



Headway Receives \$150,000 Otto Bremer Trust Grant

Funds will enable Headway to continue and expand culturally competent home visiting services for at-risk families via its Family Spirit program for American Indian families and provide Healthy Families program services for East African families.

Headway Emotional Health Services recently received a \$150,000 grant from the Otto Bremer Trust, which will enable Headway to expand Family Spirit® home visiting services for American Indian families residing in Minneapolis and St. Paul, and expand enrollment and engagement of Healthy Families home visiting services to East African families.

The Family Spirit and Healthy Families evidence-based programs provide culturally tailored services for high-risk parents of newborns and infants. The services, provided by a specially trained infant mental health provider, enable parents to gain support, knowledge and skills that promote healthy attachment, development and lifestyle for themselves and their children.

“Headway is excited to expand the number of children and parents who will receive home visiting services. The Bremer grant provides a significant opportunity for Headway to offer culturally tailored services and supports for high risk parents and children,” said Headway CEO Pat Dale.

Headway has been providing Healthy Families services since 2008. In June 2017, Headway launched the Family Spirit evidence-based home visiting model, the first and only culturally focused early childhood home-visiting program designed by and for American Indian communities. With the Bremer grant, Headway will increase the number of American Indian families served and offer home visiting services to the local East African community.

“We are honored to work with the American Indian community and acknowledge the families who have participated in this voluntary program as a resource to further strengthen their family,” said Dale.