

Nurse-Family Partnership in Connecticut

An Evidence-Based Strategy to Improve Maternal and Child Health Outcomes

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What is Nurse-Family Partnership?

- Evidence-based nurse home visiting program serving families from pregnancy until the child turns two
- Visits are delivered by registered nurses
- Focuses on maternal health, infant health, child development, and family self-sufficiency
- Long-term therapeutic relationship built through consistent nurse support
- The program is voluntary and free

What makes Nurse-Family Partnership Unique?

- NFP is more than a parenting program
- Utilizes registered nurses for every visit
- Starts during pregnancy
- Whole person approach
- Evidence-based

Evidence-Based Results

NFP is one of the most studied home visiting programs.

Research demonstrates improvements in:

- Prenatal health behaviors
- Birth outcomes
- Child health and development
- School readiness
- Maternal life course outcomes

Long term studies have shown reductions in:

- Child maltreatment
- Childhood injuries
- Behavioral health concerns
- Subsequent closely spaced pregnancies

Outcomes

- 35% fewer hypertensive disorders of pregnancy
- 18% fewer preterm births
- 79% reduction in preterm delivery among women who smoke cigarettes
- 31% reduction in very closely spaced (<6 months) subsequent pregnancies
- 48% less likely to suffer child abuse
- 56% reduction in ER visits for accidents and poisonings
- 48% reduction in child abuse and neglect
- 67% less likely to experience behavioral and intellectual problems at age 6
- 50% reduction in language delays of child age 21 months
- 82% increase in months employed

Research findings can be found at <https://changent.org>

Return on Investment

Economic analyses have demonstrated a return on investment of approximately \$5.70 for every \$1 invested

Savings are realized through reductions in:

- Healthcare costs
- Child welfare involvement
- Special education utilization
- Criminal justice involvement
- Economic self-sufficiency

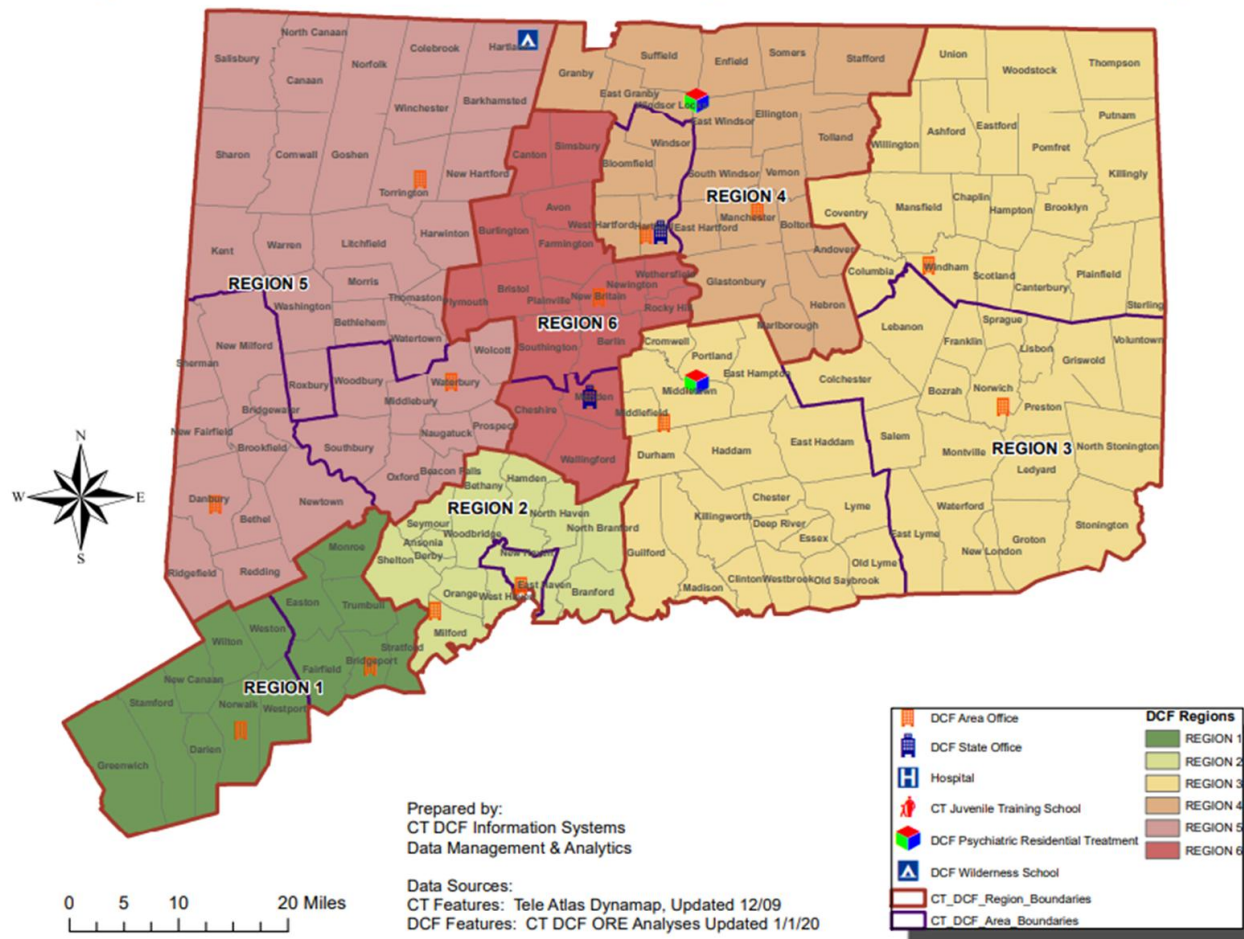
NFP in Connecticut

- Connecticut has 2 Nurse-Family Partnership programs serving different regions
- Standard NFP programs enroll first-time mothers early in pregnancy
- Expanded eligibility through NFPx allows some programs to serve broader populations

NFP in CT

Available in Region 3
and Region 5

CT Department of Children and Families Regions & Area Offices: January 2020



Understanding NFP & NFPx

- Traditional NFP eligibility: first-time mothers enrolled before 29 weeks gestation
- NFPx expands eligibility criteria in select regions and allows enrollment later in pregnancy and/or include mothers with previous births
- At enrollment, clients must be affected by at least one risk factor from each category:

Category 1	Category 2
• Socioeconomic inequity • Limited financial resources • Under 18 years of age	• Any health inequity • Any risk factors for poor health outcomes

Why Early Enrollment Matters

- Early enrollment creates opportunities for prevention, education, and connection to care
- Time to build a trusting relationship
- Reinforces the importance of consistent prenatal and postpartum care
- Identifies concerns early (hypertension, mental health concerns, substance use, IPV, SDOH)
- Supports adherence to provider recommendations, medications, and follow up appointments
- Connects families with community resources and services to address barriers to care

What Happens During an NFP Visit

During Pregnancy

- Monitor maternal health and identify warning signs
- Screen for depression, anxiety, intimate partner violence and other mental health concerns (and make referrals as needed)
- Support healthy pregnancy behaviors and nutrition
- Provide education on fetal movement/kick counts, labor, delivery, breastfeeding and newborn care
- Reinforce prenatal care recommendations and encourage attendance at prenatal appointments and communication with providers
- Assist with any barriers to care

After Baby Arrives

- Assess maternal recovery and postpartum well-being
- Continue screening for depression, anxiety and safety concerns (and make referrals as needed)
- Support infant feeding and safe sleep practices
- Reinforce postpartum and infant care recommendations
- Monitor infant growth, development and milestones
- Educate families on infant health and when to seek medical care
- Promote positive parent-child interactions and attachment

Ongoing Support & Resources

- Build parenting confidence and strengthen parent-child relationships
- Connect families to community resources and services as needed
- Support educational, employment and personal goals
- Promote healthy relationships and family planning
- Help families navigate challenges and celebrate successes

How NFP Complements Existing Care

We reinforce:

- OB recommendations
- Primary care recommendations
- Pediatric care plans
- Behavioral Health referrals
- Community resource connections

We help families navigate systems:

- Healthcare
- Insurance
- Behavioral Health
- Housing resources
- Social services
- Early childhood supports

Supporting Maternal Mental Health

Mental Health is Integrated Into Every Phase of Care

Nurses:

- Screen throughout pregnancy and postpartum
- Promote protective factors
- Identify concerns early
- Connect families to behavioral health resources

Why this matters: Maternal mental health impacts:

- Pregnancy outcomes
- Parent-child bonding
- Child development
- Family stability

NFP and Health Equity

NFP helps families overcome:

- Transportation barriers
- Housing instability
- Food insecurity
- Healthcare navigation challenges
- Access to community resources

Goal: ensuring families have the support they need to achieve healthy outcomes regardless of circumstance

How Healthcare & Community Partners Can Help

Help

Help spread awareness of NFP programs so that more families can access these services

Refer

Refer eligible families early in pregnancy whenever possible

Incorporate

Incorporate NFP into prenatal workflows

Collaborate

Collaborate across systems to strengthen maternal-child health support

Contact Information

Questions & Discussion

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