitment to protecting and improving community health through prevention, education, and evidence-based public health initiatives.

For more information contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website swhealth.ne.gov contains many resources and additional information helpful to prevent disease, promote and protect health. Follow us on Facebook, Instagram, and YouTube.

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