FROM THE SENIOR DIRECTOR

It is an honor to serve Indiana’s most vulnerable families through one of the country’s leading, evidenced-based nurse home visiting programs—Goodwill’s Nurse-Family Partnership®. We began 2017 with some changes to more efficiently reach mothers in need across the state; this meant office consolidation in Marion County and new offices opening in northern and southern Indiana.

We consolidated two outlying Indianapolis offices into one shared space at Goodwill’s downtown corporate headquarters. This move enhanced our ability to collaborate with colleagues, especially in the areas of education and employment. We co-located with The Excel Center®, Goodwill’s adult high school, and TalentSource™, Goodwill’s job placement service that opens employment doors for our families. We remain the only Goodwill in the country to implement NFP, and this unique affiliation brings value-added resources in countless ways.

2017 was a year of strengthening community partnerships, celebrating milestones and strategic planning as we prepared to serve more families, over a larger geographic area. We began 2018 with five regional offices and the capacity to serve 1,500 across 30 Indiana counties!

Each year, our nurse home visitors are touching the lives of more and more vulnerable Indiana families. This is happening because of you—our referral partners in the community and health care, our social service partners who strengthen family support systems, and our funders and donors who believe in, and are investing in, bringing the NFP model to Hoosier mothers in need.

On behalf of our dedicated nursing corps, support staff and our NFP families, I can’t thank you enough.

Lisa Crane, MSN, RN
Goodwill of Central & Southern Indiana Nurse-Family Partnership, Senior Director

2017 BY THE NUMBERS

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graduates</td>
<td>130</td>
</tr>
<tr>
<td>Babies Born</td>
<td>294</td>
</tr>
<tr>
<td>Women Served</td>
<td>1,028</td>
</tr>
<tr>
<td>Referrals Received</td>
<td>1,904</td>
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<tr>
<td>Cumulative Graduates*</td>
<td>468</td>
</tr>
<tr>
<td>Cumulative Babies Born*</td>
<td>1,638</td>
</tr>
<tr>
<td>Cumulative Women Ever Served*</td>
<td>2,350</td>
</tr>
</tbody>
</table>

REFERRAL SOURCE

- Health care provider or clinic: 63%
- WIC: 23%
- Self: 6%
- School: 2%
- Other: 6% (word of mouth, friend, family, community resource, etc.)

*From inception through December 31, 2017
INTAKE DEMOGRAPHICS

**MEDIAN AGE:** 25  
**HIGH SCHOOL DIPLOMA:** 61%  
**ETHNICITY:** 21% HISPANIC  
**MARRIED:** 12%  
**OR EQUIVALENT**

### Race
- African American 52%
- White 28%
- Multiracial 3%
- Asian 4%
- American Indian 1%
- Declined to self-identify 11%

### Primary Language
- English 80%
- Spanish 12%
- Other 8%
  (Burmese, Chinese, Swahili)

### 2017 OUTCOMES

- **On average, NFP moms began prenatal care at 9 weeks.**  
  *The American College of Obstetrics and Gynecology benchmark is 12 weeks.*

- **89.5% of babies born at a healthy weight (5.5 pounds or more).**  
  *Healthy People 2020 goal is 92%.*

- **91.3% of babies born at full term (37 or more weeks gestation).**  
  *Healthy People 2020 goal is 89%.*

- **16% of moms self-reported tobacco use during pregnancy.**  
- **69% quit tobacco use before their child’s birth.**  
- **30% reduced tobacco use before their child’s birth.**

- **89.9% of moms initiated breastfeeding.**
- **38.9% of babies still breastfeeding at 6 months.**
- **23.3% at 12 months.**

- **95.6% of babies up-to-date with immunizations at 6 months.**
- **95.9% up-to-date at 12 months.**
- **95.3% up-to-date at 24 months.**

### Self-Sufficiency of Graduates

- **37%** of moms, age 18 and older, increased their employment.
- **43%** of moms without a high school diploma earned it while in NFP.
- **36%** of graduates increased their education level during the program.
- **21%** of the 43% also obtained post-secondary education or certification.

### AT ONE YEAR POST-ENROLLMENT:

- **66% of households had an increase in income and benefits.**
- **34% of moms with 12 or fewer years of education increased their education level.”**
LAKE COUNTY REGION

As our Lake County presence approaches its two-year mark, integration into the community continues through strong partner and referral relationships, and through our collaboration with Goodwill Industries of Michiana.

Special projects in 2017 included partnering with Franciscan Health for a donation drive that netted some 7,000 diapers.

NFP Lake County collaborated with two local hospital systems and other agencies to participate in the Global Big Latch On. Locally we had more than 50 moms participating. We were recognized by United Way for our part in this collaboration. We were also instrumental in a collaboration with two local agencies to create The Milky Way Cafe, a breastfeeding drop-in center located at Gary Neighborhood Services. Mothers now have a place in Lake County where they can meet with a certified lactation consultant, or just receive support from other moms.

A partnership was also formed with Purdue Extension, Master Gardener program to provide free, fresh produce to our families and encourage good nutrition.

For the first time, the nursing program at Indiana University Northwest offered NFP as a rotation for their community health nursing students. Lake County nurse home visitors had four nursing students who completed clinical rotations with them.

Lake County has a team of seven nurse home visitors and a nurse supervisor.
NORTHWEST REGION

Our first group of NFP mothers graduated in the fall. The eight moms who completed the program also hold the distinction of being the first graduates outside of Marion county. Indiana University Health supported the work of one nurse home visitor in Tippecanoe and White counties. Indiana State Department of Health funding will allow us to grow to a team of eight nurses and one nurse supervisor in 2018. Our regional office is in Lafayette, serving families living in Carroll, Clinton, Howard, Montgomery, Tippecanoe, Tipton and White counties.

NORTHEAST REGION

The northeast region began 2018 with their first graduate, the mother of twins Thomas and Lilly. Indiana State Department of Health funding for 2018 expanded services from two to seven counties. A team of eight nurse home visitors and one nurse supervisor will serve families in Blackford, Delaware, Grant, Henry, Madison, Randolph and Wayne counties.

SOUTHERN REGION

In July 2017, we opened a new office in Clarksville to better serve southern Indiana families. Thanks to funding from Lilly Endowment Inc., we expanded services to Clark, Crawford, Floyd, Harrison, Jackson, Jefferson, Jennings, Scott and Washington counties. NFP’s presence in Bartholomew county was made possible by the Columbus Regional Health Foundation and the Heritage Fund-The Community Foundation of Bartholomew County. A Community Advisory Board was formed to provide direction and help us acclimate to the southern portion of the state. And, in November we celebrated the arrival of our first NFP baby in the region, Briar Robinson! In 2018, we will have a team of five nurse home visitors and one nurse supervisor.
Over 40 years of research proves the Nurse-Family Partnership model of working with first-time mothers can change behavior and lead to healthier birth outcomes. But can NFP positively influence the pregnancies of women who have had previous births? What impact does a nurse home visitor have on the development of older children in the home? These are the questions that NFP Founder Dr. David Olds wants to answer by studying multiparous moms—women who have borne more than one child.

About a dozen NFP’s across the country are participating, and Indiana is among them. Our nurses enrolled 29 Marion County multiparous mothers in 2017, measuring outcomes in three key areas: smoking cessation, breastfeeding and safe sleep practices. The four-year study began in 2017 and was made possible through a Safety PIN grant from the Indiana State Department of Health. Safety PIN grants are competitively awarded to programs that address infant mortality.

At full capacity, it will include 40 multiparous mothers.

Jessica, 27, is one of the participants. She’s the mother of 6-year-old Audriana and 5-month-old Michael.

“I thought I knew a lot of things, but it’s amazing how some things have changed since Audriana was born. I’ve learned about safe sleeping practices. NFP is also connecting us with resources I didn’t even know existed,” she said.

She had several pregnancy complications and says another benefit is that her nurse was always available when she couldn’t reach her doctor.

We’re honored to be part of a study that may eventually expand NFP beyond first-time mothers. Dr. Olds and fellow researchers have noted changes to the NFP model may be significant because, “women with other children and previous births often have unique concerns, challenges and aspirations that must be reflected in the evolving NFP program materials.”

**YEAR 1 MULTIPAROUS STUDY OUTCOMES**

- 87% were born at a healthy birth weight
- 67% of mothers who were smoking when pregnant quit smoking
- 100% of mothers initiated breastfeeding
Grace is a typical 5-year-old who likes to play dress up and watch cartoons on YouTube. She’s healthy, has lots of friends and has hit every developmental milestone since infancy. She’s eager to start kindergarten. Each of these things is a small miracle given that her mother’s journey to Indianapolis began 20 years ago and more than 8,000 miles away.

Grace lives with her mother, Roe Bee, 22, and her grandmother Thay Pray, along with Thay Pray’s five other children who range in age from 11–27.

Roe Bee was only 2 years old—and her brother age-5—when her mother fled war-torn Burma (now Myanmar) with the clothes on her back. Thay Pray says they walked about a month with no shoes and it was “very, very difficult.” There were thousands making the journey and many died from starvation, exhaustion and sickness, including Thay Pray’s father.

“The day we arrived at the Thailand border, there were workers busy digging in the ground. We thought they were digging graves for us, but they were digging wells for water,” said Thay Pray.

Roe Bee would live in a refugee camp for the next 15 years before her family—which had grown to six children during that time—was finally able to come to the United States with help from the United Nations. She was 17 years old and had been in the U.S. for a few short months when she learned she was pregnant. That’s when she was referred to Goodwill’s Nurse-Family Partnership.

She was a teenager, spoke no English, had no education and was going to have a baby.

“Roe Bee is an amazing young woman and mother. She has overcome so many obstacles and barriers related to language, age of becoming a mom, health, refugee, and learning a whole new way of life here in the USA,” said Lisa Sledge, nurse home visitor.

“She did all of this with fewer resources available to her compared to others in her situation. She has been able to and continues to raise a very smart 5-year-old daughter. Her and her family’s strength and perseverance is inspiring,” she added.

Roe Bee continued working with Andrea Voisard, NFP Guide, once Grace turned 2. In October 2017, she joined 19 other mothers at a celebration for completing a three-year follow-up program. During that time, Andrea helped Roe Bee lay the groundwork for U.S. citizenship. She anticipates it will be finalized sometime in 2018.

“We’ve had the chance to work with this family for the past five years.Grace starting kindergarten and Roe Bee acquiring U.S. citizenship status will bring it all full circle. This story could have turned out very differently were it not for the many organizations that helped this young family become stable,” Andrea said.

NFP works with interpreters trained in medical interpretation who attend home visits for our non-English speaking clients. In 2017, this was made possible by a grant from The Glick Fund, a Fund of Central Indiana Community Foundation.
About one in seven women will experience some type of mood or anxiety disorder during pregnancy or through the first year postpartum. While depression and anxiety are common, pregnant and postpartum women can experience a myriad of mental health conditions, including panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar disorder and, in rare cases, psychosis.

Symptoms can be hard to diagnose—they’re sometimes similar to the physical experiences of pregnancy. If left untreated, they can lead to premature birth or developmental problems caused by poor nutrition and self-care, smoking or substance use.

Goodwill’s Nurse-Family Partnership recognizes that good mental health is as important as good physical health. And that’s why our Indiana implementation dedicates staffing resources for both body and mind.

Sara Pollard is a psychiatric mental health nurse practitioner and our go-to resource who provides support and education to nurse home visitors. She networks statewide with mental health professionals to make referrals and also provides direct client care.

“Not every pregnant or postpartum woman develops a mood or anxiety disorder, but we diligently screen for and educate about these conditions. There are numerous risk factors including a personal or family history of any mental health condition, lack of social support, and a history of trauma. We also know teens, single moms, and women living in poverty are at higher risk,” said Sara.

In 2017, she began outreach specific to the northeast region, focusing on our NFP mothers in Delaware County who are depressed or abusing substances. This program was made possible, in part, by United Way of Delaware County.

Tabitha, her husband Lee, and her daughter Sagan are one of the families benefiting from United Way’s support.

“The best part is the social aspect of having someone caring come to your home. Being a new mom can be isolating. I’ve learned a lot from NFP about managing anxiety and stress,” Tabitha said.
NFP mom Christina, 29, credits her pregnancy, the birth of her daughter Kalea and the help of Goodwill’s Nurse-Family Partnership as reasons why she’s not another statistic.

Looking back, Christina can see the evolution of her drug abuse. It began with casual use as a teenager and escalated in the years following turning 18. That’s when she was released from an Indiana Department of Correction juvenile facility—then known as the Indiana Girls School.

The following years were hard. She had a series of low paying jobs and lost them. She was homeless, living off the generosity of friends who let her sleep on their sofas. Then at 21 she got a good paying job at a Verizon call center in Anderson. But next would come more drugs and more bad decisions. There were some periods of sobriety and jail time.

“When you’re doing heroin like I was, you’re always thinking, ‘I’m going to get clean tomorrow. I just don’t want to be sick tonight.’ But the reality is, you’re going to be sick tomorrow anyway,” she said.

Christina was two months pregnant when she was arrested for drugs in 2017. That’s when another pregnant friend at the Marion County Jail told her about Goodwill’s Nurse-Family Partnership.

Ginny Cushman-Wood, nurse home visitor, began meeting with Christina after her release from jail, while she was living at Simply Divine, a drug-free transitional housing program in Indianapolis. Christina’s daughter was born in the fall of 2017.

Christina ticks off a laundry list of the many ways Ginny and Andrea Voisard, NFP Guide, have helped her. In addition to one-on-one home visits through Ginny, Goodwill’s NFP provided many wrap-around services.

“They have been a godsend to me. They’ve helped me with doctor’s appointments, scheduling things, gave me vouchers from Goodwill for clothes and made sure I had bus passes to make appointments. They even brought me groceries when I was living at Simply Divine. They helped me find daycare for Kalea so I could work,” she said.

“Christina was determined to get clean and take a different path. She’s definitely a hard worker and an awesome mom. She’s focused on her future and her family. She and Kalea make me hopeful,” said Ginny.

She’s currently working at Goodwill’s Commercial Services, a division of Goodwill that contracts with businesses for outsourced manufacturing and packaging projects. She and Kalea have a stable living situation with her brother and his family.

Christina’s next goal is to start classes at The Excel Center®, Goodwill’s tuition-free adult high school. She wants to get her diploma and thinks someday she’d like to work with children.

“A lot of younger kids are starting to use drugs; I’d like to do something to help them. Or maybe work with kids in and out of the juvenile system. That was once me, so I can relate. I think Goodwill is amazing for people who are trying to get their lives together. If someone really wants it and puts effort into it, they can succeed, and Goodwill is there to help,” she said.
Eskenazi Health is a champion of Goodwill’s NFP, evidenced by the fact that they made 851 referrals in 2017! Our partnership complements their own Healthy Families initiative, a free, community-based program that supports Marion County families with newborns.

Donna Burks, Associate Chief Nursing Officer, is instrumental in making sure all eligible women are offered the opportunity to have their own personal nurse.

She’s a 25-year veteran with Eskenazi Health, with the majority of that time working in various OB/GYN positions—labor and delivery, public health nursing and prenatal care coordination as a home visitor. She’s a big fan of in-home nursing programs and especially NFP. Thank you to Eskenazi Health and to Donna Burks for being so supportive of Goodwill’s Nurse-Family Partnership!

Are nurse home visiting programs an important part of prenatal care?

“Meeting the patient ‘where they are’ is instrumental in patient-centered care. What better place than in the home? You’re able to construct a comprehensive plan of care because you’re able to view the patient’s support system, living environment, neighborhood resources, and more.”

What value does NFP bring to Eskenazi Health’s continuum of care?

“A lot of the focus of care is directed toward high- and rising-risk pregnant clients. NFP is able to focus on preventative care, as well as assisting with the group mentioned above.

“In 1993—when I first stood at the bedside of a mother who was in need of support in so many areas (housing, clothing, resources for the baby, education, employment)—I would often leave my shift wondering: ‘What could be done to ensure that this mother has everything she needs to take care of herself and her baby? What could we do as a community to prepare a woman for what should be one of the happiest moments of her life, but she’s faced with worries about the future?’

“Several programs meet the needs of moms and babies for the pregnancy and postpartum care. But NFP goes one step further. It meets the needs of vulnerable mothers who want to learn how to provide for themselves and their families.

“This NFP implementation is so unique because it has the added benefit of the Goodwill infrastructure. This bolsters NFP because Goodwill’s mission is about empowering people to become self-sufficient. Nurse home visitors are prepared to help moms gain access to education, find better jobs, navigate the maze of government to access services, and so forth. And this program is the answer to that question I asked myself in 1993: ‘What could be done to assure that this mother has everything she needs to take care of herself and her baby?’ The answer: Goodwill’s Nurse-Family Partnership.”
**NOTABLES**

**MORTARBOARDS**

Máire Stocking, RN, MSN, CLC, nurse home visitor - Master of Science in Nursing, Pediatric Nurse Practitioner, Indiana School of Nursing

Angie Lazaro, RN, MSN, CLS, nurse supervisor - Master of Science in Nursing, Nursing Administration, Ball State University

Courtnie Leeper, RN, MSN, CEIM, CLS, nurse home visitor - Master of Science in Nursing, Nursing Leadership and Management, Indiana WGU

**HONORS**

Máire Stocking, RN, MSN, CLC, nurse home visitor - MSN Excellence Award, Indiana University School of Nursing

Angie Lazaro, RN, MSN, CLS, nurse supervisor - Dean’s Citation for Academic Excellence, Ball State University

Ashley Jones, MSN-RN, CTTS, CLC, nurse supervisor - Elite 50 Award and Premier 10 from Indiana University-Purdue University Indianapolis

**BOARDS**

Sara Pollard, RN, MSN, PMHNP-BC, CCFP, mental health consultant - Chair, Board of Directors, Postpartum Support International of Indiana

Marilynn Berry-Stamm, RN, BSW, CLC - Immediate Past-President, Board of Directors, National Alliance on Mental Illness Indiana; Board member, Buckner’s Place

**CERTIFICATIONS**

2017 International Board Certified Lactation Consultant certification (IBCLC)

Katherine Harkov, RN, MSN, IBCLC, nurse home visitor

Michelle Washington, RN, BSN, IBCLC, TTS, UMMS Certified TTS Trainer, nurse home visitor

2017 Certified Lactation Counselor (CLC)

Jamie Corwin, RN, BSN

Gregg Zirkelbach, RN, BSN

**TOBACCO TREATMENT SPECIALIST TRAINING**

Six nurse home visitors completed the University of Massachusetts (UMass) Medical School’s Tobacco Treatment Specialist (TTS) Training in 2017. The accredited training was made possible through a grant from the March of Dimes and is unique to Goodwill’s NFP implementation. It was presented by nurse home visitors Vanessa Lightle and Michelle Washington, both UMass Certified Trainers.

Congratulations to Robin Coleman, Ginny Cushman-Wood, Angel Hill, Audrey Jones, Karen Nolan and Lisa Sledge. They’re now eligible to apply for the National Certificate in Tobacco Treatment Practice offered by NAADAC, the Association for Addiction Professionals.
IN 2017, THE FOLLOWING COMMUNITY PARTNERS JOINED US IN SUPPORTING OUR FAMILIES:

Good+ Foundation - Supports breastfeeding by providing breast pumps for our mothers returning to work or school.

Lambswear, Inc. - Provides free clothing for children in need.

Lilly Nursing Forum - Provides volunteers to help with NFP events and financial assistance for graduation and Christmas gifts.

Pajama Program - Donates pajamas and books so all children can have a caring bedtime ritual.

Project Linus - Volunteers known as “blanketers” donate new, handmade blankets.

Society of St. Vincent de Paul - Provides free furniture, such as beds, couches, and kitchen tables.

Swaddling Clothes, Inc. - Provides new and very gently used clothing for infants and toddlers.

The Foundation for Lutheran Child and Family Services - The Emergency Diaper Dispensary provides free diapers.

The Indianapolis Zoo - 85% discount on family membership.

The Sullivan Corporation - Sponsors NFP graduation ceremonies.

WFYI - Bright by Text sends age-appropriate information, free activities, games, and resources for newborns up to age 5. Books and balls are also donated.

Goodwill's Nurse-Family Partnership provides intensive wraparound services for our families through full-time staff known as Guides. They support nurses and work one-on-one with mothers to help families. And, when children turn age 2, mothers can enroll in a graduate program for up to three years. Guides recognize that each family is unique and they help address issues such as employment, education, housing, transportation and more.

GUIDE FAMILIES TO SUCCESS

NFP Guide Andrea Voisard

NURSE-FAMILY PARTNERSHIP CHAMPIONS

Columbus Regional Health Foundation
Foundations of East Chicago
Heritage Fund-The Community Foundation of Bartholomew County
Indiana State Department of Health-Maternal, Infant, and Early Childhood Home Visiting program; Safety PIN; and Title V
Indiana University Health
Junior League of Indianapolis

Lilly Endowment Inc.
March of Dimes
Netherleigh Fund
Nicholas H. Noyes, Jr. Memorial Foundation
Nina Mason Pulliam Charitable Trust
The Glick Fund, a Fund of Central Indiana Community Foundation
United Way of Delaware County
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Methodist Hospitals

Coya Castro
Foodbank of Northwest Indiana

Lisa Crane
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Joan Culver
Franciscan Health

Arden Floran
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Tracy Lewis
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New Albany-Floyd County School Corporation

Dominique (L) with her son Jaycob and Máire Stocking, nurse home visitor