

FALL 2019 EDITION

NEWSLINK

TENACIOUS CAREGIVER AWARDS

A Celebration of
Our Movement

EXCLUSIVE STORY

Having a Nurse was Crucial

Great Support Makes
SC Success Happen

HOW ARE THEY NOW?

18-YEAR FOLLOW-UP STUDIES
SHOW SIGNIFICANT OUTCOMES

 Nurse-Family
Partnership
Helping First-Time Parents Succeed

HOW ARE THEY NOW?

18-year follow-up studies show significant outcomes



Pediatrics – a leading, peer-reviewed journal of the American Academy of Pediatrics – has published two studies of moms and children in Nurse-Family Partnership’s Memphis trial. These studies are the **largest and longest follow-ups of Nurse-Family Partnership** to measure youth cognitive development and academic performance and cost savings per family to government.

“IT’S RARE FOR STUDIES OF EARLY INTERVENTION PROGRAMS TO EXAMINE EARLY-INTERVENTION EFFECTS OVER AN 18-YEAR PERIOD,” SAID DAVID OLDS, PHD, PROFESSOR OF PEDIATRICS AT UNIVERSITY OF COLORADO AND ONE OF THE LEAD INVESTIGATORS OF THE STUDIES. “THIS NEW EVIDENCE SHOWS PROMISE THAT NURSE-FAMILY PARTNERSHIP’S EFFECTS MAY CARRY OVER INTO ADULTHOOD.”



IMPROVED HIGH SCHOOL GRADUATIONS WITH HONORS

IMPROVED TEEN OUTCOMES

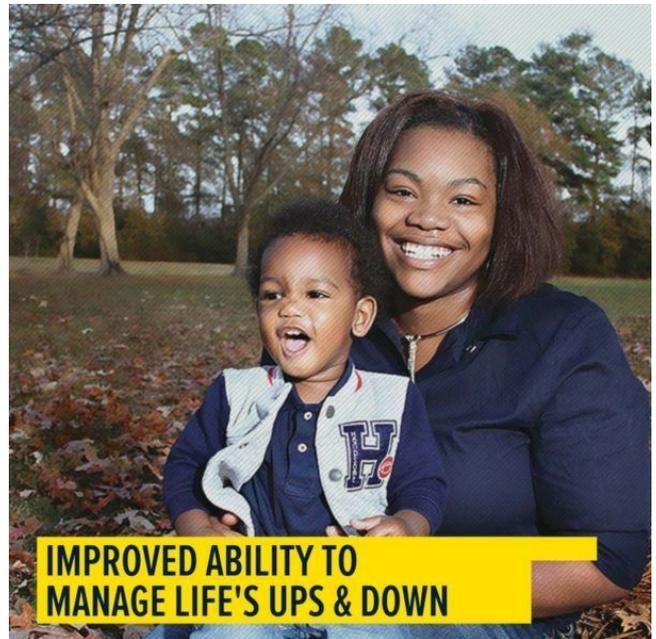
Children, whose mothers had an NFP nurse, had significantly improved cognitive outcomes and academic performance at age 18 compared to children in the control group. The following benefits were observed for the children born to high-risk mothers with limited psychological resources to cope with poverty, that is, those with lower intellectual functioning, mental health and sense of mastery:

- **Math achievement scores**
- **Receptive language abilities**
- **Working memory**
- **Ability to accurately read others’ emotions**

In addition, female children born to all mothers participating in NFP, as a trend, had fewer convictions at age 18. There were no other beneficial effects of the program on children’s behavioral health.

IMPROVED FAMILY ECONOMIC SELF-SUFFICIENCY OUTCOMES

Mothers with an NFP nurse had improved economic self-sufficiency at the 18-year follow-up. They reported greater confidence in their ability to manage life challenges, were significantly more likely to be married and had spouses who were employed 14 months longer than those in the control group. There were no other program effects on maternal self-reported behavioral health.



“WE KNOW THAT MOTHERS PARTICIPATING IN NURSE-FAMILY PARTNERSHIP TRULY CHANGED THE LIFE COURSE FOR THEMSELVES AND THEIR CHILDREN,” SAID FRANK DAIDONE, PRESIDENT AND CEO OF NURSE-FAMILY PARTNERSHIP. “THERE’S NO BETTER PUBLIC INVESTMENT - THAN INVESTING IN BUILDING STRONGER FAMILIES.”

GOVERNMENT COST SAVINGS

The evaluation of Nurse-Family Partnership measures the cost savings to government in reduced public benefits over an 18-year period. NFP saved the government \$17,310 per family in reduced public benefits and resulted in a net savings of \$4,732 in 2009 dollars.

\$4732
NET SAVINGS PER FAMILY

This represents a 9.0% reduction in public benefit per family. This government savings came from reduced costs of Medicaid, SNAP and welfare cash assistance over 18 years. The reduction in public benefit costs was explained in part by nurse-visited mothers better planning subsequent pregnancies.

SHARE THE NEWS ON SOCIAL

THE MEMPHIS STUDY

- began in 1990
- 89% African-American
- 67% under 18
- 85% lived in households below the federal poverty level

PEDIATRICS JOURNAL

Read study abstracts and watch David Olds present findings
Mothers Study
Youth Study
[Note: you have to have a subscription to Pediatrics to access full article.]

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Improves Youth Cognition and
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Research Trials and Outcomes

HAVING A NURSE WAS CRUCIAL



Tobi, Athena's 6-year-old son, sits beside her on the sofa watching her homework videos and dreaming of being a scientist just like his mom. She's studying astrophysics and wants someday to work for NASA.

She'd also like to take Tobi to live in Chile because it has one of the biggest telescopes in the world.

The two have come a long way since she got pregnant and dropped out of school at 15.

"It definitely was scary," said Athena, now 22 and living in Tempe, AZ, "I didn't know what to expect or how to handle it. I wasn't planning to get pregnant, that's for sure."

One key factor in her success was her relationship with Catrina, an NFP nurse at the Maricopa County Department of Public Health.

"I felt embarrassed when I got pregnant," Athena said. "It's such a hard situation when you're so young. You get so much judgment from people."

And though her mom was caring and supportive, Athena said, "It's nice to have someone in your life who isn't family and isn't judgmental. Nurse Catrina never made me feel like getting pregnant was a bad thing."

She was just there to help.

"A lot of times, doctors and nurses don't see the person and how she really lives behind those doors," Catrina said. "When you're privy to that and have an opportunity to become a mentor and a friend, you're the keeper of the promise. There are women out there who never hear a positive thing about themselves as mothers, so it's really important to say, Congratulations. Wow, you're doing a great job."

Right from the start, having a nurse was crucial for Athena.

She had surgery to remove her gallbladder and, a week later, learned that she was two months pregnant, a situation that was understandably unnerving. Her mom saw some information about

Nurse-Family Partnership in a doctor's office and suggested Athena make the call.

Nurse Catrina provided information and advice that helped her cope with the situation.

Later in the pregnancy, Athena started vomiting and her feet and legs swelled severely. Her doctor offered little advice and Athena felt like she wasn't being heard.

"Nurse Catrina gave me the push I needed to switch doctors," Athena said.

The new doctor immediately diagnosed Athena with indications of preeclampsia, began monitoring her closely and decided for her safety to induce labor at 38 weeks.

"Athena was so upset about the care she was getting, so I suggested she get a second opinion," said Catrina. "Then, even though it was late in her pregnancy, she decided to switch doctors. She was brave and we all were so happy with the outcome."

Tobi was 8 pounds, 9 ounces at birth and "super healthy," Athena said. Nurse Catrina provided instruction and activities for Athena to help her nurture Tobi's growth and development.

"He hit all his developmental milestones on time," she said.

Nurse Catrina helped Athena get Tobi coverage under the Arizona Children's Health Insurance Program. She helped her find low-cost baby clothes, a breast pump and other gear, and taught her how to do baby massage.

"I'd never heard about baby massage," Athena said, "but nurse Catrina gave me a whole class on it. It helps a lot."

Once Athena was comfortable with her new routine as a mom, Catrina helped her access

online programs so she could finish high school. "My mom is definitely my rock and one of my best friends," Athena said, "but I made her a grandmother when she was in her 30s. She was working, so nurse Catrina helped me with everything. Sure, you can find a million answers on Google, but you never know which one works. It would have been really hard for me without her."

Catrina also gave Athena the freedom to think about herself.

"I got married when I was 17 and I was so focused on growing up so fast that I didn't have time to focus on myself," she said.

Athena is separated from her husband – Tobi's dad – who is in the military and deployed overseas.

Now, as she studies at Coconino Community College and makes plans to transfer to Arizona State University next year, she is working hard to carve an ambitious path as a woman and a mother.

Tobi is a tall, skinny first-grader who loves school, is obsessed with karate and already has passport stamps from Cyprus, China, Korea, Turkey, Norway and the United Kingdom. "He's been on 28 plane trips and he's a perfect travel buddy," Athena said.

Catrina has great confidence in the determined young mom. "When I met her and she was only 15, I remember thinking, 'Wow, she's an amazing person. I don't think she realizes how much she has accomplished.' "

Her plans for the future are serious, not just starry-eyed dreaming, Catrina said.

"A lot of people have underestimated her in her life. She's a brave and determined young woman. I do believe she'll accomplish anything she sets her heart to achieve."

THE NEW DOCTOR IMMEDIATELY DIAGNOSED ATHENA WITH INDICATIONS OF PREECLAMPSIA, BEGAN MONITORING HER CLOSELY AND DECIDED FOR HER SAFETY TO INDUCE LABOR AT 38 WEEKS.

TENACIOUS CAREGIVER AWARDS

A celebration of our movement



The National Service Office presented this year's Tenacious Caregiver Awards to a room bursting with NFP spirit, collective celebration and standing ovations during the 2019 National Symposium in Nashville.

This award was first created to recognize NFP teams with an exceptional commitment to improve the lives of our families and communities. However, we've had to expand our categories to better recognize the magnitude of tenacity within in our network.

This year's awards were divided into four categories: NFP Nurse, Nurse Supervisor, Administrator and Network Partner

NFP NURSE

KEISHA LUCAS from Forsyth County Health Department, North Carolina. This award is presented to an exceptional NFP nurse who shows commitment to the model and their clients.

Keisha has been an NFP nurse for 16 years, completing more than 5,800 visits with over 200 new moms and approximately 100 graduates.

"What we do as nurses is such a blessing," Keisha said. "What inspires and motivates me is seeing my clients achieve their goals and watching their babies reach their milestones."

NFP NURSE SUPERVISOR

MONOUCHEKA CHERY from Broward County Regional Health Planning Council, Florida. This award is presented to an NFP nurse supervisor whose team is at or above funded capacity and has excellent nurse retention.

Manoucheka's team has doubled in size while maintaining 100% nurse retention. She achieves this through her emphasis on reflective supervision, by caring deeply for her team and the families they serve.

NFP NETWORK PARTNER

CARE RING NFP, located in Charlotte, NC, has conducted more than 15,000 home visits serving more than 1,100 families since implementing NFP in Mecklenburg County in 2009.

"Every day our nurses live their passion and demonstrate their personal commitment to help hundreds of first-time parents in Charlotte succeed, and this award enriches and further fuels their passion," Carolyn Mullins, chief operating officer of Care Ring said.

Care Ring's leadership, nurses, nurse supervisors and administrative assistants have been instrumental in developing close partnerships with over 15 agencies in the community.

In 2018, Care Ring NFP served more than 300 families in Mecklenburg County, NC.

NFP ADMINISTRATOR

PATRICIA YODER from NFP of Chester County, Pennsylvania. This award is given to administrators who are at or above funded capacity, have high nurse retention, and who secure multiple sustainable funding streams.

"I was surprised when Dr. Olds himself presented the award to me," she said. "He's been my 'hero' ever since I discovered his research in graduate school many years ago!"

Pat is an NFP hero in her own sense. In the course of her 30-year career at the Chester County Health Department, Patricia wrote the grant that brought NFP to Chester County 18 years ago and has been instrumental to maintain and gain new funding.

"When I reflect back over the years, I'm a bit awe-struck with how so many pieces have fallen into place – funding, research, national and state leadership, great local staff – to build local and national momentum for the value of NFP," she said.

THE CORE OF OUR AWARDS

Each Tenacious Caregiver this year demonstrated the humility and passion that we all share. We are filled with gratitude to know that thousands of individuals just like them comprise our network and drive our movement.

We extend our sincerest recognition and gratitude to every individual who is a part of our family at Nurse-Family Partnership.

ROBERT F. HILL AWARD FOR EXCEPTIONAL IMPACT



HOPELAB, a social innovation lab, received the Robert F. Hill Award for Exceptional Impact. Their leadership and vision led to the creation of Goal Mama, the first mobile app of its kind developed exclusively for Nurse-Family Partnership moms and nurses.

"It is an honor to receive the Robert F. Hill Award for Exceptional Impact from Nurse-Family Partnership," said Margaret Laws, president and CEO of Hopelab.

"When we embarked on this project together, we believed our co-creation process could significantly improve the lives of vulnerable families across the country."

SUCCESS IN SOUTH CAROLINA

When Chris Bishop tries to describe the impact that Nurse-Family Partnership has had on South Carolina, all he has to do is mention Hazel.

As executive director for regional expansion in South Carolina, Chris knows that talking about its cost-effectiveness doesn't begin to tell the story.

Chris met Hazel when he accompanied Felicia, an NFP nurse, on a home visit to meet Brittany, a 19-year-old first-time mom.

"Before we even walked inside their home, I could see there were serious challenges," Chris said. "It was a chaotic front yard and multiple generations of the family were living in a very small space. It was very crowded and I thought, 'Holy cow, she's got a lot going on.'"

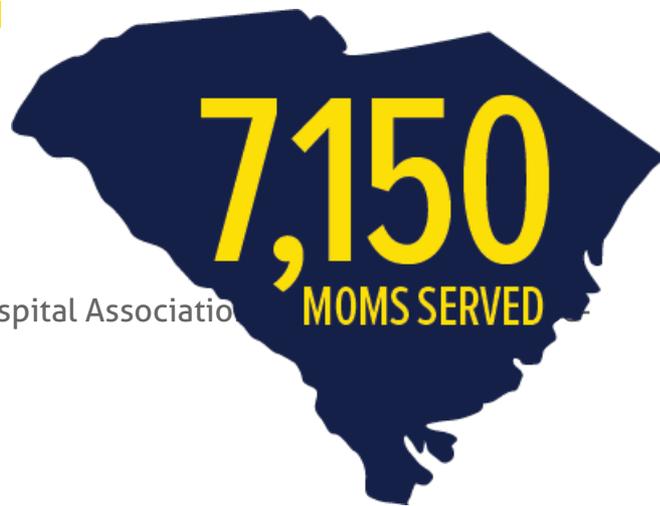
Then, around the corner came "this burst of energy. It was Hazel, just over a year old with a huge smile. She was engaging, active and obviously precocious."

Brittany was juggling caring for Hazel and working at a fast-food restaurant, but with guidance from Nurse Felicia, the young mother was doing remarkably well. Hazel was healthy, on target for all her physical and developmental milestones and clearly a happy little girl.

"We've got a mom whose daughter was born without complications," Chris said. "She's focused on her life goals and advocating for herself."

This is what success looks like in South Carolina, and on Sept. 23, Nurse-Family Partnership CEO Frank Daidone; Christian Soura, vice president of the South Carolina

Hospital Association



Family Partnership Board of Directors; and about 80 supporters of the statewide program gathered to celebrate its 10th anniversary.

Dr. Amy Crockett, an obstetrician-gynecologist at Prisma Health-Upstate in Greenville, S.C.; Harvey Galloway, former executive director of the BlueCross BlueShield of South Carolina Foundation; and South Carolina state Sen. Thomas Alexander were honored for their key roles in bringing Nurse-Family Partnership services to more than 7,150 first-time moms in the past 10 years.

Independent evaluators are conducting a randomized controlled trial to measure the impact of Nurse-Family Partnership in South Carolina. It is under the direction of the Jameel Poverty Action Lab at the Massachusetts Institute of Technology and the Government Performance Lab at Harvard whose leaders, Abhijit Banerjee and Esther Duflo from MIT and Michael Kremer from Harvard, won the 2019 Nobel Prize in Economic Sciences for their work to evaluate poverty programs around the world.

Chris said 6,000 South Carolina women will be involved in the study over several years. The low-income, first-time moms will be randomly assigned with one-third assigned to a control group and the rest receiving nurse home visits under Nurse-Family Partnership's protocols.

This was the first Pay for Success social-impact funding program designed to improve maternal and child health, and it enables Nurse-Family



Partnership to reach more moms in a shorter period of time in both urban and rural areas where access to health care is limited and the number of vulnerable families is great.

Outcomes will be measured using four metrics: reductions in pre-term births, reductions in child hospitalization and emergency department use due to injuries, an increase in healthy spacing between births, and a significant number of participants who live in designated low-income ZIP codes.

Nurse-Family Partnership came to South Carolina in 2009 mostly because of the visionary leadership of Galloway and Rhett Mabry, president and CEO of the Duke Endowment.

“At that time, Rhett was vice president of the Duke Endowment,” Chris said. “He went on a home visit and became a great champion of Nurse-Family Partnership.”

Nurse-Family Partnership now serves 34 counties, has a cadre of dedicated volunteers and has demonstrated the importance of early intervention in the lives of vulnerable families.



Pay For Success (PFS) is a three-way contract between government, a provider and investors in which investors provide funding upfront to pay for program services, and the government is only required to pay back investors if and when the provider meets agreed-upon outcome metrics.



Nurses, friends and family came together to recognize the graduation of 16 moms from the University of Texas Center at Tyler Nurse-Family Partnership program. The event was a joyful celebration, with certificates to recognize the accomplishments of each NFP mom, and storytime to keep the toddlers engaged. Our National Alumni Group was pleased to support this event and to welcome these NFP moms in our growing national community of NFP Alumni, a group of almost 800 incredible NFP graduates who are committed to staying connected and paying it forward with Nurse-Family Partnership.

GRADUATION CELEBRATIONS

FACEBOOK LIVE EVENT

A CONVERSATION WITH NFP GRADUATES



Join us live to meet three tenacious Nurse-Family Partnership Alumnae and hear their personal story of triumph and success years after they graduated.

This Giving Tuesday conversation is a celebration that highlights the gifts our moms and their families have received and how they've been inspired to give back.

TUNE IN FOR A SPECIAL ANNOUNCEMENT!

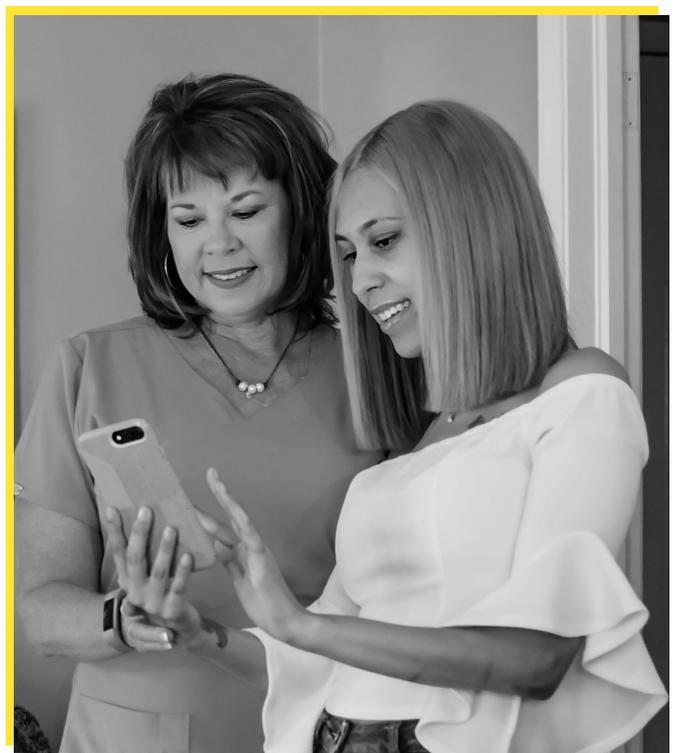
JOHNSON & JOHNSON NURSING NEW APP HELPS MOMS SET GOALS

Johnson & Johnson Nursing is talking about Nurse-Family Partnership.

The October Notes on Nursing e-digest, sent to over 60,000 nurses, spotlights our new Goal Mama App. The story features NFP nurse Kathy, mom Kayla and her daughter Sidney from NFP at Gift of Life in Montgomery, Alabama.

"I want to show Kayla how strong and resilient she is, and the app allows me to regularly remind her of her incredible qualities and showcase why goal setting is important. I've seen her grow so much over the past few months by taking ownership of and reaching her goals."

**A NEW APP IS HELPING NURSES
PARTNER WITH FIRST-TIME MOMS
TO ACHIEVE THEIR GOALS**



HITTING A HIGH NOTE IN NASHVILLE



The National Symposium offers NFP nurses and staff from across the county an opportunity to come together to meet and learn from each other, and advance their nursing practice through inspiring and educational sessions.

The 2019 NFP National Symposium By the Numbers:

Attendees from 31 states

262 Nurse Home-Visitors

92 Nurse Supervisors

31 Administrators

15 Full Scholarships

5 Tenacious Caregiver Awards

57 NSO Staff

...537 fruit kabobs, 870 Nashville Hot Catfish Sliders and 487 red velvet cups!

General Sessions on Nurstory, Goal Mama and Maternal Mortality were inspirational and thought provoking. 15 Breakout Sessions were offered including: Deepening Reflective Practice, Dads and NFP, Responding to Intimate Partner Violence in Practice and much more.

Keynote speaker Rear Admiral Sylvia Trent-Adams, PhD, RN, FAAN, addressed a packed room eager to learn about her work to improve access to care for poor and underserved communities. Rear Admiral Trent-Adams is the highest ranking nurse in the country and one of the top public health leaders in the nation.

Thank you to all our Sponsors – Genetech, Medela, Happy Family, Athena and AmeriHealth Caritas – for their generous support of the 2019 NFP National Symposium.

Work is already underway for the 2020 NFP National Symposium in Detroit. Registration will open in January, 2020.

REACHING MORE FAMILIES

Serving their communities for 20 Years



Oregon and Washington celebrated their anniversaries in their state capitols—'Educate and Celebrate' was their slogan. The objective was to educate lawmakers on how the intensive, long-term, targeted home visiting model of NFP has delivered positive outcomes for families over the last 20 years.

Louisiana hosted a 20th Anniversary Advocacy Day at the state capitol. Graduates and volunteer advocates came from across the state to advocate for NFP.

Pennsylvania celebrated its 20th Anniversary by honoring the original teams at the 2019 Statewide NFP Nurses Conference.

JOIN THE CONVERSATION WITH US ON SOCIAL



Nurse-Family Partnership November 1 at 5:00 PM · 🌐

Today, in honor of Native American Heritage Month, we celebrate and lift all the indigenous mothers, parents, family members and caregivers across the country who help raise children with love and purpose.

For a decade, American Indian and Alaska Native nations, tribes and leaders have invited NFP nurses to help build communities where both children and families can thrive.

We believe and respect that every family is an expert on their own life.

JOIN US TO CELEBRATE -

NATIVE AMERICAN HERITAGE MONTH

 Nurse-Family Partnership
Helping First-Time Parents Succeed





FROM FRANK DAIDONE

LAYING THE FOUNDATION FOR STRONGER FAMILIES

Nearly 30 years ago, our founder Dr. David Olds initiated the second randomized, controlled trial of the Nurse-Family Partnership model in Memphis, Tennessee. This week, we're excited to share the results of a follow-up study from that trial – which followed the families who enrolled in NFP in Memphis over 18 years, measuring the impact of the program on their health and life-course.

As you read earlier in this edition of NewsLink, this study demonstrated significant, long-term outcomes for both moms and children in NFP, as well as significant cost savings to government. This gives further evidence to Dr. Olds's theory behind NFP – that the partnership between a first-time family and a public health nurse can spur long-term, lasting impact that goes far beyond the 2+ years they are in the program. It demonstrates the potential for our early intervention to truly change the trajectory for families – while also delivering significant returns to society. Finally, it reinforces our imperative to reach families at highest risk and greatest disadvantage, where we can have the biggest impact.

As I shared in my recent blog post, children and families living in poverty deserve solutions that work. That means continuing to rigorously test, evaluate and improve our model. This is what makes Nurse-Family Partnership unique among other early interventions – the longevity of our program, the quality of our evidence base, and the lasting impact on children, families and

communities. The findings from this study are promising and exciting. We remain committed to continuing to evaluate NFP's long-term effects on families, and we encourage policymakers to invest in programs with the strongest evidence of impact.



“THESE NURSE HOME VISITS DURING PREGNANCY AND THE MOTHER'S FIRST TWO YEARS OF PARENTING HAD A PROFOUND EFFECT IN LAYING THE FOUNDATION FOR MOMS TO REDUCE THE IMPACT OF POVERTY AND BUILD STRONGER FAMILIES. THERE'S NO BETTER PUBLIC INVESTMENT – THAN INVESTING IN BUILDING STRONGER FAMILIES. NOT ONLY DOES THE GOVERNMENT SAVE MONEY, BUT YOUTH AND FAMILIES PROSPER AND COMMUNITIES THRIVE.”

FRANK DAIDONE

Please know how grateful I am for your support, friendship and dedication to our mission and vision for the future. From all of us at Nurse-Family Partnership, best wishes for a happy and healthy holiday season.



Nurse-Family Partnership

Helping First-Time Parents Succeed™

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