

Nurse-Family Partnership OVERVIEW

GENERAL INFORMATION

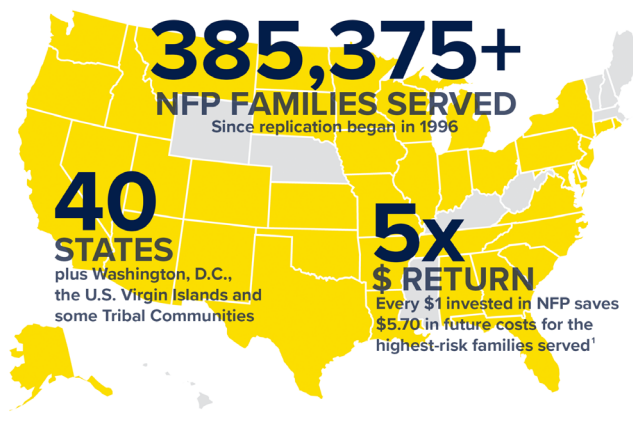
Nurse-Family Partnership® Goals

1. Improve pregnancy outcomes by partnering with moms to engage in good preventive health practices, including thorough prenatal care from their healthcare providers, improving their diets and reducing any use of habit-forming substances;
2. Improve child health and development by assisting families to provide responsible and competent care; and
3. Improve the economic self-sufficiency of the family by supporting parents to develop a vision for their own future, plan additional pregnancies, continue their education and find work.



Nurse-Family Partnership is an evidence-based, community health program with 45 years of research showing significant improvements in the health and lives of first-time moms and their children affected by social and economic inequality.

Nurse-Family Partnership succeeds by having specially educated nurses regularly visit first-time moms from early pregnancy through the child's second birthday. Moms benefit by getting specialized care and support during pregnancy and their nurse becomes a trusted source on everything from child safety to taking steps to provide a stable, secure future for their family. Research consistently proves that the mom/nurse partnership is a winning combination that makes a measurable, long-term difference for the whole family.



Early Intervention

A report from the Center on the Developing Child at Harvard University shows how very early childhood experiences influence later learning, behavior and health. The Harvard report shows basic brain functions related to vision, hearing and language development during the first 30 months of a child's life. During this timeframe, the early and intensive support by a Nurse-Family Partnership nurse can have a huge impact on the future of the mom, child and family.

Proven Results

The Nurse-Family Partnership program has been independently reviewed and evaluated, and is ranked as the Gold Standard of home visiting programs.

- ↓ **48%** LESS LIKELY TO SUFFER CHILD ABUSE AND NEGLECT²
- ↓ **56%** REDUCTION IN ER VISITS FOR ACCIDENTS AND POISONINGS³
- ↓ **67%** LESS LIKELY TO EXPERIENCE BEHAVIORAL AND INTELLECTUAL PROBLEMS AT AGE 6⁴
- ↑ **82%** INCREASE IN MONTHS EMPLOYED⁵





ABOUT CHILD FIRST

Child First is an **evidence-based, early childhood, mental health program** that supports very young children and families who face major adversity. The intervention **builds resilience** and promotes healing to prevent the damaging effects of poverty, trauma, abuse and neglect, and chronic stress. Research shows that Child First **improves child and parent mental health, promotes school readiness, and decreases child abuse and neglect**. This can dramatically improve both the immediate and long-term health and wellbeing of families.

THE CHALLENGE

Scientific research in brain development clearly shows that major **challenges in environments** (e.g., with maternal depression, domestic violence, substance abuse or homelessness) lead to levels of stress that can be **“toxic”** to the **young, developing brain**. Without the buffer of strong, nurturing relationships, the results are **long-term damage with significant emotional/behavioral, learning, and health problems**.

THE CHILD FIRST MODEL

Child First is a **home-based, two-generation intervention** that pairs young children and their families with a licensed, Master’s level Mental Health/Developmental Clinician and a Care Coordinator, who work as a **team** to nurture, support, and provide comprehensive services to families:

- **Two-Generation, Mental Health Treatment:** We provide trauma-informed psychotherapy to parents and children together in their home. Our services address problematic child behavior, parental depression and PTSD, family violence, and help children and parents heal from the devastating impact of chronic adversity. Our outcomes-based therapeutic approach builds safe, healthy, and nurturing parent-child relationships, which promotes resilience.
- **Comprehensive Care Coordination:** We provide hands-on support and connection to community-based services for all family members, leading to family stabilization, a reduction in major family stressors (e.g., homelessness, food insecurity, lack of health care, unemployment), and growth enhancing opportunities.

RECOGNITION AS AN EVIDENCE-BASED MODEL

- **Designated as evidence-based** by: Title IV-E Prevention Services Clearinghouse; Maternal, Infant and Early Childhood Home Visiting Program (MIECHV); National Registry for Evidence-based Programs and Practices (NREPP); Coalition for Evidence-Based Policy; Blueprints for Healthy Youth Development; Early Intervention Foundation.
- Recipient of the **SAMHSA 2020 National Child Traumatic Stress Initiative (NCTSI)** - Category II, award to develop the national **Center for Prevention and Early Trauma Treatment (CPETT)**.

SERVING MORE FAMILIES FACING ADVERSITY

Child First is currently serving over 2000 families in Connecticut, Florida, North Carolina, and Colorado. We are interested in partnering with states in need of early childhood mental health services. Please contact Child First to learn how we might replicate and sustain Child First in your region.

PROVEN RCT RESULTS*



68%

DECREASE IN CHILD
LANGUAGE PROBLEMS

64%



DECREASE IN MATERNAL
DEPRESSION OR MENTAL
HEALTH PROBLEMS



42%

DECREASE IN CHILD
AGGRESSIVE AND
DEFIANT BEHAVIORS

40%



REDUCTION IN CHILD
WELFARE INVOLVEMENT

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*Child First was evaluated with a randomized controlled trial (RCT) with strong positive outcomes. (Child Development, January/February 2011)