



October 25, 2016  
*For Immediate Release*

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## Goodwill's Nurse-Family Partnership Marks Five-Year Anniversary, Graduates 72 More Moms Nov. 1

*Nurse-home visiting program addresses Indiana's high infant mortality rate*

Indianapolis — [Nurse-Family Partnership \(NFP\) Indiana](#) celebrates its five-year anniversary this November, which coincides with its sixth group of graduating moms and babies who have successfully completed the program. A year for milestones, in February, the program welcomed its 1,000th baby, signifying the nurse-home visiting program's efforts to improve the lives of vulnerable mothers, babies and families in Indiana. The state holds the seventh-worst infant mortality rate in the nation, according to 2014 data from the Indiana State Department of Health.

NFP pairs low-income, first-time mothers with a registered nurse for ongoing home visits through the child's second birthday. NFP nurses support mothers and families in providing the very best start for their children during the earliest, most developmentally critical years.

"Since 2011, Nurse-Family Partnership Indiana has been influencing the health and self-sufficiency of Hoosier families," said Kent A. Kramer, president and CEO of [Goodwill Industries of Central Indiana](#). "The work that's been done these past five years – that's still going on today – will echo 10 to 20 years down the road, and even beyond."

Goodwill serves as the exclusive provider of NFP in [Indiana](#), which began in Marion County in November 2011 and currently serves more than 500 Indianapolis families. In 2015, the program expanded to Delaware, Lake, Madison, Tippecanoe and White counties, increasing its capacity to more than 1,000 families.

The 72 graduating mothers are celebrating their own milestone — demonstrating their successful participation in the community health program. Positive infant health outcomes and ongoing educational attainment for mothers in this graduation group include:

### **Infant Health Outcomes**

- 87% born at full term
- 89% had a normal birth weight
- 84% breastfed (on average for nearly seven months)
- 96% up-to-date on immunizations

### **Mom/Family Outcomes**

- 15 currently enrolled in post-secondary education
- 5 enrolled in high school or a GED program
- 2 attending and 3 graduated from Goodwill's adult high school, The Excel Center
- 6 worked with Goodwill's job placement program for job training and to secure employment

### **Planning, Achieving Success: Nidia, Alberto & Oliver Cuevas**

One of the moms graduating, Nidia Cuevas, will speak at the graduation, Tuesday, November 1, 2016, at 6 p.m. at the Children's Museum of Indianapolis. In all of her roles — student, wife, mother, daughter and employee — Nidia (Espinoza) Cuevas sets goals and meets them. At age 21, she's already accomplished several — owning a home, pursuing a nursing degree and having a marriage and family.

Nidia and her husband Alberto Cuevas met during their sophomore year at Pike High School. Nidia graduated, but Alberto left school to work and help his family through some challenges. In spring 2014, when Nidia was 19, the couple found out they were expecting their son Oliver in October and decided to move forward with getting married.

Although she had the support of her husband and their families, Nidia was overwhelmed when she thought about going to school, working *and* caring for a baby. As she began to gather information about her pregnancy and prepare for her baby, Nidia learned about NFP, inquired about joining and was paired with bilingual nurse-home visitor Katherine Harkov, RN, BSN, CLC.

"Katherine is like my encyclopedia," Nidia said. "Any question I have had or resource I needed, if she didn't know the answer, she'd find out. We've talked about so many things. She helped me look at career paths and work. We talked about breastfeeding, potty training, teething, how to deal with tantrums and toddler moments. When my husband was ready to get his high school diploma, she told us about The Excel Center."

Now the Cuevas family lives in their own home, and Alberto earns his high school diploma from The Excel Center, Goodwill's adult high school, in December 2016. He then wants to attend Ivy Tech and become a mechanic. Nidia wants to complete her bachelor's degree to become a nurse.

As the only NFP implemented by Goodwill, NFP Indiana nurses work with dedicated consultants to access high-quality community resources that assist families with financial matters, housing, transportation, child care, education, employment and health care. Once families complete the nurse-home visitation program, they have the option of continuing with the NFP Graduate program, which supports families with developmental milestones, school readiness, child care and more.

To be eligible for NFP, a woman must be pregnant with her first baby, less than 28 weeks through pregnancy, and be at 200% of the federal poverty level (FPL) or below (equivalent to the Medicaid eligibility requirement).

NFP is free and voluntary and currently serves more than 29,000 low-income moms in 43 states, the U.S. Virgin Islands and six Tribal communities. To learn more about NFP Indiana and Goodwill, visit [goodwillindy.org/nfp](http://goodwillindy.org/nfp).

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**Goodwill Industries of Central Indiana** is a social enterprise serving 28 central Indiana counties and employing more than 3,000 Hoosiers. Goodwill's approach links value-added resources that include access to education, employment and health services. Learn more at [goodwillindy.org](http://goodwillindy.org), or call 317-524-4313.

**Nurse-Family Partnership (NFP)** currently serves more than 29,600 low-income moms in 43 states, the U.S. Virgin Islands and six Tribal communities. Three decades of research show that NFP is successful in improving maternal health and birth outcomes, preventing child abuse, increasing children's school readiness and reducing juvenile crime. Learn more at [nursefamilypartnership.org](http://nursefamilypartnership.org).



*From left: Alberto, Oliver and Nidia Cuevas outside their home on the Indianapolis west side.*