

Volume 7  
July 2008



# 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. 9, 2008  
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

## Watching for Blossoms

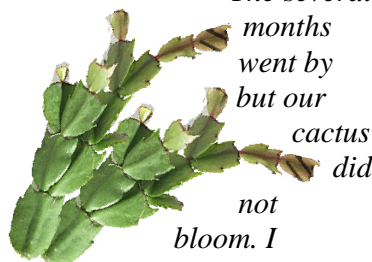
by Cindy Kisselman, RN, BSN, Partners for Healthy Families Program

*A few years ago, I received a beautiful blooming cactus. The gorgeous, vibrant blooms filled our home with color the entire season and brought with them a promise to bloom again the following year. I was excited. As a nurse with the Nurse-Family Partnership for the past seven years, I have grown accustomed to nurturing, to watching and waiting, and to the promise of hope. Waiting and watching this cactus reminds me of the life of one of my clients.*

I first met 18-year old Barbara in her 15th week of gestation. When I called her she was very receptive to meeting with me. She stated she was currently living with her grandmother, and the house was very crowded. We agreed to meet at her WIC appointment.

Her boyfriend, Jesse was with her. They were attentive during our

discussion. They both had a desire to finish school and were enrolled in a High School program. I admired their dedication to getting to school and their goal of getting their diploma. Barbara was in good health and looking forward to being a mom.



*The several months went by but our cactus did not bloom. I nurtured it and waited. The cactus was getting new shoots and very green but no blossoms. I was puzzled. I read up on the plant, studied the type of environment they bloomed best under, followed directions . . . and waited.*

Barbara had many challenges ahead of her. School, housing, and relationships were all

common topics during our home visits. She had many questions about her pregnancy and a strong desire to be a good mother. She wanted her child to be raised in a two parent household, which neither she nor Jesse had when growing up. She kept her prenatal appointments and chose to breastfeed.

Barbara delivered a beautiful baby girl. She was healthy with a strong suckle which made breastfeeding get off to a great start. Each postpartum home visit showed Barbara was bonding well and loving being a mom.

*Another season passed, my cactus still had no blooms. Yet, very tiny pink buds clinging to one of its branches offered hope, so I did not give up. I kept*



*cont'd on page 2*

## Watching for Blossoms cont'd.

*offering sun and water as recommended. I made a point of being attentive and watering carefully.*

Barbara's goals over the time of the program were family planning, housing, school, employment and friends for herself. Barbara became depressed and felt hopeless. After much encouragement she began following up on resources we had talked about. Barbara and Jesse had signed up for the housing project list and were given their own two-bedroom apartment. Barbara was very excited to have her own space at last. They had moved into their own apartment in the same housing project where Jesse's mom lived.

Keeping an apartment clean and caring for her daughter was extremely difficult. She and Jesse had never had to do it all on their own, and they were trying to adjust.

*The Christmas season passed again, the cactus lived on . . . . . without blooms.*



When her daughter was six months old, Barbara found out she was pregnant again. She and Jesse were overwhelmed with the news. This was **not** part of the plan. On our visits we focused on parenting. Her daughter was growing fast and becoming mobile. Barbara embraced the positive parenting ideas of the Nurse-Family Partnership.

When Samiah was 15 months old, her little brother was born. Little Jesse had a different temperament from his older sister which made being a mother of two very challenging. He developed Eczema and was miserable. Barbara became his advocate and sought treatment from a specialist. This made a huge difference for her son. Samiah was approaching two years old. Barbara was nearing graduation from our program. We talked about this starting at 18 months. Barbara would tear up, and stated she wasn't ready for our visits to stop. I admit things felt left undone for me. I was struggling.

Motivated by the fast approaching end to our home visits, Barbara visited her doctor and was given medication to help with her depression. She began to focus on her often spoken of goal of being a Certified Nurses Assistant. She had looked into a private school to become certified. She went for an interview and was

*cont'd on page 3*



### National Service Office Hosts Summit

Nurse-Family Partnership Nurse Supervisors and State Nurse Consultant Delegates from across the country participated in this first-ever, three day Summit. The purpose was to give Delegates the opportunity to provide feedback, and to express the successes, concerns, and challenges they are experiencing in implementing the NFP model.

The "Top Challenges" that emerged as priorities are:

- Time Management
- Recruiting & Retention (of nurses)
- Funding (for agencies)
- Misperceptions about NFP
- Complex Health and Social Issues (of clients)
- Referrals, Engagement, and Retention (of clients)
- Safety (of nurses/supervisors in the field)

The Summit also created a forum for sharing successful emerging practices—and was an enormous success! We hope to gather ALL of NFP's Nurses at a similar event in the future.



### The British Broadcasting Corporation (BBC) Visits Denver

The British Broadcasting Company (BBC) recently spent five days in the metro-Denver area to create programming on Invest in Kids (IIK) and the programs for which we advocate in Colorado. The BBC crew had the pleasure of attending two nurse home visits with Jefferson County Health Department NFP nurse Valerie Carberry. In addition to interviewing IIK staff and board members, they interviewed Dr. Olds to discuss his research on NFP, Senator Norma Anderson to learn about her role as the legislative champion for the NFP, and Lt. Governor Barbara O'Brien to talk about her commitment to the NFP and early intervention strategies. While the programs were only carried by the BBC in the UK, they are available via the BBC website: [www.bbc.co.uk](http://www.bbc.co.uk)!

## Watching for Blossoms cont'd.

accepted. She and Jesse were able to come up with some money down, and the NFP had access to a grant from the Norma Johnson fund which helped with the rest of the funding. What a blessing to watch this all come together.

*Spring has sprung and my Cactus is in full beautiful bloom...The plant has many bright pink to orange flowers and I am in awe.*

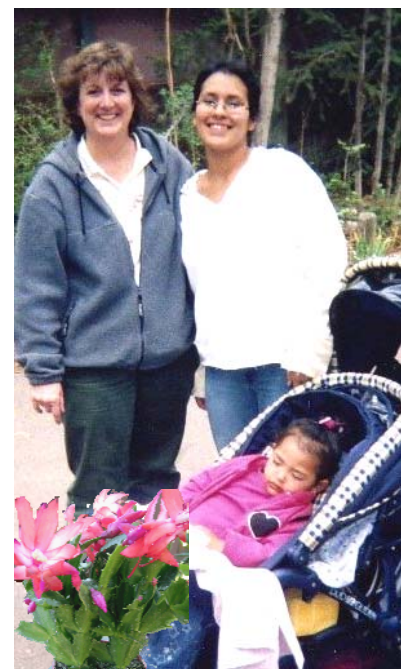


I made a home visit during week three of the class. When I entered Barbara's apartment I heard her laughing. I had never heard her laugh with her children before. The front curtains were open in the living room –what a difference the light had made. She walked outside with me. She was looking me in the eye, and I had never noticed she was almost my height. Was it possible she had grown?

*The blooms lasted on the cactus for months. It was taking more water and full sunlight. It filled the window with its beauty.*

Barbara needed to pass the written and hands on exam in order to become certified. She was anxious and nervous waiting for her results. She passed!

*A success! Barbara has bloomed!*



Cindy Kisselman, RN with Barbara and daughter, Samiah.



### JCDHE NFP

Partners for Healthy Families (PFHF) received a continuation grant to serve 200 families in Jefferson and

Broomfield Counties. PFHF had one resignation and has a nurse visitor vacancy. Maureen Kloser was selected as a new Metro Representative on the Colorado NFP Nurse Practice Council. Maureen joins Kim Weber Yorga who is a current representative. Maureen and Kim will represent PFHF, Intermountain NFP and Eagle County NFP, the newest NFP site. PFHF staff has presented NFP to all Jefferson County Justice Agencies, with the expectation that all eligible, first-time mothers receive information about NFP. PFHF has received six referrals from Probation since January 2008. Cynthia Farkas was one of the five supervisors representing Colorado at the NFP Supervisor and Nurse Consultant Summit in Denver in April (see related article).

**SAC NFP** received continuation and expansion grants to serve 200 clients in Jefferson, Adams, and Denver Counties.

### Broomfield Health and Human Services (BHHS)

The Helping Our Families by Promoting Empowerment (HOPE) Home Visitation Program is off to a great start. The Prenatal HOPE option follows clients during pregnancy through the child's second birthday. Six clients are currently enrolled in the program and have plans to meet with 3 referred clients in the next week. The Family HOPE option

## Coalition Updates

serves high-risk families with children under the age of 18. Referrals are received from Child Protection Services, and BHHS looks forward to strengthening that partnership. We are also exploring how to develop a stronger partnership with Broomfield Mental Health by working together to deliver the Nurturing Parenting Program.

### Welcome new Jeffco FIT Coalition Member:

Denver Indian Family Resource Center (DIFRC) is located at 393 S. Harlan suite #100 in Lakewood. Kim Johnson, MSW is the new Family Advocate. Kim's contact number is 303-871-8035. DIFRC is the only Family Resource Center (FRC) that is specific to the American Indian population. Denver Indian Health and Family Services (DIHFS) provides a variety of health services to the American Indian population. DIHFS is located at 1634 Filmore in Denver. The director is Dell Nutter, and his contact number is 303-781-4050. Other Family Resource Centers in the Denver Metro area include Focus Points FRC, Lowry FRC, Cross Community Coalition FRC and Four Mile FRC. These agencies work primarily with the Latino/Latina, Immigrant and Mexican American populations. Each FRC provides different services, i.e. DIFRC are primarily Indian Child Welfare Advocacy while Focus Points works with ESL classes, and has a school and onsite clinic for their population. Overall the FRC serves a large minority population. For more information, refer to the FRC website at [www.familyresourcecenters.info/](http://www.familyresourcecenters.info/)

Partners for Healthy Families

Jefferson County Colorado

Cynthia Farkas, Program Supervisor

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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 23 states across the nation.

For more information, please go to [www.nursefamilypartnership.org](http://www.nursefamilypartnership.org) or

Call 1-866-864-5226

**F.I.T. Newsletter is a biannual electronic newsletter produced by JCDHE! 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](mailto:cfarkas@jeffco.us)**

<http://health.jeffco.us>

## Contact Us . . . Coalition Members

### Bridgeway Home

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### Child Care Innovations

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### Covering Kids and Families Outreach Coordinator

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### Denver Indian Family Resource Center

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### Exempla Lutheran Medical Center

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### FACES

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### Families First

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### Invest in Kids

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### Early Childhood Connections @ DDRCC

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### Jefferson Center for Mental Health

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### Jeffco Child Find

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### Jefferson County Department of Health & Environment (JCDHE)

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### JCDHE WIC

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### Jefferson County Human Services

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### Metro Area Bright Beginnings

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### Metro Community Provider Network (MCPN)

Pamela Moores - 303-761-1977 x154  
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### Mommy Rocks

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### Mothers of Preschoolers (MOPS)

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### Parent Partnership

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### St. Anthony Central NFP

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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>.