



Annual Report 2016

Nurse-Family Partnership® Indiana



From the Senior Director

2016 was a year of benchmarks for Nurse-Family Partnership (NFP) Indiana. In February, we reached 1,000 babies born to

mothers enrolled in our program! In November, we celebrated our fifth anniversary along with our sixth group of graduates. In total, 148 Indiana women and their children completed the NFP program in 2016, and their families are stronger as a result. We also saw an improvement in nearly every birth and health outcome we measure,

and our nurses were recognized nationally for quality improvement efforts.

Additionally, Governor Eric Holcomb included expansion of NFP Indiana to combat infant mortality in his legislative agenda. The Indiana State Nurses Association voted unanimously to include implementation of NFP throughout the state to their policy platform, advocating the effectiveness and outcomes of the program. NFP Indiana's unique implementation by Goodwill of Central & Southern Indiana was also recognized as a model for a two-generation approach to combat generational poverty by the

Aspen Institute, a nonpartisan forum for values-based leadership and the exchange of ideas.

Our vision is to reach every eligible family within the counties served by Goodwill of Central & Southern Indiana. Our challenge in the coming years is to secure sustainable sources of funding to fulfill our vision. Nurse-Family Partnership and the families we serve are grateful for your continued interest in the program and your support of Goodwill.

Lisa Crane

Lisa Crane, MSN, RN

2016 by the Numbers

Nurse-Family Partnership Indiana is implemented by Goodwill of Central & Southern Indiana in six counties. The program began in 2011 in Marion County, which had the capacity to serve 575 first-time mothers in 2016. With the addition of one nurse-home visitor serving White and Tippecanoe Counties, at full capacity, these three counties represent the Central Region. The Northeast Region includes three nurse-home visitors working with families in Delaware and Madison counties. The Lake County Region had six nurses in 2016 who began building their caseloads and will add two more nurses in 2017.



148
GRADUATES

339
CUMULATIVE GRADUATES*



375
BABIES BORN

1,338
CUMULATIVE BABIES BORN*



1,041
WOMEN SERVED

1,928
WOMEN EVER SERVED*

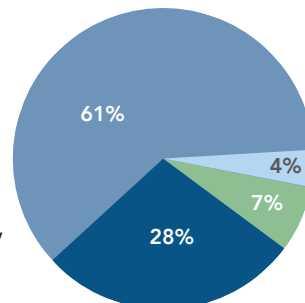


1,698
REFERRALS RECEIVED

*From inception through December 31, 2016

REFERRAL SOURCE

- Health care provider or clinic 61%
- School 4%
- Self 7%
- Other 28% (word of mouth, friend, family, community resource, etc.)



Intake Demographics

MEDIAN AGE: **22**

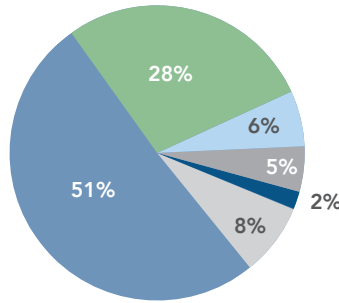
HIGH SCHOOL DIPLOMA
OR EQUIVALENT: **56%**

MARRIED: **12%**

ETHNICITY: **18% HISPANIC**

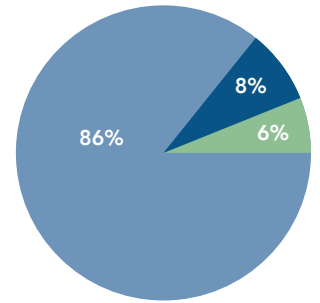
RACE

- African American 51%
- White 28%
- Multiracial 6%
- Asian 5%
- American Indian 2%
- Declined to self-identify 8%



PRIMARY LANGUAGE

- English 86%
- Spanish 8%
- Other 6% (Burmese, Chinese, Swahili)



2016 Outcomes



On average, NFP moms began prenatal care at **9 weeks**.

The American College of Obstetrics and Gynecology benchmark is 12 weeks.



12% of moms self-reported tobacco use during pregnancy.

56% quit tobacco use before their child's birth.

93% quit or reduced tobacco use before their child's birth.



90% of babies born at a healthy weight (5.5 pounds or more).

Healthy People 2020 goal is 92%.



93% of moms initiated breastfeeding.

41% of babies still breastfeeding at 6 months.

34% at 12 months.



93% of babies born at full term (37 or more weeks gestation).

Healthy People 2020 goal is 89%.



98% of babies up-to-date with immunizations at 6 months.

98% up-to-date at 12 months.

96% up-to-date at 24 months.

Self-Sufficiency of Graduates



58% of moms, age 18 and older, increased their employment.

18% of moms without a high school diploma earned it while in NFP.

36% of graduates increased their education level during the program.

14% of the 18% also obtained post-secondary education or certification.

AT ONE YEAR POST-ENROLLMENT:

50% of households had an increase in income and benefits.

79% of moms with 12 or fewer years of education increased their education level.

Marilynn, Unique & Ezra



First Nurse, First Baby and First of the First-Time Moms

Nurse-Family Partnership Indiana started and finished 2016 with zeal, celebrating its 1,000th baby born in February and marking its five-year anniversary and sixth graduating group in November. All while 32 nurses with full schedules of home visits taught, encouraged and cared for first-time moms and their babies. In the hustle and bustle of an established program, NFP's humble beginning more than five years ago seems like a distant memory. But not for Unique Johnson, her son Ezra and their nurse, Marilynn Berry-Stamm.

Now 22, Unique has her own apartment, a job making a livable wage, plans to finish college, a fiancée and a smart, healthy, happy 4-year-old. Five years ago, she was the first mom enrolled in NFP Indiana, and her reality was much different than it is today.

A high school student, Unique was 17 when she learned she was pregnant, so she went to the school nurse who told her

about NFP. She was nervous at first because she hadn't told her mother about her pregnancy, but she decided to give NFP a try.

"Everything was overwhelming to me then," Unique said. "I was shocked about everything. When I told my baby's father, he chose to give up his rights. I was upset about that, so I talked to Marilynn."

Unique's nurse, Marilynn, was the first nurse-home visitor for NFP Indiana. Marilynn admits she was a little nervous, too, but relied on her decades of nursing experience in maternal-child health along with the NFP training she received.

"I remember thinking that neither of us knew exactly what to do, so it was going to be an adventure," Marilynn said. "We learned together."





Unique remembers that prior to working with Marilyn, she didn't know anything about caring for a baby. Among lessons about safe sleep, mother-baby bonding and child development, when Unique decided to breastfeed, Marilyn taught and coached her through it.

"Marilyn was like my teacher, giving me private lessons," Unique said. "I always looked forward to her visits."

Marilyn also frequently asked Unique about what she wanted her life to be like after she had her baby.

"Unique once said, 'Nobody ever told me I had choices,'" Marilyn said. "That statement always stuck with me. It is the foundation of Nurse-Family Partnership —

we provide support, encouragement and information. We guide our clients to set goals, but they make their own choices. We tell them they have choices — sometimes for the very first time."

Although Unique had some family support, her journey included many struggles. At one point, she moved to a shelter to avoid further tension with a family member. She also felt out of place in school and dropped out, which made employment challenging. Yet Unique persisted toward her goals of raising her son, finishing high school, supporting herself and Ezra, and living on their own.

"Unique faced many struggles, but she handled them so well," Marilyn said. "I did and still do appreciate what she is capable of, and that feeling continues with my clients today. These women are incredibly strong survivors who all want to be good moms. Each has to go at her own pace. I can see the potential each has. They have to get to the point where they see it, too."

"Marilyn gave me tools of learning and confidence," Unique said. "She told me to stay strong and keep my head up. I always listened."

In 2014, Unique and Marilyn faced another first — when Ezra turned two, their time in NFP concluded, but their connection with Marilyn didn't.

"I look at Marilyn as family — we weren't just her job," Unique says. "I still talk about NFP to this day. It's really good for first-time parents."

Unique, her fiancée and Ezra now live in Jacksonville, Florida. Unique describes Ezra, who turned 5 in January 2017, as intelligent and a true character. They've been working on reading, and she wants to get him involved in soccer. For herself, she wants to complete her college degree and possibly have more children in the future. She and Marilyn continue to keep in touch.





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Nurse-Family Partnership in Indiana

Central Region Community Advisory Board

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Early Learning Indiana | Patrick Wooten
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Lake County Community Advisory Board

In 2016, the NFP Lake County Region began enrolling clients and creating a supportive Community Advisory Board of leaders from various local organizations. Another success was participating in an in-depth series on infant mortality by Northwest Indiana Times reporter Giles Bruce, published in February 2017. An NFP Lake County nurse and one of her client's agreed to be featured in the story, illustrating the value of the nurse-home visitor and mother relationship. At the featured visit, Nurse DJ recognized symptoms of a potentially life-threatening condition in her pregnant client and alerted the client's primary care provider. As a result, mom and baby had a positive outcome and continue meeting with their NFP nurse DJ. Read the entire series online at goodwillindy.org/nfp.

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| Coya Castro
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Nurse-Family Partnership Indiana | Karen Porter
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