

DECEMBER 2020 EDITION

NEWSLINK



TENACIOUS CAREGIVING IN ACTION



Exclusive
NewsLink
Story!

CONTENT

This issue is dedicated to all of the tenacious nurses and families navigating virtually during this public health crisis.

#NursesforGood #NetworkStrong #TelehealthWorks



04 NFP IS MERGING WITH CHILD FIRST

With an unwavering commitment to serve more families with comprehensive services and to meet their unique needs, Nurse-Family Partnership is uniting with Child First. Learn more about the merger.

11 MEET NFP NURSE JOY

Roadtrip Nation will share Joy's story with students who are interested in a similar career path and want to learn more about what it takes to become an NFP nurse.



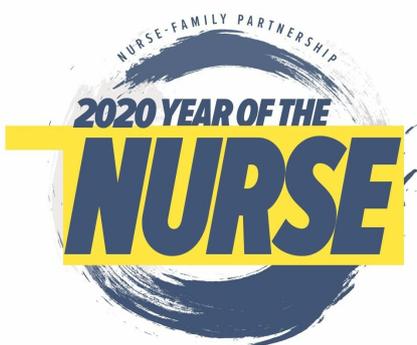
06 OVERCOMING ADDICTION

I was partying and drinking, then I tried coke, and soon it was heroin. I was homeless within six months.



09 CELEBRATING THE WINS

During these unprecedented times we're looking for ways to find the positive. Our Goal Mama App takes 1st place, we have a new COO, NFP nurses recognized for excellence and more!



DOCUMENTARY SPOTLIGHTS NFP



THE ANTIDOTE – Nurse-Family Partnership

Nurse-Family Partnership nurse Maria Cody is featured in a short documentary film that amplifies the **power of kindness and love**.

In the 12-minute film, THE ANTIDOTE – Nurse-Family Partnership, nurse Maria shows us to **change a community, a family and a child’s future**, you have to **start with the mother**. She instills kindness and love in the mothers she visits, who, in turn, share kindness and love with their children.

Maria knows what it is like to be a young mom. The one person who helped her through her delivery was a nurse. She says that nurse saved her. Maria became a nurse so she could help other moms and change lives.

Maria is a Nurse-Family Partnership nurse supervisor at MetroHealth in Cleveland, Ohio, and is one of **over 2,300 Nurse-Family Partnership nurses** serving first-

time moms and their babies across the country.

Directed by **Academy Award-nominee**, Kahane Cooperman, and **six-time Emmy winner**, John Hoffman, THE ANTIDOTE aims to drive a national conversation about the roles that **kindness, decency, compassion and respect** play in a civilized, democratic society.

THE ANTIDOTE includes a full-length film (available on Amazon Prime Video) and several short films (including the short film on nurse Maria – available online).

Just like THE ANTIDOTE tells stories of compassionate people building community, Nurse-Family Partnership nurses are intentionally making choices to lift others up and strengthen our communities.

Learn more about THE ANTIDOTE’s greater social impact campaign to spread kindness at <https://theantidotemovie.com/>

**WATCH MARIA’S STORY IN THE
ANTIDOTE – NURSE-FAMILY**

NURSE-FAMILY PARTNERSHIP AND CHILD FIRST HAVE UNITED!



With an unwavering commitment to serve more families with comprehensive services and to meet their unique needs, Nurse-Family Partnership is uniting with Child First.

Together, our unified organization will have a greater reach and offer a more holistic continuum of care for families and children experiencing the effects of poverty and adversity.

THE NATIONAL SERVICE OFFICE FOR



There are a number of essential benefits of this collaborative merger:

A HUMAN AND PUBLIC HEALTH IMPERATIVE:

We have a commitment to supporting and protecting children and caregivers from the adverse effects of toxic stress, especially now. We can fulfill this imperative with stronger supports, a more efficient model and a better understanding

of how to maximize public and private funds to have the greatest, longest-term human impact.

A COORDINATED CONTINUUM OF CARE:

By combining decades of work in prenatal health and early childhood development with individualized mental health and trauma expertise, we are able to serve families in a more holistic way, strengthening their stability,

connection, access to comprehensive services and long-term ability to thrive.

AN APPROACH GROUNDED IN RESPECT AND EMPATHY:

Both organizations share a family-focused and strength-based approach, relying upon the deep relationships formed in a home visiting environment to empower families to direct their own journey, with deeply committed and highly-trained teams of healthcare experts supporting that journey at every turn.

A SHARED COMMITMENT TO EVIDENCE AND LEARNING:

Nurse-Family Partnership and Child First share a combined 65-year history of best-in-class, peer-reviewed and highly regarded research and evidence. By bringing these two proven models under one national umbrella, we will join together in our shared value of learning and engaging in continuous quality improvement.

URGENCY TO SCALE:

Nurse-Family Partnership has spent more than 15 years effectively replicating and scaling its evidence based model. The opportunity to use that knowledge and infrastructure to bring Child First into significantly more homes nationwide is both exciting and essential for families and communities. We are committed to continue the breadth and efficiency of service delivery while remaining accountable to the quality of care and proven outcomes of each model now, and in the future.

WHAT HAPPENS NEXT:

While they will now operate under a shared national structure, the programs themselves will remain true to their original models and target populations. Over the next year we will continue the strategic and thoughtful process of integrating our teams to best serve the needs of the families we both serve.

MEET CHILD FIRST

Child First is a national, evidence-based, two-generation model that works with very vulnerable young children and families, providing intensive, home-based services.

When young children grow up in environments where there is violence, neglect, mental illness or substance abuse, the stress can be toxic to their developing brains. Intervention can prevent this damage. Scientific research demonstrates that we can make a difference if we:

- (1) work to connect families to needed community-based services to decrease the stress, and
- (2) build strong, loving, parent-child relationships that protect and heal the brain from trauma and stress. Our goal is a young brain focused on learning rather than a brain focused on survival.

Child First develops nurturing, consistent, and responsive parent-child relationships.



Watch Child First in Action

**LEARN MORE ABOUT
CHILD FIRST**

UNCONDITIONAL SUPPORT REGARDLESS OF WHERE SHE IS AT IN HER JOURNEY

Exclusive
NewsLink
Story!

““””

I CAME BACK FROM CALIFORNIA ON JULY 5, AND FOR THE FIRST THREE WEEKS, I WORKED TO GET MYSELF CLEAN WITHOUT HELP. IT WAS HARD AND MISERABLE. I HAD NEVER TRIED TO GET CLEAN. BUT, IN MY MIND, I HAD NEVER HAD SUCH A GOOD REASON TO GET CLEAN.

NFP MOM KRISTIN



A little girl named Skyler-Ivy lives in Tucson, Arizona, and she's the reason her mom, Kristin, does everything. Maybe most importantly, she's the reason Kristin stopped using heroin – and has kept that commitment for over a year.

A REASON FOR CHANGE

Last year, Kristin found out she was pregnant.

"I went to California to start a career in fashion. I was partying and drinking, then I tried coke, and soon it was heroin. I was homeless within six months," she said. "I don't know how it escalated so quickly, but it's easy to tell yourself that everyone is doing it."

Pregnant, homeless and committed to quitting drugs, Kristin knew she needed support. She called her mom, who drove to California and brought her back to Tucson.

During those initial days in Arizona, Kristin went to a local agency that specializes in pregnancy support. There, she learned about Nurse-Family Partnership. She was assigned a personal nurse – Dawn, an NFP nurse with Casa de los Ninos in Tucson.

"I came back from California on July 5, and for the first three weeks, I worked to get myself clean without

help," Kristin recalled. "It was hard and miserable. I had never tried to get clean. But, in my mind, I had never had such a good reason to get clean."

Kristin relapsed – just once, but once was enough for her to realize she needed help. "I was so disappointed in myself. I couldn't understand why I couldn't get healthy for my child."

She called Dawn and voluntarily checked into an in-patient rehabilitation facility.

"I only met Dawn a couple weeks before I went into rehab, but I called her. I didn't feel like I had to hide it from her," Kristin said. The important role Dawn has played as Kristin's nurse was highlighted in an October 2020 story in USA Today.

Throughout her stay at Arizona Rehabilitation Center, Dawn visited Kristin every week. "She was very clear from the start that she was getting better for herself and for her daughter," Dawn said. "We did our visits in rehab, and I would bring her extra things that were of interest to her beyond what I typically share with moms."

For Kristin, Dawn was a lifeline. "She came out every week the whole time I was there," she said. "Every time I

had questions, she would research the topic and bring it back. She would sit with me and listen to me and was so helpful. She never judged me for my mistakes. We just clicked."

Kristin graduated from rehab on Oct. 25 and decided to continue with an outpatient program. "I wanted to continue getting therapy until I had the baby. I really wanted to do whatever it took to stay clean and to get the help I needed."

Skyler-Ivy was born Dec. 28.

A REASON TO LEARN

"Kristin has a million questions," Dawn said. "It's wonderful to see how she notices every nuance of change about her daughter. I love how curious she is, and I love all the questions."

Many of Kristin's questions were typical of a first-time mom. "I didn't know what to expect. It's my first child, and I didn't have a lot of experience with other people's kids," she said. "Dawn helped ease some of my anxiety and would give me information about what my symptoms might be that week."

There were also questions about how Kristin's drug use before she learned she was pregnant might affect Skyler-Ivy. Thankfully, Skyler-Ivy was born without any signs of withdrawal or side effects from the medication Kristin takes to help her stay sober.

After Skyler-Ivy's birth, Kristin, recovering from an emergency C-section and struggling with breastfeeding, continued to rely on Dawn's advice and expertise. "It was stressful and really blissful at the same time. I felt helpless at times, but Dawn would come over, bring things for the baby and answer all of my questions."

As Kristin learned to be a mom, Dawn was there, connecting her with a lactation specialist and providing her with diapers, baby toys, tummy time mats and other resources through organizations Casa de los Ninos works with.

A REASON TO PERSEVERE

Just as Kristin was adjusting to a life without drugs and with a daughter, the COVID-19 pandemic struck. Her therapy through COPE Community Services and her recover meetings became virtual, and her visits with nurse Dawn had to shift to phone or video conference.

Dawn has been intentional about staying connected to

Kristin and the other moms she works with. "Kristin has been more isolated than other clients. She's trying to be sober with an infant. It's an amazing testimony of her fortitude," Dawn said.

Kristin was particularly interested in making sure her daughter was growing well and gaining weight, something Dawn would have helped monitor if face-to-face visits were possible. Instead, Dawn and Kristin figured out a way to outsmart the pandemic. "Dawn sanitizes the scale, leaves it on the front porch, goes back to her car and calls me," Kristin said, laughing. "Then I go get the scale, weigh Skyler-Ivy and put the scale back on the front porch so she can sanitize it again and put it in her car."

It's extra effort, but it's well worth it to Dawn. "She is such a great mom. I just adore her spirit and determination. And she is a powerhouse."

Kristin knows how far she's come from her life in California, and she wants her experience to help others. "I know that in the beginning, I didn't want to ask anyone for anything. So, a lot of times it would hold me back from getting the help I was wishing for," she said. "I want people to know that they're not alone and not be afraid to ask for help."

Even while Kristin is thankful she's been able to live with her mom, she's focused on building a more independent life for herself and Skyler-Ivy, setting and working to achieve one goal at a time. First on her list was finding a job. Dawn helped her get a one-year scholarship for daycare, and after several months of searching, Kristin found full-time work as a housekeeper at a Tucson hotel. Then she checked off getting a cell phone in her own name and getting a car. Next on the list is finding an apartment for herself and Skyler-Ivy.

These goals are paired with Kristin's hopes for Skyler-Ivy. "My main focuses are my sobriety and my daughter. I'm doing whatever I have to do so I can provide for her," said Kristin. "I want her to feel safe, protected and loved. I want to make sure that she's meeting all of her milestones, learning and thriving as a child. And I want her to always know that she's really, really loved."

Dawn attributes Kristin's success in her recovery and in motherhood to her perseverance. "She has worked very hard. She's just a strong, dynamic woman determined to succeed and be a good example for her daughter."

**KNOW A MOM WHO NEEDS THE SUPPORT OF AN NFP NURSE?
HAVE HER CALL/TEXT 844-637-6667**



HONORING THE YEAR OF THE NURSE BUILDING HEALTHY COMMUNITIES

As the International Year of the Nurse and Midwife draws to a close, please join Duke University School of Nursing and Nurse-Family Partnership for a virtual panel discussion to reflect on the unique – and critical – role of public health nurses in supporting healthy communities and addressing the social determinants of health. This work has taken on even greater urgency and importance in the face of the COVID-19 pandemic and the related economic and social disruptions. This expert panel will consider the ways in which public health nurses are serving communities in the face of crisis, how their practice is evolving, and how their work can help communities to improve health and build resilience, even in the face of the challenge of the pandemic.

DECEMBER 16, 2020

2:00-3:00 P.M. EST

REGISTER NOW

CHARLOTTE MIN-HARRIS NEW CHIEF OPERATING OFFICER

We are pleased to announce that Charlotte Min-Harris has joined Nurse-Family Partnership's National Service Office as chief operating officer. Min-Harris brings over three decades of leadership, operations and strategic development experience.

"Charlotte brings to this role extensive knowledge in nonprofit operations, philanthropy and government relations, and the value of collaboration," said Frank Daidone, president and CEO of NFP.



As COO, Min-Harris will set strategic direction for the operations group, which consists of program development, partner relations and partner development. In this role, she will build strategies to improve the service experience for customers and stakeholders. In addition, she will establish practices and processes that foster an inclusive environment, build cultural awareness and maximize the benefits of a diverse workforce.

"I am so excited about joining NFP as there is no better prevention program that deserves to be replicated and garner policymaker attention. NFP meets families where they are and truly changes lives," said Min-Harris.

CELEBRATING THE WINS



The Exceptional Impact Award celebrates individuals and organizations who have made a momentous impact on Nurse-Family Partnership's mission and vision for the future. Named for Robert F. Hill – our inaugural board chairman and one of the first recipients of the award – this award is given to those that have championed efforts to provide better opportunities for first-time mothers and their children. This year we recognized Verizon and Action Technologies Group for their partnership in providing iPhones at no cost to moms in need since the start of the COVID-19 pandemic and Board Member Sue Hagedorn who has lent her expertise to the organization since 2011.



Kay Kinsey, PhD, RN, FAAN is a highly respected leader in the field of public health. She is an advocate and champion for Nurse-Family Partnership and was a Nurse Administrator for 20 years. During her tenure, there were over 5,000 NFP families served in the greater Philadelphia area. She continuously embraced opportunities to improve and grow NFP, including advocating for participation in the Retention Intervention Study, the Mental Health Intervention Pilot and CollIN. Throughout her career she has been a champion for nurses' professional development through continuing education, certifications and membership in professional organizations.

Lynn Watt, RN of the NFP Blair County Team, has been selected as the 2020 Cameos of Caring® awardee for UPMC Home Health. Lynn has 23 years of nursing experience, 17 of those serving the community of Home Nursing Agency/UPMC with the past 11 years as a part of NFP. Lynn will attend the Cameos of Caring Awards Gala on March 6, 2021. The Cameos of Caring Program's goal is to bring recognition to the profession of nursing and to those individuals who represent it, by acknowledging nurses who demonstrate superior achievement in their clinical practice and decision-making skills, continue to find reward and pride in their profession and embody the spirit of nursing.



NFP VOICES HEARD!

"It is our collective voice that shapes our government and public policy to reflect our country's diversity and our shared values."

-- Frank Daidone, NSO CEO

Nurse-Family Partnership's mission is to create a future where all children are healthy, families thrive, communities prosper and the cycle of poverty is broken. This starts with a dedicated group of nurses who are unwavering in their holistic service to NFP's families—a group diverse not only in race, age and income level, but also in access to public services, representation and voting. The NFP National Service Office knows that our mission will only come to fruition through continued support of our nurses and families, which includes dedicated advocacy for equal representation and equity for all.

Throughout 2020, our Policy and Government Affairs team made a concerted effort to work toward equal representation for our economically and racially diverse families and advocates, and to assist them in their collective right to participate in our democracy. We partnered with the U.S. Census Bureau and two nonpartisan organizations (Vote Early Day and National Voter Registration Day) whose goals of increasing civic engagement and equalizing federal and state representation align with our mission.

Every ten years, the U.S. Census Bureau conducts a constitutionally mandated count of all citizens to determine America's population size. This data is then used to draw congressional and state legislative districts, and inform the allocation of \$1.5 trillion in federal funding. NFP's partnership with the U.S. Census Bureau was inspired by the recognition that communities who have the most to gain from public services, have historically been undercounted,

leading to allocation of vital and deserved resources elsewhere. According to research, Black children younger than five are systematically undercounted in decennial censuses, especially in comparison to their non-Black counterparts. Researchers estimated that Black children were underrepresented at twice the rate of their non-Black peers in the 1990 and 2010 censuses. This undercount negatively impacts crucial federal funding allocations to programs that are supposed to serve them like the Supplemental Nutrition Assistance Program (SNAP), the Temporary Assistance for Needy Families program (TANF) and the National School Lunch Program.

We sent reminders to fill out the census to all of our advocates via email and social media. We also partnered with NFP nurses to create a handout for NFP families, outlining the information and tools needed to successfully complete the census.

NFP also prioritized voter registration and education throughout this election because policies like Medicaid expansion, paid leave and child care, access to benefits like WIC and SNAP and enhanced broadband coverage were all on the ballot. Further, in any given election, between 35 and 60 percent of eligible voters don't cast a ballot, and a large portion of these folks are young, low-income or people of color. Our National Advocacy Team released its first-ever Voter Guide for the 2020 Election that included resources to help NFP advocates be safe and informed voters, and initiated targeted campaigns to ensure that advocates in each every state knew their districts voting deadlines. Nearly 2,000 individuals utilized the Voter Guide to make a voting plan and our Advocacy Team helped over 200 people check their registration status or register to vote.



**ALL
GIFTS
DOUBLED
BY DEC 31!**



DONATE TODAY!



“

Marital issues, financial issues, moms with their own health problems or babies with health problems – I could connect with them and understand where they were at and help them make change. I knew I was made to do this.

NURSE JOY

ROADTRIP NATION SPOTLIGHTS CAREER: NFP NURSE

Nurse Joy offers much more than health care, education and guidance to the moms at Nurse-Family Partnership at the Southern Nevada Health District in Las Vegas. She's a role model with hard experience in many of the challenges and anxieties first-time, low-income moms face.

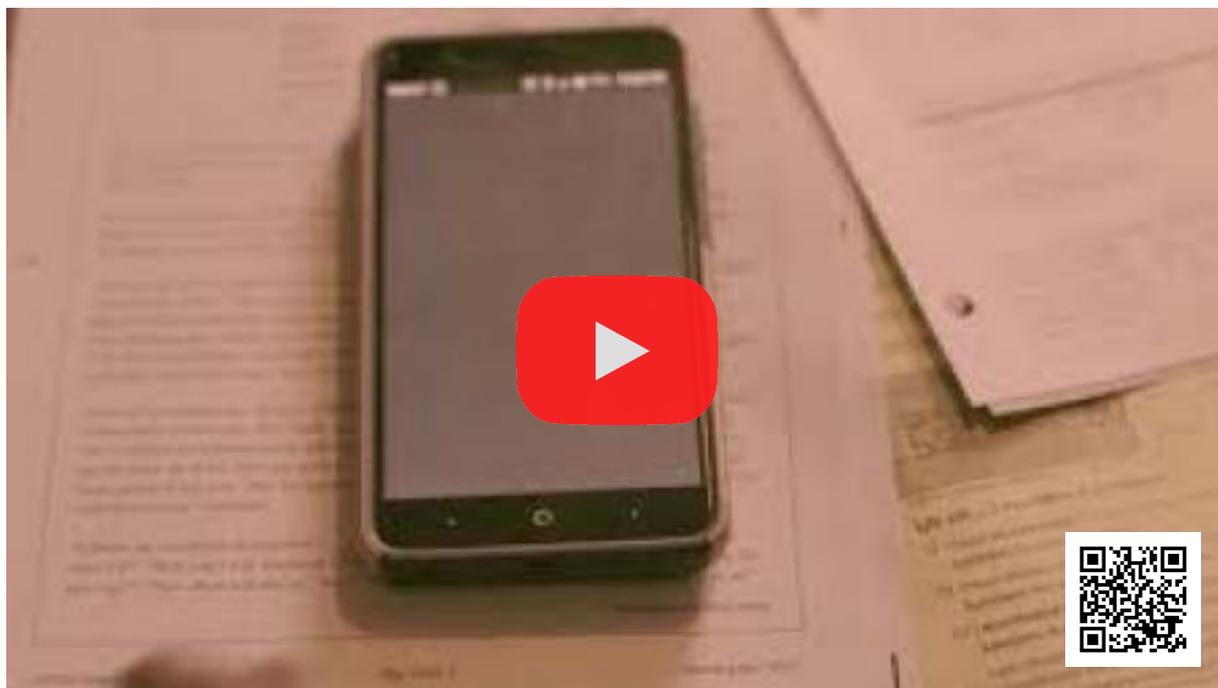
As part of the Roadtrip Nation tour, nurse Joy shared what it was like to be a single mom and pursue her dream career of nursing.

She now has her own Roadtrip Nation feature introducing students to what it takes to become an NFP nurse. Her video profile will be included in the educational curriculums of students (middle school, high school and college) across the country to consider the career of an NFP nurse.

READ MORE

WATCH VIDEO

GOAL MAMA TAKES 1ST PLACE MOBILE APP HELPS REACH MOMS



The Design Management Institute awarded Goal Mama first place in the dmi:Design Value Awards. These awards recognize teams who have delivered significant value through design or design management practices. The Goal Mama App was created with the collaboration of Nurse-Family Partnership, Ayogo and Hopelab. The app and companion nurse dashboard were developed to improve program engagement and retention, thereby enabling the best possible outcomes for mothers through the use of technology. It is now being rolled out to all 267 NFP network partners across the country and will ultimately reach the 60,000+ families served each year.

BRAIN DEVELOPMENT TOOLS WEE GALLERY SUPPORTING NFP BABIES



When Surya Sajnani, a graphic designer, and Dave Pinto, a teacher, had their first baby, they wanted to be the best parents they could be. Like many first-time parents, they did a bunch of research – and learned a lot. They discovered that babies’ development in the first 5 years dwarfs everything they learn for the rest of their lives, that infants can only see 12 to 15 inches away and that newborns are most taken with their parents’ faces and geometric figures in black and white. Inspired by the latter idea, they conceived **Wee Gallery**, a small, high-end baby products company serving primarily first-time mothers. Understanding that their products entertain and educate not only their customers but have the potential to enhance brain development for all babies, Surya and Dave forged an alliance with Nurse-Family Partnership. Since 2012, Wee Gallery has donated over \$40,000 in products to foster learning for more babies – no matter their family’s income level. Their generosity has provided engaging baby products to NFP families across the country and helps build a better world.

“We love working with NFP because their mission of serving mother and baby in the first few years of life to create a stable foundation for strong families, aligns completely with ours.”



CLASS OF 2020 DIGITAL YEARBOOK

What better way to celebrate a tough year than seeing babies grow into toddlers? This year has been difficult and made connecting with each other much more challenging. To help families graduating from Nurse-Family Partnership safely celebrate, we held a National Virtual Graduation inviting all nurses and NFP graduates to join us for an hour of celebration.

As part of this new tradition to recognize tenacious nurses and brave parents, we asked nurses and families to send in graduation photos to commemorate their experience with NFP for the graduation video. The response was overwhelming! Families wanted to share about their time with their nurse and nurses wanted to give shout-outs to their clients that they have supported over 2 ½ years. Therefore, there was a need to take it a bit further.

We wanted a place to collect all of these smiling faces and memories of NFP. So we launched our first ever NFP Digital Yearbook! The digital yearbook is collection of pictures and quotes sent

directly from families who have started their parenting journey with NFP.

The yearbook features quotes from parents who are speaking from their heart reflecting on their journey with a nurse who was once a stranger, who has now become more like family. Mom Alicia writes, "Our nurse Sandra was always available and willing to go above and beyond. I truly consider her a part of our family and a great friend!"

Nurses also gave their families encouragement by sharing warm thoughts such as Nurse Cindy saying, "My best wishes to my wonderful moms who have/and or will graduate in 2020. Each one has been such an inspiration to me, as I have watched them grow in their role as a first-time mother."

Despite the challenges that we have faced, we all found a bit of happiness and light knowing that families wanted to share their experience in the NFP program and celebrate the positive impact an NFP nurse has made in their life.

JOIN THE CONVERSATION WITH US ON SOCIAL



Nurse-Family Partnership

October 13 · 🌐



Translating nursing into advocacy. When NFP nurse Erin Blair saw how Philadelphia's outdated lead law was impacting the families she serves, she knew she had to do something. Hear Erin as she joins the At the Core of Care podcast to speak about her experience →

<https://bit.ly/2H18RRc>



NURSELEDCARE.PHMC.ORG

NNCC Nurse Translates Nursing Into Advocacy

At the Core of Care · Empowering Nurses To Change Public Policy Empowering Nurses to Change Public Policy At the Core of Care Erin...





FROM FRANK DAIDONE

OUR NEXT CHAPTER

Dear friends,

As we shared in this issue, Nurse-Family Partnership and the National Service Office have embarked on an exciting new chapter by uniting with Child First, a fellow evidence-based, two-generation model and leader in providing mental health supports for families facing trauma and adversity. This month, we officially and enthusiastically welcomed the Child First team – led by the program’s founder, Dr. Darcy Lowell – into the fold of the National Service Office as a new, unified entity.

It’s an honor to join with Child First, an organization with which NFP shares so much – a commitment to addressing the adverse effects of toxic stress and trauma, a commitment to rigorous evidence and continuous learning, an urgency to scale to reach as many families as possible and unlock lasting change for communities.

The challenges of 2020 have continued to reveal the need for equitable solutions that support family well-being, focus on prevention and spur long-term community change. We’re also seeing an intense and growing need for mental health supports in the communities we serve – and this merger is one way that we’re answering these calls to do more for families. Together, Nurse-Family Partnership and Child First will have a far greater reach and offer a more holistic continuum of care

for families. The opportunity to scale together, to learn from one another, to find efficiencies while always improving for the families we serve is truly a glimpse into the future of health and human services.

Together, we will undertake a thoughtful, strategic process to integrate our teams and our work in 2021. This is just the beginning of a new phase for both programs – one that we believe will be a game changer for families and communities. We look forward to continuing this journey together with you, our dedicated community of support.

Onward,

“I am so excited to be entering this new phase of growth and innovation as a leader within our combined organization....This opportunity and honor to partner with NFP and mutually extend and enhance our services is thrilling.”

-- Dr. Darcy Lowell
Chief Child First and
Mental Health Officer



DR. DARCY LOWELL



Nurse-Family Partnership

Helping First-Time Parents Succeed®

NewsLink is a publication produced by the NFP NSO Marketing & Communications Department.

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