

IMPACT REPORT



A TRIAL OF NFP AND MULTIPAROUS FAMILIES

A new randomized controlled trial (RCT) is underway with Nurse-Family Partnership and families enrolling late (beyond the 28th week) or experiencing a second or third pregnancy. Coined NFPx, the study aims to understand the effectiveness of the NFP program outside of the usual focus on first-time parents. Growing evidence shows that families who already have children and face similar challenges to first-time parents, also experience unacceptably high risks to their health in the prenatal and post-partum phases. Currently, there are 2,000 NFPx families enrolled across 16 states and 37 local programs. With promising results from the initial evaluations, we are preparing a formal application process to consider a select number of additional geographies to participate in NFPx while the study is conducted. This RCT comes at a critical time and will give us the data needed to assess the impact of services to families who are not first-time parents. Studies such as NFPx are great examples of how your investment and your trust allow us to continue to evolve the program so that it meets the needs of families today, most especially those who face overlapping adversities to their health and wellbeing.



TRIBAL COMMITTEE UPDATE

Another excellent example of the power of your support is the expansion of the NSO's Tribal Committee. When last we shared about the Committee, we told you that strategic planning was underway. With a plan in place, we've just welcomed Rebekah Dunlap as our new NSO Tribal Coordinator. Rebekah is a Public Health Nurse and Doula. She's also an active Fond du Lac Band member of Lake Superior Chippewa. Rebekah's job, alongside our Director of IDEA and the Committee, is to cultivate and deepen ties within tribal leadership and community members to broaden access to culturally conscious programming. To do so, the Committee seeks to recruit eight members across tribal communities, including youth, healthcare workers and program alumni, to create an Indigenous Wisdom Council. This Council will help the Committee and Rebekah expand the NSO's reach to even more tribal communities.



VOLUNTEER FAMILIES RAISING THEIR VOICES

The NSO relies on two phenomenal groups to spread the word about the impact of NFP and Child First and what transformative programs they are. Both are comprised of caregivers who have graduated from one of our programs. They give opportunities for families to uplift their voices and be heard, while leveraging their expert perspectives as the best advocates for NFP and Child First.

Raising Strong is our strong and mighty alumni group. Its purpose is to cultivate community and connection among graduates. Those who join have access to an open forum to ask questions and learn new parenting tips. The NSO additionally offers opportunities for parents to share stories, participate in virtual gatherings focused on parental wellness and attend specialized learning opportunities for their children.

Our Parent Ambassadors program is a select group of program alumni geared towards elevating parents' voices and equipping them with training to be leaders in their communities and to advocate on behalf of young families. Acceptance into the PA program is competitive and the group receives extensive training to help increase the visibility, accessibility and sustainability of NSO programs nationwide while also building advocacy skills in participants that they can use after the program in the professional and future volunteer roles. Parent Ambassadors ensure that the perspectives of parents and alumni inform advocacy and other activities at all levels, including on Capitol Hill and at state capitols and in Community and State Advisory Boards.

Both programs grew substantially from their humble beginning in 2018. Raising Strong has grown to 3,370 parents, and what started with one cohort of six moms, the Parent Ambassador program now has four successful cohorts under its belt, with 25 moms who've completed the program. We have you to thank for the creation and existence of these programs. As a donor, your support allows us to keep connecting with families long after they've graduated. We want all families to continue to have access to resources and community even when the program has finished. Your investment makes this happen, and we are so grateful to have you!