

Volume 9
July 2009



Partners for Healthy Families

Jeffco F.I.T. Coalition

A Coalition for Families with Infants & Toddlers



Become a Member!

Please call
Cynthia Farkas,
303-239-7074

UPCOMING EVENT:

The next F.I.T. Coalition meeting:
Tues. Sept. 15, 2009
2:30-4:30 pm
5th floor Conference Room,
Jefferson County Courts & Admin.
100 Jefferson County Parkway, Golden, CO.

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Jefferson County, Colorado

A NIGHT TO CELEBRATE SUCCESS

It was the evening of May 9th and people were gathered from all over the State to celebrate Invest in Kids 10 year anniversary. But one person in particular had plenty of reasons to celebrate. Her name is Amanda and her story is truly inspiring. Amanda joined PFHF program in Jefferson County over two years ago when she was nineteen and five months pregnant. Amanda, along with her nurse Valerie Carberry, told the story of how she broke a generation

long cycle of abuse and poverty.

During her first home visit, Amanda's boyfriend at the time began speaking aggressively toward her, getting louder and louder. That's when Valerie stepped in. She looked him straight in the eye and told him, "You're out of line. Calm down or I will call the police." While he thought about it, Val turned her attention back to Amanda and asked if she wanted her to call the police. "No", replied Amanda, though she

looked unsure. Not content to leave matters as they stood, Valerie worked with

Amanda to get a safety plan in place, jotting down numbers to women's shelters and tucking them away. Leaving, Val hoped Amanda



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Have a Safe and Healthy Summer

Protect the Skin Your In:

Skin Cancer caused by exposure to the sun's ultraviolet rays is the most common form of cancer. Here are some safety tips:

- Wear sunscreen that blocks UVA and UVB rays. Most doctors recommend using a sunscreen with a sun protection factor (SPF) of 15 or greater.
- Apply it properly, thoroughly and regularly, even on cloudy days.

- Protect your skin with a hat, long sleeved shirts and long pants, and sunglasses to protect your eyes.



- Limit exposure to very reflective surfaces, such as

sand, water, snow, tile and buildings. These surfaces can increase the risk of a burn or significant skin damage.

- Limit exposure between 10 a.m. and 4 p.m., when the sun's rays are strongest.

Remember this tip:

If your shadow is shorter than you are, the sun's rays are very intense. At that

point, seek shade or get indoors.

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Amanda's Story - continued

would never have to implement the plan, but was glad she had one.

After that meeting, something clicking in Amanda's head. Perhaps she could create a new life for herself and her child. During the next three months with Valerie, Amanda shared the details of her life: her mothers periodic bouts with homelessness, how she herself ended up living in her car after her father and stepmother divorced, a family tree with step-siblings and half-siblings and other relationships too complicated to sort out. On top of that was her boyfriends continued troubling behavior. He made fun of her acne, chastised her about gaining weight and called her names.

At one point she fled to her mother's home in Florida, only to have her boyfriend, "sweet-talk" her into coming back. She delivered a health baby boy in October 2006. Valerie continued to reinforce Amanda's maternal instincts and complimented her about Nolan's weight gain, who was thriving under his mothers care.

The peace didn't last and when Nolan was three months, Amanda's boyfriend choked her and held her over their son's crib. "I couldn't help but think how this would scar him for life if he had been older," says Amanda. It was finally time to implement the flight plan that she and Valerie had developed so many months ago.

Amanda called the police, who arrested her partner and by

the time he made bail and returned to the apartment, Amanda had relocated to a shelter with her son.

"Before, I remember thinking I was going to be stuck, but it wasn't just me now. I know I could do it, but I didn't know how."

Valerie was always nearby to encourage her client and continued to meet with Amanda in the shelter. Amanda, through resources at the shelter, was able to enroll in college and move into her own apartment. In May 2009 she graduated with an Associates Degree and plans to study speech therapy when Nolan is a little older.

"The program is awesome," says Amanda, who graduated from PFHF when Nolan turned two. "I don't think I would have left Nolan's father if Valerie hadn't told me that what he was doing was wrong. She was that one voice. That's all I needed. She used to tell me all the time I was a survivor, she really believed in me."

Valerie, tearing as she hears Amanda's heart-felt gratitude, modestly replies, "She did all the work. She just needed the consistency; of someone saying, 'You can do it.'"



Amanda's and other client stories can be viewed at www.nursefamilypartnership.org

Safe and Healthy Summer

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Animals & Insect Safety: Prevent Mosquito Bites

The best way to protect yourself, your family and your community from mosquito bites is to follow the four D's.

- **Drain:** Drain or empty standing water
- **Dusk/Dawn:** Use repellent and protective clothing during the evening and early morning hours when mosquitoes are most active.
- **Dress:** Dress in long sleeves and pants during dusk and dawn or in areas where mosquitoes are active
- **DEET:** Wear insect repellent containing wither DEET, Picariden or oil of lemon eucalyptus.



Water Safety .

.. Recreational Water Illnesses (RWIs) are illnesses that are spread by swallowing, breathing, or having contact

with contaminated water from swimming pools, spas, lakes, rivers, or oceans. RWIs can cause a wide variety of symptoms including gastrointestinal, skin, ear, respiratory, eye, neurologic and wound infections.

Practice Healthy Swimming Behaviors

- Refrain from swimming when you have diarrhea
- Avoid swallowing pool water or even getting it into your mouth

- Shower before swimming and wash your hands after using the toilet or changing diapers.
- Take children on bathroom breaks or check diapers often.
- **Safety Comes First**— keep an eye on children at all times, kids can drown in seconds and in silence

Food Safety . . .

Keep Foodborne Illness off the Menu at Picnics, Barbecues and other Outdoor Feasts.

- **Wash, wash, wash Your Hands:** Always wash your hands with hot soapy water before and after handling food.

Cook food to proper temperatures. Hamburgers should be cooked to 160° F and poultry to 170°.





Bold National Home Visitation Initiative—Proposal Moves NFP to “Front-line of Evidence-Based Policy”

President Obama’s comprehensive fiscal year 2010, released May 7, contains federal funding for a new Home Visitation Program for low-income families. The request is for \$124 million in 2010 in new mandatory funding to establish a program “which will create long-term positive impacts for children and their families as well as to generate long-term positive impacts for society as a whole.”

The President’s initiative calls for investment in evidence-based home visitation programs that have been rigorously evaluated and shown to have positive effects on critical outcomes for families and children. “We believe that President Obama’s bold initiative will have a lasting impact on millions of women and children, guiding them and their families along a healthy and more prosperous course that will yield benefits to their communities and our nation,” states Thomas R Jenkins, President and CEO, NFP. President Obama has often pointed to Nurse-Family Partnership as a program with proven effectiveness and an example of what public policy with a focus on evidence can do.

The President’s Home Visitation Initiative includes:

- \$8.6 billion in federal funding over 10 years
- \$124 million in FY2010 to serve an estimated 50,000 families
- Research and development funds to incentivize all home visitation programs to improve the effectiveness of their services
- Ramped-up growth in the Program, reaching an estimated 450,000 families in FY2019.



10 Year Anniversary Celebration

Since 1999, Invest in Kids has served over 23,000 children and families with research-based, proven programs. On May 9th, the staff and Board of Directors joined with hundreds of community members to celebrate Invest in Kids’ 10 year anniversary. Instead of a traditional “rubber chicken dinner” the evening featured rotating food stations with cuisine from around the world, dancing and a live auction. Attendees heard from Lt. Governor Barbara O’Brien, Colorado State Treasurer Cary Kennedy, Board Chair John Walsh, Executive Director Jennifer Adler and Incoming Executive Director Lisa Merlino.



Coalition Updates

JCPH NFP

Partners for Healthy Families (PFHF) would like to welcome Kelli Dunn who joined our team June 1st and brings many years experience in maternal and infant mental health. PFHF has also had a resignation this month, which unfortunately produced an opening and the position has been advertised.

St. Anthony’s News

Cari Berget just returned from a trip to South Africa. Marieka Stam is leaving for graduate school in Canada in mid-August. Cari Berget and Amy Wigand are expecting babies. Julie Wilber won the hospital system’s Living the Mission

award which is given to employees who demonstrate St Anthony’s core values in their daily work. Julie was honored at a dinner reception and received a crystal sculpture award. Congratulations Julie.

Broomfield Health and Human Services (BHHS)

In April Faith Eggleston was asked to take the position of Interim Nursing Administrator for Broomfield Health and Human Services. The HOPE program, which Faith coordinates, has 14 clients enrolled and is in the process of creating a database to assess the program outcomes. Previously frozen positions are now being advertised for a Nursing Administrator and one Public Health Nurse.

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Nurse-Family Partnership is an evidence-based, nurse home visitation program that improves the health, well-being and self-sufficiency of low-income, first-time parents and their children.

This Nurse-Family Partnership Implementing Agency is part of a growing national initiative supported by the Nurse-Family Partnership National Service Office, located in Denver, Colorado. Currently the program is serving clients in 24 states across the nation.

For more information, please go to
www.nursefamilypartnership.org or

Call 1-866-864-5226

F.I.T. Newsletter is a biannual electronic newsletter produced by JCPH! Editions will be emailed to you. Please call or send us your email address and website url so that we can include a link on the web page: 303-239-7074 or Email: cfarkas@jeffco.us



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About Jeffco F.I.T.

Jeffco F.I.T. (Families with Infants & Toddlers) **Coalition** meets twice a year and publishes this newsletter biannually. Thank you for your interest and support of organizations and agencies providing services to Jefferson County's children ages 0-3 years. If interested in becoming a member of Jeffco F.I.T. coalition, please contact Cynthia Farkas, chairperson at 303-239-7074.

Mission:

To enhance and promote supportive services to Jefferson County families with children, prenatal to age three years. Jeffco F.I.T. achieves its mission through information sharing, coordination of services, and identification of gaps in services.

Goals and Objectives:

- ◆ To promote information sharing among service providers
- ◆ To increase awareness of available services
- ◆ To improve coordination and collaboration of services to families
- ◆ To promote the enhancement of continuum of services

For more information about the coalition please visit:
<http://health.jeffco.us>.