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For Immediate Release

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First-Time Mom Rebuilds With Young Daughter

Goodwill's maternal-child health program supports first-time, low-income moms

INDIANAPOLIS, Ind. — Goodwill of Central & Southern Indiana announced that it will honor Cieara Jake, a graduate of Goodwill's Nurse-Family Partnership program, with its Health Achievement Award. When Jake first connected with Nurse-Family Partnership, she was struggling with a number of challenges.

"My depression and anxiety preceded my pregnancy, but being in an abusive relationship made it even worse," Cieara said.

She was not taking her prescribed medications because she was afraid it could harm her baby.

"One of the first things we discussed was the importance of Cieara's own health—including her mental health—to the health of her baby," explained Donya Jackson, a Registered Nurse and Jake's NFP Nurse. "I encouraged her to take her medications."

When Jake filed for divorce from her husband and moved back in with her parents, her life began to change for the better. Jackson helped Jake secure high-quality child care for her daughter, Laila, and referred her to a domestic violence program where she met other women she could relate to.

"I loved meeting with my nurse," Jake said. "She was very supportive, knowledgeable and resourceful. Having her at the most vulnerable and dark times of my life was such a blessing to me and my daughter."

In addition to completing her bachelor's degree in general studies, Jake graduated from Nurse-Family Partnership in January 2019, when Laila turned two years old. Through the help of Habitat for Humanity, they moved into their own home in July 2019.

Jake is being honored for illustrating an outstanding commitment to participating in the Nurse-Family Partnership program and achieving a healthy pregnancy. She will be recognized during Goodwill's virtual event series, *Breakfast with Goodwill*, on July 22.

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About Goodwill of Central & Southern Indiana

Goodwill of Central & Southern Indiana changes lives every day by empowering people to increase their independence and reach their potential through education, health and employment. Goodwill serves 39 Indiana counties and operates more than 70 retail locations, as well as charter schools for adults and youth, a maternal-child health program, a child care center and more.