

RHODE ISLAND'S  
Maternal, Infant, and Early Childhood  
Home Visiting System

2012

Nurse-Family Partnership Program Report



## Maternal, Infant, and Early Childhood Home Visiting in Rhode Island

Rhode Island's home visiting system is expanding through new federal funding from the Affordable Care Act's Maternal, Infant and Early Childhood Home Visiting Program. The system is designed to **improve the health and development of children and families facing multiple challenges to success** by offering families access to evidence-based home visiting programs that improve child and family outcomes.

Rhode Island is implementing three evidence-based home visiting models – Healthy Families America, Nurse-Family Partnership, and Parents as Teachers. Strategic guidance for the home visiting system is provided through the Rhode Island Home Visiting Leadership Council. **Contact Kristine Campagna at [kristine.campagna@health.ri.gov](mailto:kristine.campagna@health.ri.gov) or (401) 222-5927 for more information about the home visiting system in Rhode Island.**

### The Nurse-Family Partnership Model



Nurse-Family Partnership® (NFP) is a nationally-recognized, evidence-based home visiting program that helps improve the lives of vulnerable mothers pregnant with their first child. Each mother is partnered with a registered nurse early in her pregnancy and receives ongoing nurse home visits that continue through her child's second birthday. The program has been implemented in 40 states across the U.S. and in countries around the world. **NFP has been recognized as one of the most cost-effective early childhood interventions available.**

More than 30 years of research show that families who participate in the NFP program have improved outcomes:

- 48%** reduction in child abuse and neglect
- 56%** reduction in emergency room visits for accidents and poisonings
- 59%** reduction in arrests of children at age 15
- 67%** reduction in behavioral and intellectual problems in children at age six

See [www.nursefamilypartnership.org](http://www.nursefamilypartnership.org) for more information about the model.

### Rhode Island Nurse-Family Partnership Program

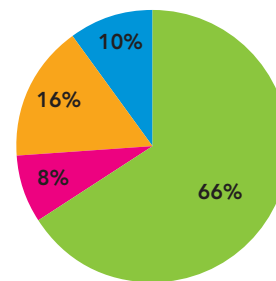


**Children's  
FRIEND**

In 2005, the **Rhode Island Successful Start Early Childhood Systems Plan** set a priority goal to establish the Nurse-Family Partnership program. In 2008, start-up resources came to Rhode Island through a U.S. Department of Health and Human Services grant managed by **Rhode Island KIDS COUNT**. The grant supported state planning efforts to adopt, implement, and sustain evidence-based home visiting programs to prevent child maltreatment.

Rhode Island's first NFP program, operated by Children's Friend, began serving families in July 2010. The initial program, designed to serve 100 families from the core urban region, is funded with **resources from three state agencies** combined with federal home visiting funds. In 2012, Rhode Island's NFP program will expand to serve 225 low-income, first-time families.

**RHODE ISLAND NFP PROGRAM FUNDING BY SOURCE, JULY 2010 - DECEMBER 2011**



n = \$1,018,000

- 66% ● Federal Home Visiting Funds
- 8% ● RI Department of Health (HEALTH)
- 16% ● RI Department of Human Services (DHS)
- 10% ● RI Department of Children, Youth and Families (DCYF)

## Referral, Participation, and Retention

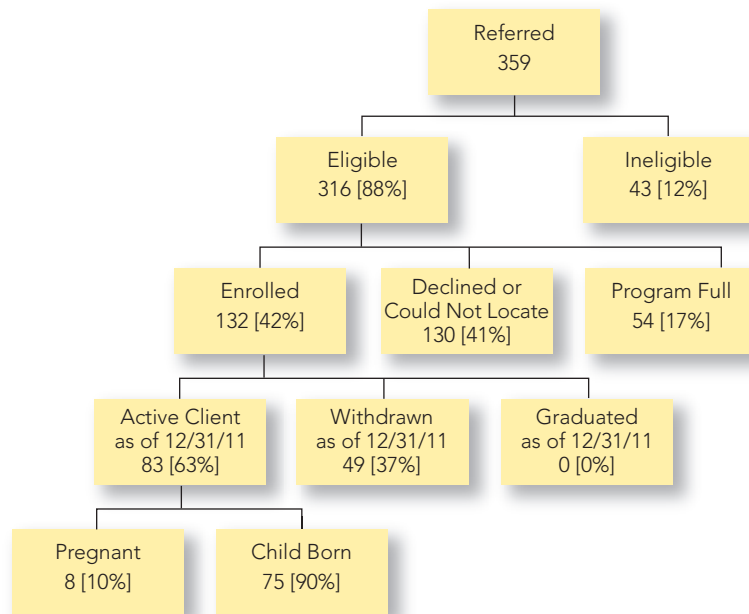


### REFERRALS TO NFP

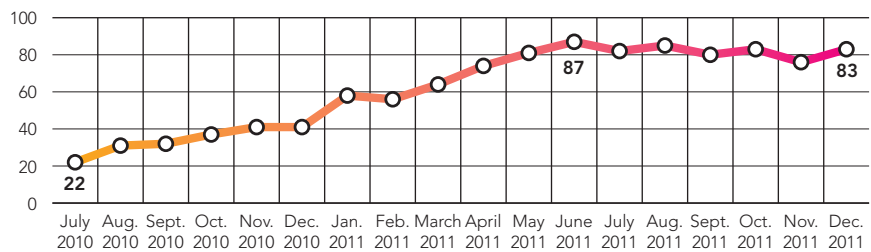
BY MAJOR SOURCE

Health Care Providers	185
WIC	135
Schools	13
Self-Referral	11
Pregnancy Testing Clinics	8
Other	7
<i>Total</i>	359

### RHODE ISLAND NFP PROGRAM REFERRAL AND ENROLLMENT JULY 19, 2010 THROUGH DECEMBER 31, 2011



### RHODE ISLAND NFP PROGRAM ACTIVE CLIENTS BY MONTH, JULY 2010-DECEMBER 2011



### Participation and Retention

Since the program began enrolling clients in July 2010, the Rhode Island Nurse-Family Partnership program has served 132 families. **As of December 31, 2011, there were 83 active clients.** Because the NFP program takes 2 ½ years to complete, no families had graduated from the program by December 31, 2011. The client retention rate for this 18 month period was 63%. Across the U.S., the Nurse-Family Partnership program retains approximately 38% of clients over the 2 ½ year program period.

This report includes data from the first 18 months of NFP program implementation in Rhode Island (July 2010 - December 2011). Client and outcome data reflect a snapshot of clients enrolled on December 31, 2011. Rhode Island NFP nurses and client families are featured in this publication. This report was compiled by Leanne Barrett, Rhode Island KIDS COUNT, (401) 351-9400 x23.

Photography credits: Peter Goldberg (cover, page 5) and Jean Duffy (pages 3-4). Design credit: Greenwood Associates.

## Client Profile

### MOTHER'S RESIDENCE AT INTAKE

Central Falls	17
Cranston	3
Pawtucket	30
Providence	33
TOTAL	83

### MOTHER'S AGE AT REFERRAL

< 15	4
15-17	12
18-19	14
20-24	53
Over 25	0
TOTAL	83

### MOTHER'S EDUCATION LEVEL AT INTAKE

< High school diploma/GED	45
High school diploma/GED only	21
Some college/post-secondary	17
4-year college degree	0
TOTAL	83

### MOTHER'S MARITAL STATUS AT INTAKE

Single	75
Married	8
Divorced/Separated/Widowed	0
TOTAL	83

### MOTHER'S RACE

White	19
Black/African American	18
Asian	0
Multi-Racial	2
Other/Declined	44
TOTAL	83

### MOTHER'S ETHNICITY

Hispanic	36
Not Hispanic	47
TOTAL	83

### MOTHER'S PRIMARY LANGUAGE

English	60
Spanish	15
Other	8
TOTAL	83

### MOTHER'S HEALTH INSURANCE

No Insurance	0
Private Insurance	6
RtE Care – Neighborhood	69
RtE Care – United	8
TOTAL	83

### FAMILY INCOME AT INTAKE

Median	< \$6,000
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### MOTHER IN DCYF CARE AS CHILD/YOUTH

Yes	4
No	79
TOTAL	83

## Early Outcomes



Rhode Island's NFP program is in the **early implementation phase**. The first families are expected to graduate from the program as their babies turn age two in fall 2012. A formal evaluation of child and family outcomes is underway to compare Rhode Island families who receive NFP services with similar families who do not receive NFP services. Presented here is a snapshot of early outcome data from families who were enrolled on December 31, 2011.

### MOTHER'S EDUCATIONAL ACCOMPLISHMENTS

**69%** of clients who entered NFP without a high school diploma/GED are pursuing or have obtained a high school diploma/GED.

**66%** of clients who entered NFP with a high school diploma/GED are enrolled in post-secondary education or have completed a certificate/degree program.

### MOTHER'S EMPLOYMENT

**23%** of clients are employed.

### NUTRITION

**100%** of clients are participating in the WIC nutrition program.

### PRENATAL CARE

**82%** of clients who had given birth completed at least 10 prenatal OB visits during pregnancy.

### FULL-TERM BIRTHS

**87%** of babies born to clients were born at full term (37+ weeks gestation).

### BREASTFEEDING

**85%** of clients who had given birth chose to breastfeed their newborns.

### POST-PARTUM OB/GYN VISIT

**100%** of clients who had given birth completed a post-partum OB/GYN visit.

### DCYF INVOLVEMENT WITH BABY

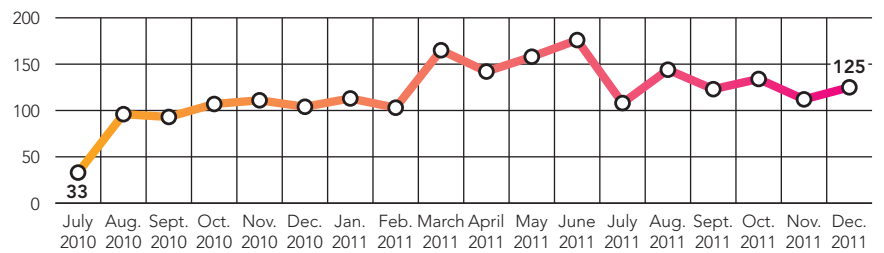
**0%** of babies born to clients are in the care of DCYF.

**Rhode Island NFP Program Capacity, 2010-2011**

In 2010-2011, the Rhode Island NFP program was staffed with four full-time nurses and a nurse supervisor to serve a maximum of 100 families.



**HOME VISITS COMPLETED BY MONTH, RHODE ISLAND NFP PROGRAM, JULY 2010 - DECEMBER 2011**



The total NFP home visits completed for this period is 2,147.

**Fidelity to National Model**

Prior to launching a new program site, the Nurse-Family Partnership National Service Office works carefully to ensure that agencies selected to implement the model have **policies and practices** in place to support program fidelity and have demonstrated a track record of success serving low-income families. NFP home visitors and supervisors complete an **intensive series of core trainings** before serving any

clients and continue to participate in ongoing specialized professional development. The NFP National Service Office requires local programs to follow **18 elements of model fidelity**. As of November 2011, the National Service Office reported that the Rhode Island NFP program operated by Children’s Friend was in compliance with all criteria.

**RHODE ISLAND NFP PROGRAM HOME VISIT CONTENT COMPARED TO NFP MODEL BENCHMARKS, JULY 2010 - DECEMBER 2011**

CONTENT AREA	PREGNANCY VISITS		INFANCY VISITS		TODDLER VISITS*	
	ACTUAL	NFP BENCHMARK	ACTUAL	NFP BENCHMARK	ACTUAL	NFP BENCHMARK
Maternal Health	39%	35-40%	19%	14-20%	28%	10-15%
Environmental Health and Safety	12%	5-7%	11%	7-10%	16%	7-10%
Family Life Course Development	12%	10-15%	11%	10-15%	13%	18-20%
Parenting	25%	23-25%	48%	45-50%	35%	40-45%
Support Network	12%	10-15%	11%	10-15%	9%	10-15%

\* There were only 15 families with toddlers in the NFP program as of 12/31/11.

# Three Success Stories

**Gloria\*** was 20 weeks pregnant when she began participating in Nurse-Family Partnership after learning about it from a social worker at Women & Infants Hospital. Living with her boyfriend in an uncle's basement in Providence, she was worried about her ability to become a good parent and described her childhood as "dysfunctional," having lived with a mother who often drank too much and a father who was in and out of jail. With support from NFP she had a healthy pregnancy and delivered a full-term, baby boy while holding down a full-time job. Gloria, the baby, and the baby's father have moved into their own apartment. Both parents have learned how to nurture and support their baby's growth, development, and learning. Gloria is working full time and plans to go back to school to become a certified occupational therapist. She continues to appreciate the support and guidance NFP has provided her.

**Isabel,\*** a pregnant 21 year old, had just moved to Central Falls from Puerto Rico when she learned about the NFP program while at the Blackstone Valley Community Health Center. At enrollment, she was living with her father, her brother, and her boyfriend, Marco,\* in an unsafe apartment building that was infested with rodents and where there was clearly visible drug activity among other tenants. NFP helped Isabel and her boyfriend find a safer apartment where she could continue to receive support from her father and brother. Isabel has been building her English language skills and has obtained a job, gotten her driver's license, and purchased a car. The baby is thriving in a stable home environment due to Isabel's commitment to breastfeeding, her strong parenting skills, and an outstanding partnership with Marco to provide daily care to their son. Isabel's long-term goal is to become a hairdresser, and she recently enrolled in a cosmetology program.

**Cristina\*** was 17 years old, pregnant, and recently homeless when she signed up for NFP. She learned about the program during a visit to the Hasbro Children's Hospital Teen-Tot clinic. Cristina's family had recently lost their housing, and her closest family members were split up and living in various locations in Providence. Cristina's housing situation was very unstable and unsafe. On the bright side, she was enrolled and attending high school at the Rhode Island Nursing Institute Middle College. NFP helped Cristina secure safe, stable, and supportive housing and maintain her enrollment in high school during pregnancy and after the birth of her beautiful baby. She consistently gets straight A's in school and is very optimistic about her future. Cristina is well on her way to becoming a registered nurse. Her boyfriend remains involved with the baby and has found a good job.

*\* Names of clients and family members have been changed to protect confidentiality*