



**Invest in Kids
2021-2022 Report of
Nurse-Family Partnership®
in Colorado**



Motivation Statement

Invest in Kids' (IIK) annual program evaluations help ensure we are fulfilling our commitment to measurably improve the health and well-being of Colorado's children and families. Our approach to working with communities is grounded in Implementation Science. As such, data is collected as part of a larger Decision Support Data System, one of the Implementation Drivers¹. The data collected by Nurse-Family Partnership (NFP) nurse home visitors are utilized to monitor program performance and effectiveness, and to ensure the high-quality delivery of the program with fidelity to the NFP model. The data are also used to create annual reports for funders of NFP in Colorado. The analysis and reporting of this information is completed by the NFP National Services Office and the NFP Data and Reporting Manager, a full-time employee of IIK.

This report highlights the outcomes of Colorado NFP clients and their infants, and the work performed by IIK to support NFP implementing agencies. This report will benefit IIK by supporting continued funding of the NFP program in Colorado.



Vision

To ensure that every Colorado child has a strong start in life.

Mission

Invest in Kids partners with local communities to ensure the success of evidence-based programs that improve the health and well-being of Colorado's youngest children and their families.

Equity Commitment

Invest in Kids is dedicated to building a future where we can no longer predict child and family outcomes, such as healthy pregnancies, child development, and school readiness based on socioeconomic status, race, ethnicity, or zip code.

Equity

To create this future, we incorporate equity, diversity, inclusion, and belonging into all aspects of our organization and work.

Diversity

We recognize the toxic impact of oppressive forces like racism and poverty on Colorado's children and families. We are committed to building systems that eliminate health, mental health, and educational disparities and ensure that every child and family can thrive.

Inclusion

We value the power of unique and varied life experiences shaped by all aspects of a person's identity (including race, ethnicity, socioeconomic status, age, religion, gender, physical ability, sexual orientation, and geographic location) that are impacted by the inequitable systems we all encounter. We embrace all types of diversity and strive to honor and increase the diversity of the children, families, and community partners that we serve, as well as that of our own staff and board.

Belonging

We work hard to ensure that everyone feels valued and respected, including our staff, board, community partners, and the children and families that we serve. We aim to center the voices of Colorado's families and communities and use their feedback to improve our programs and practices.

We take pride in our mission and values. We prioritize human connection and have an organizational culture that supports employees holistically, honors our shared humanity, and encourages empathy, vulnerability, and authenticity.

☰ Table of Contents

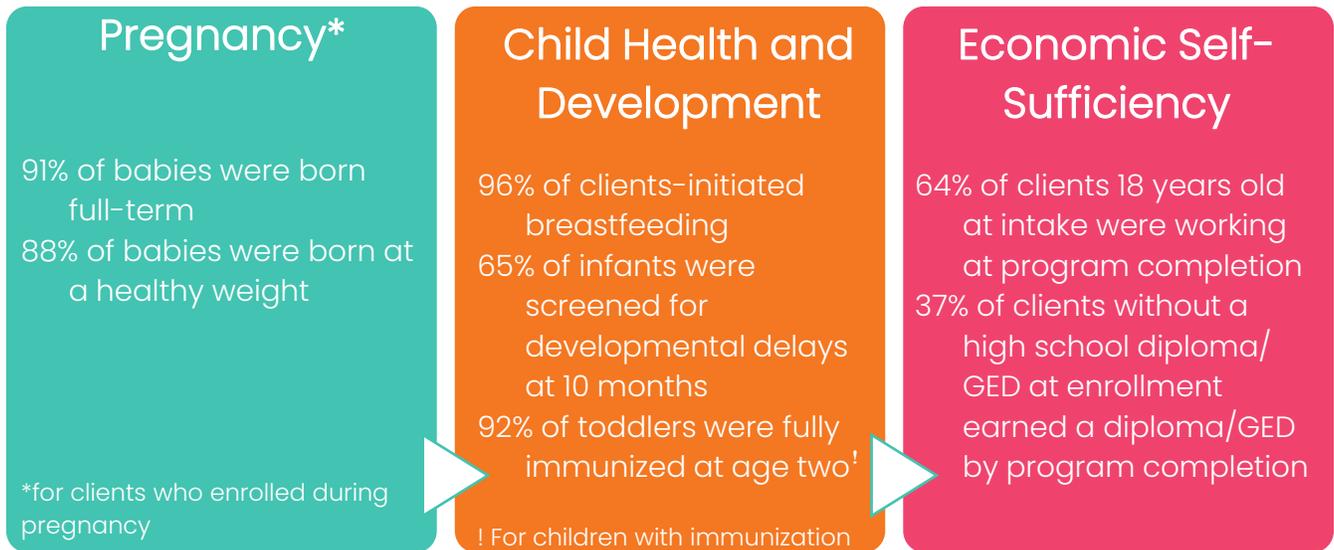
	Highlights	5
	Introduction	6
	Nurse-Family Partnership	7
	Return on Investment	8
	Invest in Kids Value Added	9
	Innovation	10
	Outcomes	13
	Who we serve	16
	NFP Location	18
	Fidelity	19
	Program Staff	20
	Appendices	21
	A. Data Collection	21
	B. Funding	22
	C. Partners	23
	D. References	24



Highlights

Nurse-Family Partnership is an evidence-based home visitation program that partners nurses with first-time parents and their babies. Colorado NFP is sustained by staff from 21 implementing agencies consisting of county public health departments, Federally Qualified Health Centers, hospitals, non-profits and a college of nursing. IIK intensively supports the staff at these implementing agencies to ensure the high-quality delivery of the program with fidelity to the NFP model. Invest in Kids provides nursing leadership, ongoing nursing consultation, trainings, communities of practice to foster the sharing of best practices and offers extra support and education to new NFP nurses.

Colorado NFP Client and Child Outcomes July 2021-June 2022



4,290

Client served

3,671

Children served

IIK provided additional support to supervisors and nurse home visitors through the ongoing Covid-19 pandemic. IIK nurse consultants completed:

- 398 supervisor consultations
- 12 supervisor community of practice meetings
- 12 new nurse community of practice meetings
- 4 nurse practice council meetings
- 4 supervisor meetings

The Pandemic greatly impacted NFP staffing. This year NFP experienced the largest number of nurses leaving and largest number of nurse vacancies in its history in Colorado. IIK provided nurse recruitment help.



Introduction

Healthcare, education, and mental health services in Colorado often do not adequately support the diverse needs of children and families, especially for people of color, families living on low incomes, and those living in rural or frontier communities. We all have an obligation to support the health and well-being of children and families; in particular, those who face inequitable access to resources and disparities in the quality of available services. For IIK, this commitment means investing in and supporting the delivery of evidence-based programs in communities across the state. Each of our programs equip Colorado families with the tools they need to build positive, healthy relationships and ensure a strong start for their children.

Thanks to funding from The Colorado Trust in 1999, IIK was able to adopt Nurse-Family Partnership® (NFP) as our first program. Its objective is to equip families with the resources they need for success and ensuring a strong start for children based on findings from three randomized controlled trials and over 40 years of longitudinal research conducted by Dr. David Olds.

Dr. Olds' research revealed that children participating in NFP had fewer injuries, developed better behavior skills and language development compared to their peers; mothers experienced better health and employment. Specifically, his studies found²:

- 56% reduction in child emergency department visits for accidents and poisonings
- 48% reduction in child abuse and neglect
- 67% reduction in behavior and intellectual problems among children at age 6
- 61% fewer arrests of clients
- 32% fewer subsequent pregnancies for clients



Dr. David Olds
Founder of NFP



For every dollar invested in NFP in Colorado there is a \$7.90 cost savings to society³

Nurse-Family Partnership®



Nurse-Family Partnership (NFP) is an evidenced-based, voluntary, community health nursing program for families living below the federal poverty threshold who are expecting their first child. Families with low-incomes are at higher risk of experiencing health disparities. Clients are partnered with a registered nurse early in their pregnancy and receive home visits until their child turns two. NFP focuses on first-time parents and is delivered by registered nurses with expertise in maternal/child health. The first-pregnancy is the optimal time to equip parents with positive health behaviors.

Program Goals



NFP National Service Office (NSO) provides training and the tools to help guide the nurse home visitor's practice. The NFP NSO developed a visit-to-visit guidelines to create a framework for home visits and to help maintain consistency in how the program is delivered. The guidelines also assist with delivery of fundamental information to clients. In addition, nurses utilize the Strengths and Risks Framework (STAR) as a compressive assessment of the client to create an individualized approach to interventions. Invest in Kids provides nursing leadership, ongoing nursing consultation, trainings, communities of practice to foster the sharing of best practices and offers extra support and education to new NFP nurses.

Return on investment

Why is Nurse–Family Partnership one of the best investments the public can make? IIK bases our actions on evidence. A study was conducted by Ted Miller at the Pacific Institute for Research and Evaluation to investigate the cost savings of NFP. According to the study's findings, across all levels of government (state and federal), the total cost savings to government for each family enrolled in Colorado NFP will average \$24,282.⁴

Ted Miller's study estimates the following outcomes can be achieved in Colorado by implementing NFP.

Enrolling 1,000 Colorado families with lower incomes in NFP prevents⁵

- 45 preterm births
- 98 closely spaced, high risk 2nd pregnancies
- 253 child maltreatment incidents
- 3 infant deaths



Invest in Kids' Value Added

In service to our mission of improving the health and well-being of Colorado's children and families, IIK plays an innovative role in our partnerships with communities to deliver evidence-based programs (EBPs). Implementation science research indicates that it takes more than solely making the decision to adopt an EBP to ensure that it is delivered with a high level of quality and competence, and that the intended societal benefits of the program are realized. IIK is dedicated to maximizing the impact of our EBPs in Colorado by providing a strong foundation of implementation supports that helps to ensure each program's effectiveness for children and families, in both the short and long-term.

We actively work with key decision makers to help secure each program's funding. By leveraging our time and expertise to identify opportunities, we seek out everything from federal, state, and local grants to investment from private foundations and individual donors. Together, we ensure the ongoing budgetary support required for long-term success and sustainability of programs statewide.

Specific IIK activities that support high-quality delivery of NFP include:



Ensuring that community leaders and stakeholders have the knowledge, skills and support needed to sustain the program



Protecting state funding for Nurse-Family Partnership through education and advocacy



Providing ongoing support and training to nurse home visitors and their supervisors in delivering Nurse-Family Partnership to diverse communities and families



Assisting Nurse-Family Partnership teams to interpret data to support nursing practice, monitor program implementation and develop quality improvement projects



Monitoring fidelity and quality improvement projects for all implementing agencies



Innovations

Nurse Recruitment

The COVID-19 pandemic has greatly impacted the nursing workforce. This year NFP experienced a substantial number of nurse vacancies. IIK continues to provide nurse retention support and this year added additional retention support.

- Partnered with the Schools of Nursing to recruit new graduates.
- Seizing the opportunity to increase black, indigenous and people of color (BIPOC) nursing staff by partnering with the Colorado Council of Black Nurses.
- Initiated a mail drive to recruit BSN registered nurses in the highest need county. A letter was drafted and sent to approximately 1300 nurses in Adams County. Additionally, the drafted letter was shared as a template for other NFP sites across the state who had open positions.



Telehealth Research Study

Invest in Kids has partnered with the University of Colorado Denver on a grant funded research project to study the rapid move to exclusive telehealth visits due to the pandemic. Through this research we hope to understand the impact of sudden telehealth use on client's health care utilization, client outcomes and the overall experience for both the client and nurse. The initial result from the research has provided guidance and recommendations used to inform nursing practice and better understand the impact of telehealth on the NFP model. The following outcomes occurred this year:

- **Nurse and Client Surveys and Focus Groups:** NFP nurses and clients provided feedback through two rounds of surveys and focus groups with the research team. The aim of these surveys and focus groups was to better understand both the nurse and client experience during the rapid shift to telehealth utilization. This data was used to support the development of updated telehealth guidance and recommendations for NFP in Colorado.

- **IIK Telehealth Guidance and Recommendations:** This guidance was developed by the IIK team and a Doctor of Nursing Practice student from the University of Colorado. The guidance included resources and tools for both nurses and supervisors to support the use of telehealth and in-person visits during and after the COVID-19 pandemic.
- **Telehealth Learning Sessions:** NFP nurses and supervisors across Colorado attended a virtual learning session to support the integration of the updated telehealth guidance. NFP nurses were asked to take a pre-and post-test to assess their confidence in utilizing the telehealth guidance before and after the learning session. There was a statistically significant increase in all five measures of confidence.
- **Implications:** NFP Nurses and Supervisors in Colorado continue to utilize the updated telehealth guidance and recommendations to decide between in-person or telehealth visits, plan for conversations with clients, and understand best practices for telehealth utilization.

New Nurse Community of Practice

The community of practice provides a space for new nurses across Colorado to discuss the work and role of NFP nurses, build connections, discuss challenges and strategies, and learn from each other. The IIK Nurse Consultants facilitate this monthly zoom meeting with new nurses across the state. Discussion topics are identified by the new nurses based on their experiences learning the NFP model and nursing practice. Examples of discussion topics included: Ethics of nursing, compassion fatigue, time management, therapeutic relationship, and nursing boundaries.



Nurse Story

Sarah Hays, Boulder County Public Health NFP, was awarded the Colorado DAISY Award for 2022. The Daisy award is presented to a nurse that demonstrates the skills, expertise and personal attributes that contribute to the delivery of outstanding client care.

Sarah provides exemplary client centered care and advocacy, demonstrates strong leadership attributes with her colleagues, and consistently displays professionalism with all she encounters in the workplace. She respects diversity, wholly understands and supports cultural competency, and is committed to equity for all. She develops close relationships with the clients she supports and is always a trusted resource for them. She is a shining example of the many roles a nurse home visitor fills while helping guide them to a more stable, secure future for their family.

Sarah manages all Spanish speaking referrals, and her caseload is entirely monolingual Spanish speaking women. She is passionate about advocating for client equity and is a tremendous resource for the Spanish speaking immigrant population. She demonstrates cultural competency and acts as a cultural broker for her families, including expert collaboration with community partners and insists that all NFP materials be translated to Spanish, so her clients receive the full benefit of the program.

Sarah is the first to offer to mentor newly hired nurse home visitors. Her vast experience in NFP and home visitation excellence provides new nurses the perfect springboard for future achievement and longevity as a NHV. Her passion for providing confidence, encouragement, and tools to support new mothers on their first parenting journey is role modeled to new NFP nurses by her commitment to stay true to NFP model and program elements. She has also taken countless stake holders on joint home visits so that they can understand the value of NFP in our communities.

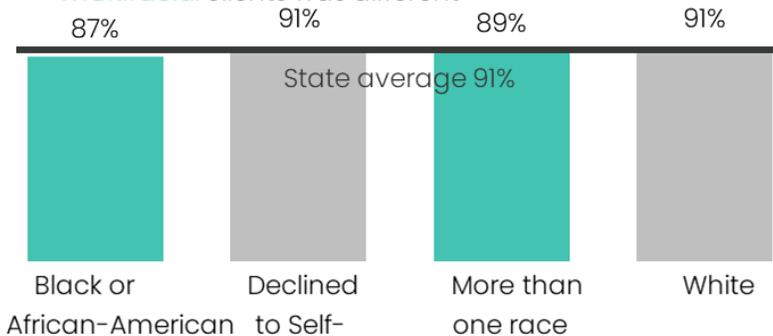




Outcomes

Colorado NFP Client and Child Outcomes July 2021-June 2022
Pregnancy Outcomes*

 9 out of 10 Colorado NFP babies were born full-term* But the experience for **Black** and **multiracial** clients was different

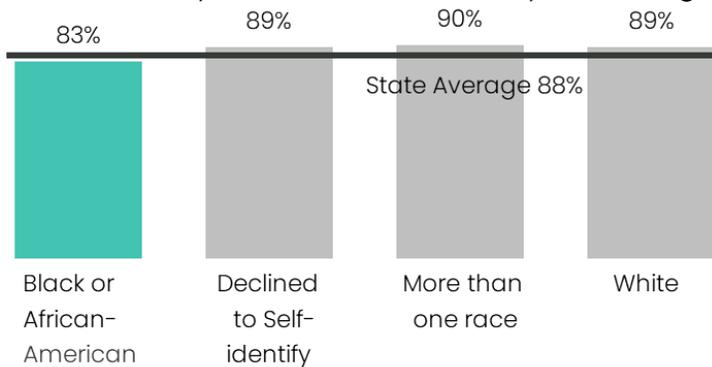


Premature births can have long-term effects on the child including behavioral problems, intellectual and developmental disabilities and health problems.

Why the difference?

“Social determinants of health are the conditions in the environment where people are born, live, learn, work, play, worship, and age that affect a wide range of health, function, and quality-of-life outcomes and risks”⁶

 Clients experience a difference in the rate that their baby was born at a healthy birth weight



Healthy babies are better equipped to learn and build core capabilities necessary for school readiness.

IIK continues our commitment to understand the systemic inequities that exist within our work. We acknowledge the intersection of multiple systems of oppression that exist for families within the maternal and child health population and thus we shall ensure program delivery incorporates a focus on equity and social justice. In FY21-22 IIK Nurse Consultants provided learning opportunities at Supervisor and Nurse Practice Council meetings to discuss how equity and social determinants of health are incorporated into nursing practice and impact client outcomes.

*Clients who identified as American Indian/Alaska Native, Asian or Native Hawaiian/other Pacific Islander are not included due to small sample sizes.



Outcomes

Colorado NFP Client and Child Outcomes July 2021–June 2022

Pregnancy Outcomes

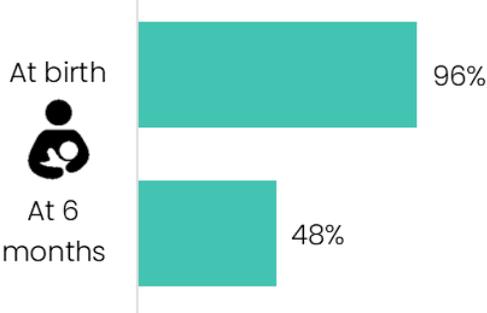


84% of clients were screened for depression during pregnancy. Maternal depression can impact the health and development of a child.

Child Health and Development

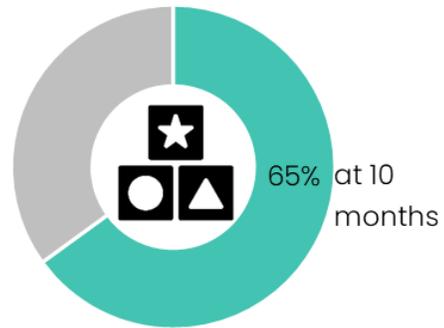
Breastfeeding Rates

Breast milk benefits the infant’s growth and development, immune system and general health



Infants screened for developmental delays

It’s important to identify possible delays in developmental milestones early and get support.



92% of toddlers were fully immunized at age two¹. Immunizations help to protect the infant from specific diseases.

Economic Self-Sufficiency



78% of clients have not had a subsequent pregnancy at 18 months postpartum. Birth space can have an impact on the mother’s ability to return to school or work.



64% of clients 18 years old at intake were employed at program completion. Employment improves the economic self-sufficiency of the family.



37% of clients without a high school diploma/GED at enrollment earned a diploma/GED by program completion; 18% were still enrolled in school. Completing high school/GED improves the economic self-sufficiency of the family.

¹for children with immunization data

Client Story

Lizeth enrolled in the Nurse-Family Partnership program in the fall of 2019, during her pregnancy. She is now a Nurse-Family Partnership program graduate. From her first visit, it was apparent that Lizeth was motivated to complete college and support her family as a nurse. Throughout her time in the NFP program, she took college classes that served as prerequisites for nursing school. Her baby was born in the spring of 2020. While parenting him, Lizeth balanced keeping her NFP visits with a full course load at college. She also obtained her Certified Nurse Aid license and began working in a long-term care facility, caring for patients in-person during the Covid-19 pandemic. Lizeth earned her Associate's degree in August of 2021 and began work on her application to the Denver College of Nursing. When unexpected financial hardship struck, she reached out to her NFP nurse. Through the support of the Jacquelyn Wonder Fund and the staff at Invest In Kids, the cost of her nursing school application fee was covered. Lizeth soon learned that she had been accepted into the nursing program with an April 2022 start date. She will graduate with her Bachelor's degree in Nursing in the winter of 2023. When asked about the support Lizeth received through the Jacqueline Wonder Fund and the Nurse-Family Partnership program, she replied, "Anything is possible when you have the right people around you." We wish Lizeth and child all the best in this new chapter of their lives.





Who we serve

NFP seeks to serve families in Colorado who face significant barriers to having a healthy pregnancy due to their income, education and/or employment status. The families NFP serves may experience economic, housing or food insecurity; inequitable access to health care and education. NFP families may have also experienced a disproportionate impact of systemic inequalities.

Clients in the Colorado NFP program are:

First-time parents

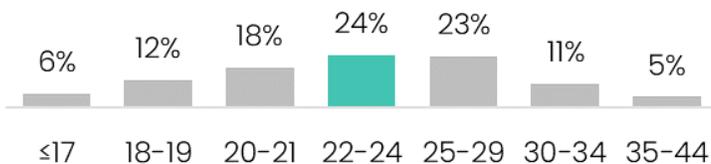
- The best chance to promote and teach positive health and development behaviors exists during a first pregnancy.

Low-income (≤200% of the Federal Poverty Level)

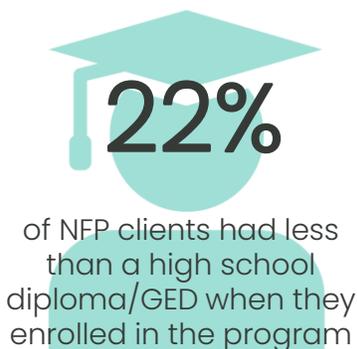
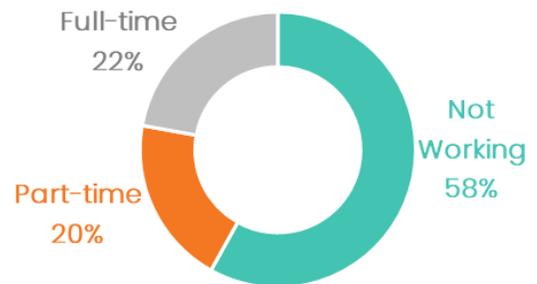
- Dr. David Olds' research has shown that lower-resourced clients receive more benefit from the program than persons with higher incomes.

Colorado NFP Served 4,130 clients

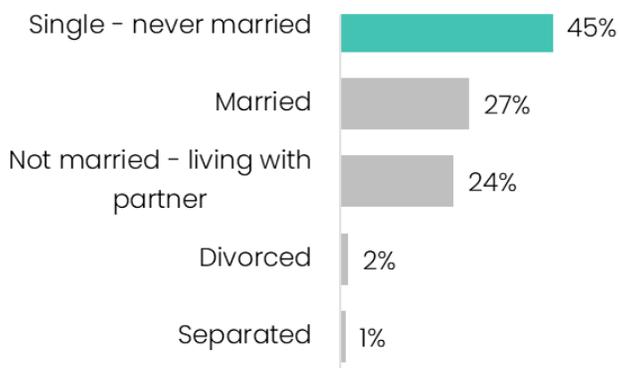
The majority of clients were in their 20's when they enrolled in NFP. And the highest percentage were between 22-24.



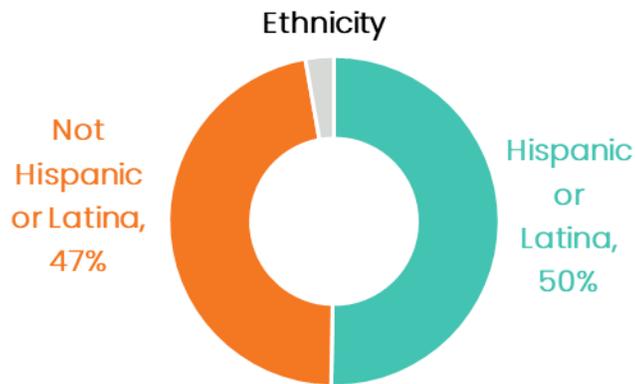
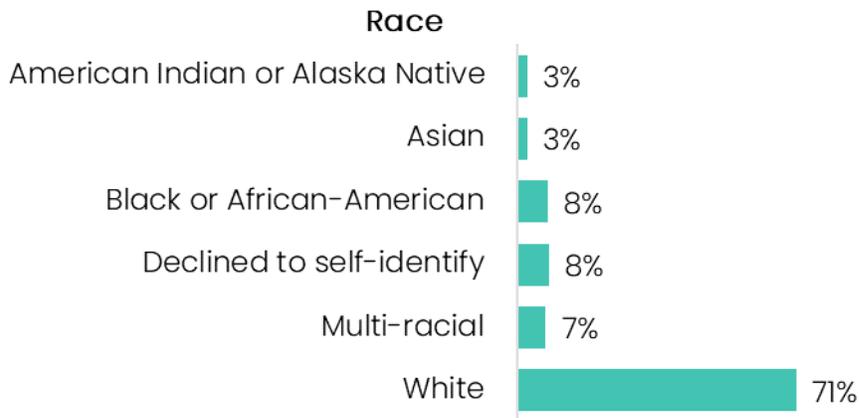
The majority of NFP clients were **not working** when they enrolled in the program.



The majority of NFP clients were **single** when they enrolled in the program

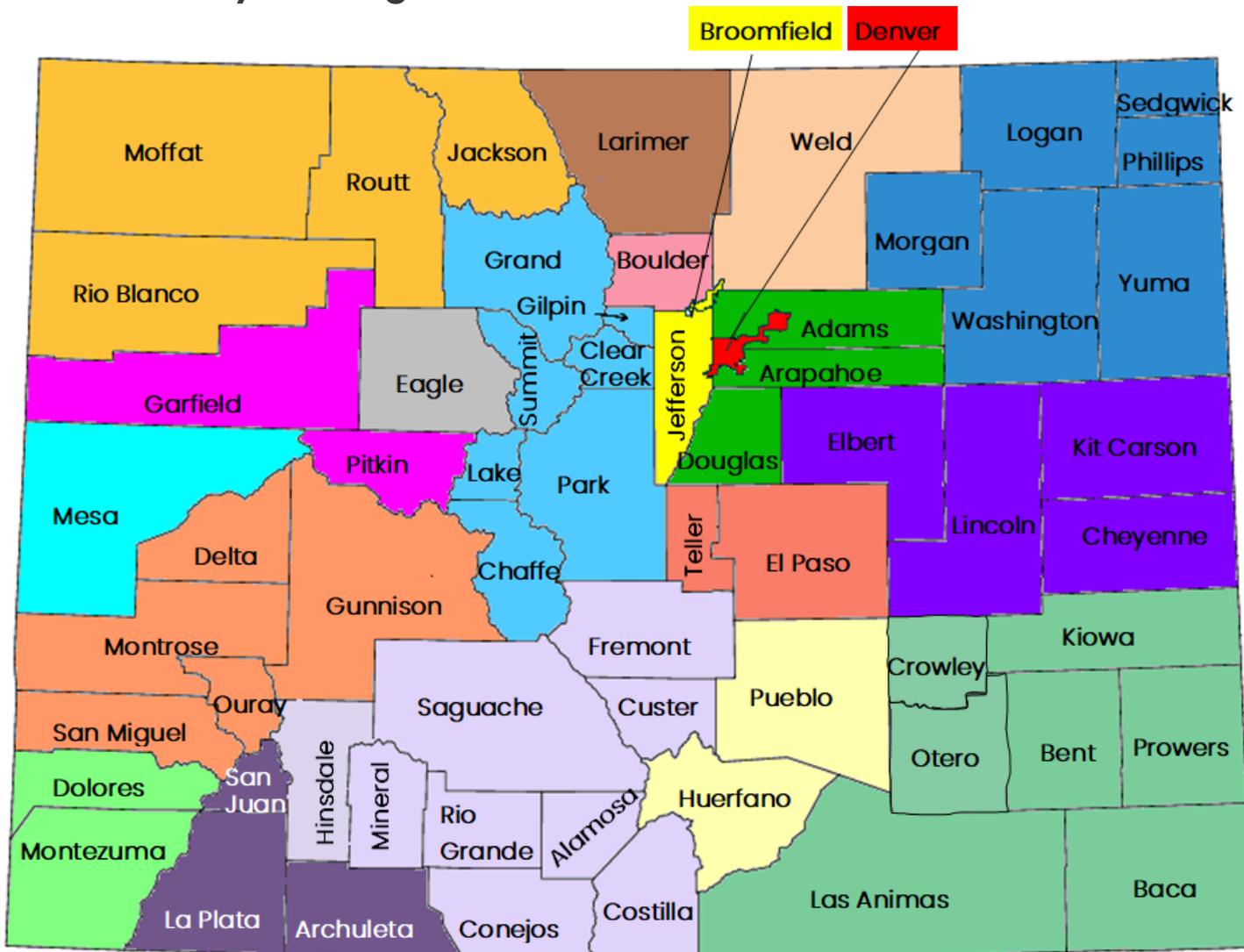


Ethnicity and race are asked as separate questions following the format stipulated by the Federal Government (US Census and Office of Management and Budget).



NFP Locations

Twenty-one agencies serve all 64 counties in Colorado



	Northwest Colorado Health		Larimer County Department of Public Health and Environment		Weld County Department of Public Health and Environment
	Regional Home Visitation Program dba Baby Bear Hugs		Family Visitor NFP		Eagle County Health and Human Services
	Intermountain NFP		Boulder County Health Dept.		Jefferson County Health Dept.
	Denver Health		Tri-County Health		Kit Carson Health and Human Services
	Mesa County Department of Public Health and Environment		Montrose County Dept. of Health and Human Services		Valley-Wide Health Systems, Inc.
	El Paso County Dept. of Public Health & Environment & Beth-El College of Nursing		Pueblo Community Health Center		Prowers County Nursing Service
	Montezuma County Health Dept		San Juan Basin Health Dept. through Healthy Kids		



Fidelity

Nurse-Family Partnership adheres to 19 model elements for implementing the program. When the program is put into practice in accordance with these model elements, implementing agencies have a high level of confidence that results will be comparable to those measured in the research trails.

Ensuring we continue to have an impact relies on following the blueprint formulated in the research trials. The 19 model elements at the core of the NFP program serve as this blueprint. We use "fidelity" to refer to how closely a given NFP implementing agency adheres to those model elements, thereby replicating the practices proven to lead to the best outcomes for clients.

What makes NFP unique is the wealth of evidence proving that every dollar spent on it truly has an impact. IIK's promise to sustain that impact means we must ensure that Colorado's implementation of the program is always true to the model elements. We measure fidelity so we can say with confidence that the services NFP provides fosters the best interest of clients in ways proven to be most effective.





Program Staff



Michelle Neal MS, RN – Program Director



Alex Carmitchel, RN – Nurse Consultant



Allison Duran BSN, RN – Nurse Consultant



Kimberly Hirst MPH, RN – Outreach Nurse



Staci Morley-Young – Data and Reporting Manager



Allison Mosqueda MS, RN – Nurse Consultant

Appendices

A. Data Collection

Nurse home visitors utilize forms required by the Nurse-Family Partnership program to collect data. Data are collected by the nurse home visitors who ask the client each question and includes demographics information about the families served, screenings conducted, utilization of community and government services and program outcomes. The data collected are entered into the NFP National Service Office (NFP NSO) data collection system. Implementing agencies can access this data through reports provided by the NFP NSO.

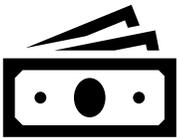
Data collected are used to support nursing practice, document services provided, track families progress in attaining program goals, and measure program effectiveness and performance.

The NFP NSO extracts the data to produce a standardized set of reports for nurse home visitors and their supervisors to use. These reports were created to support caseload management, monitoring program implementation and client outcomes.



B. Funding

Funding for the NFP program in Colorado is provided by state Tobacco Master Settlement funds, Medicaid reimbursement and federal home visiting funds. The Tobacco Master Settlements funds finances 24 of the 27 teams that implement NFP in Colorado. The remaining three teams receive funding through the Maternal, Infant, and Early Childhood Home Visiting (MIECHV) program. The MIECHV Program is administered by the Health Resources and Services Administration (HRSA) a division of the U.S. Department of Health and Human Services.



Tobacco Master Settlement funds (state fiscal year July 1, 2021-June 30, 2022)
budget \$23.2 million



MIECHV funding (federal fiscal year October 1, 2021-September 30, 2022)
budget \$2.3 million

C. Partners

IKK began the replication of NFP in Colorado by working in partnership with local communities to identify, introduce and then to implement the program with fidelity to ensure success. All NFP implementing agencies are required to have local advisory boards which grew out of these initial partnerships. These advisory boards provide a support network for NFP staff and clients.

The management of NFP in Colorado is accomplished with a four-partner team:

<p>Nurse–Family Partnership National Services Office’s role in Colorado</p> <ul style="list-style-type: none"> • Initial nurse and supervisor training • Visit-to-visit guidelines • Marketing resources and materials • Data collection system • Program implementation and outcome reports 	<p>Invest in Kids’ role in Colorado</p> <ul style="list-style-type: none"> • Community awareness • Program advocacy • Site development and expansion • Clinical support and consultation • Program implementation support • Quality improvement management 
<p>Colorado Department of Human Services’ role in Colorado</p> <ul style="list-style-type: none"> • Fiscal agent • Annual grant application • Annual state Tobacco MSA appropriation • Contracts including funding conditions • Finances and implementing agency budgets • Federal funding and associated contracts 	<p>College of Nursing, University of Colorado Anschutz Medical Campus’ role in Colorado</p> <ul style="list-style-type: none"> • The Nurse Home Visitor Act requires that the University of Colorado select, evaluate and monitor sites. The University subcontracts these responsibilities to the NFP National Services Office and Invest in Kids. 

D. References

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