



Nurse-Family
Partnership

Helping First-Time Parents Succeed®

2023

Referral Toolkit

Call or text: 860-488-5067

or visit: CTNFP.org for more information

Fax referrals to: 203-293-6702

Table of Contents

Pg. 1 - Nurse-Family Partnership fact sheet (for clinicians)

Pg. 2 - Trilingual Flyer (for patients)

Pg. 3 - Referral form (for office use)

Pg. 4 - Consent to be Contacted form in English (for patients)

Pg. 5 - Consent to be Contacted form in Spanish (for patients)

Pg. 6 - Consent to be Contacted form in Portuguese (for patients)

Pg. 7 - Ruth's Story - NFP at RVNAhealth Patient Story

Stay Connected With Us!



Nurse-Family Partnership at RVNAhealth



@nfp.rvnahealthct



860-488-5067



ctnfp.org



Positively transforming the lives of babies, parents, and families.

About Nurse-Family Partnership

Nurse-Family Partnership at RVNAhealth is a FREE, voluntary program that pairs eligible first-time pregnant people with their own personal nurse from pregnancy through their child's second birthday.

This program is funded by the CT Office of Early Childhood and is available to patients who are:

- Living in Danbury/Waterbury or surrounding areas;
- WIC/Husky eligible, under 18 years of age, or having difficulty making ends meet;
- Are less than 29 weeks pregnant.



For More Information or to Make a Referral

Call or Text: 860.488.5067

Email: nursefamilypartnership@rvnahealth.org

Visit: CTNFP.org

How We Help Pregnant People and Families



Improved Pregnancy Outcomes

- 35% fewer cases of pregnancy-induced hypertension
- 18% fewer preterm births



Increased attendance at prenatal and post-partum appointments



Decreased calls to office and trips to the emergency room



Increased education through one-on-one visits with nurse



Connection to community resources

Nurse-Family Partnership at RVNAhealth



There's lots to learn

You've got this!

With a FREE personal nurse

Who can give you support, advice and information you need as a new parent, pregnant with your first baby.



Mucho va a cambiar

¡Pero lo tienes bajo control!

Con una enfermera personal GRATIS

Para darte el apoyo, los consejos y la información que necesitas como madre primeriza, embarazada de tu primer bebe.



Muito vai mudar

Você terá tudo sobre controle! Com uma enfermeira pessoal e GRATUITA

Para darte el apoyo, los consejos y la información que necesitas como madre primeriza, embarazada de tu primer bebe.

Who can enroll?

Any person who:

- Is pregnant with their first child
- Is 28 weeks or less pregnant
- Meets income requirements
- Lives in the greater Danbury, Waterbury or Torrington areas

¿Quién puede participar?

Cualquier persona que:

- Esté embarazada de su primer bebé
- Tenga 28 semanas o menos de embarazo
- Cumpla con los requisitos de ingreso
- Viva en las ciudades cercanas a Danbury, Waterbury o Torrington

Quem poderá participar?

Mulheres:

- Grávidas de seu PRIMEIRO filho(a)
- Com até 28 semanas de gravidez
- Com baixa renda
- Que more em Danbury ou cidades vizinhas, incluindo Waterbury ou Torrington

Contact us/Contáctanos/Entre em contato conosco:

Call/Llama/Ligue para: (860) 354-7260

Text/Textea/Mensagem de texto: (860) 488-5067

RVNAhealth.org/nfp

NURSE-FAMILY PARTNERSHIP CLIENT REFERRAL FORM

Nurse-Family Partnership at RVNAhealth is a FREE, voluntary program which pairs first-time birthing people with their own personal nurse from pregnancy through their child's second birthday. Client must be less than 29 weeks pregnant, live in Danbury, Waterbury, Torrington or surrounding towns, and meet financial criteria (WIC/HUSKY eligible, uninsured, under 18 years old, or challenged to make ends meet).

REFERRAL INFORMATION:

First Name Last Name

Date of Birth Estimated Due Date

Address

City, State Zip Code

Email

Preferred Contact Number

Is client a 1st time mother? Yes No - Not eligible for Nurse-Family Partnership (*Will Refer*)

Is client less than 29 weeks pregnant? Yes No - Not eligible for NFP (*Will Refer*)

If pregnant person is not eligible for Nurse-Family Partnership, we will refer to other home visiting program.

Insurance: Self-Pay/Uninsured Husky Other: _____

Primary Language: English Spanish Portuguese Other: _____

REFERRAL SOURCE:

Date of Referral

Referrer Name

Organization

Address

Phone Number

E-mail

REMEMBER: This is a FREE and VOLUNTARY program funded by the CT Office of Early Childhood.

Fax completed form to 203-293-6702 or
Call/text us at 860-488-5067



**Becoming a parent for the first time is scary! No joke – there’s a lot to learn.
And we can help – for free – if you want!**

Nurse-Family Partnership has helped over 300,000 pregnant people just like you.

We help with:

- Health answers for you and your child.
- Building parenting skills and confidence.
- School readiness and language development for your child.
- Job/school plans.
- Connecting you with other parents.
- Support – ask us anything!

Want to learn more? By signing this form you are giving permission for a nurse to call and talk with you about the program. It is voluntary program, so you get to decide if it sounds right for you!

Client’s Name: _____ Date of Birth: _____

Address: _____

Phone Number/s: _____

Best Time to Call: _____ AM / PM Primary Language: _____

Date Your Baby is Due: _____

Doctor’s Name (if you have seen one): _____

Client Signature: _____

**Fax completed form to 203-293-6702 or
Call/text us at 860-488-5067**





Tornar-se mãe pela primeira vez é assustador! Não é brincadeira - há muito para aprender.

E podemos ajudar - de graça - se você quiser!

A Nurse-Family Partnership ajudou mais de 300,000 novas pais como você.

Ajudamos com:

- Respostas de saúde para você e seu filho.
- Construindo habilidades parentais e confiança.
- Prontidão escolar e desenvolvimento de linguagem para seu filho.
- Planos de trabalho/escola.
- Conectando você com outras mães.
- Apoio - pergunte-nos qualquer coisa!

Quer aprender mais? Ao assinar este formulário, você está dando permissão para uma enfermeira ligar e falar com você sobre o programa. É um programa voluntário, então você decide se parece certo para você!

Nome do Cliente: _____ Data de Nascimento: _____

Endereço: _____

Número de telefone: _____

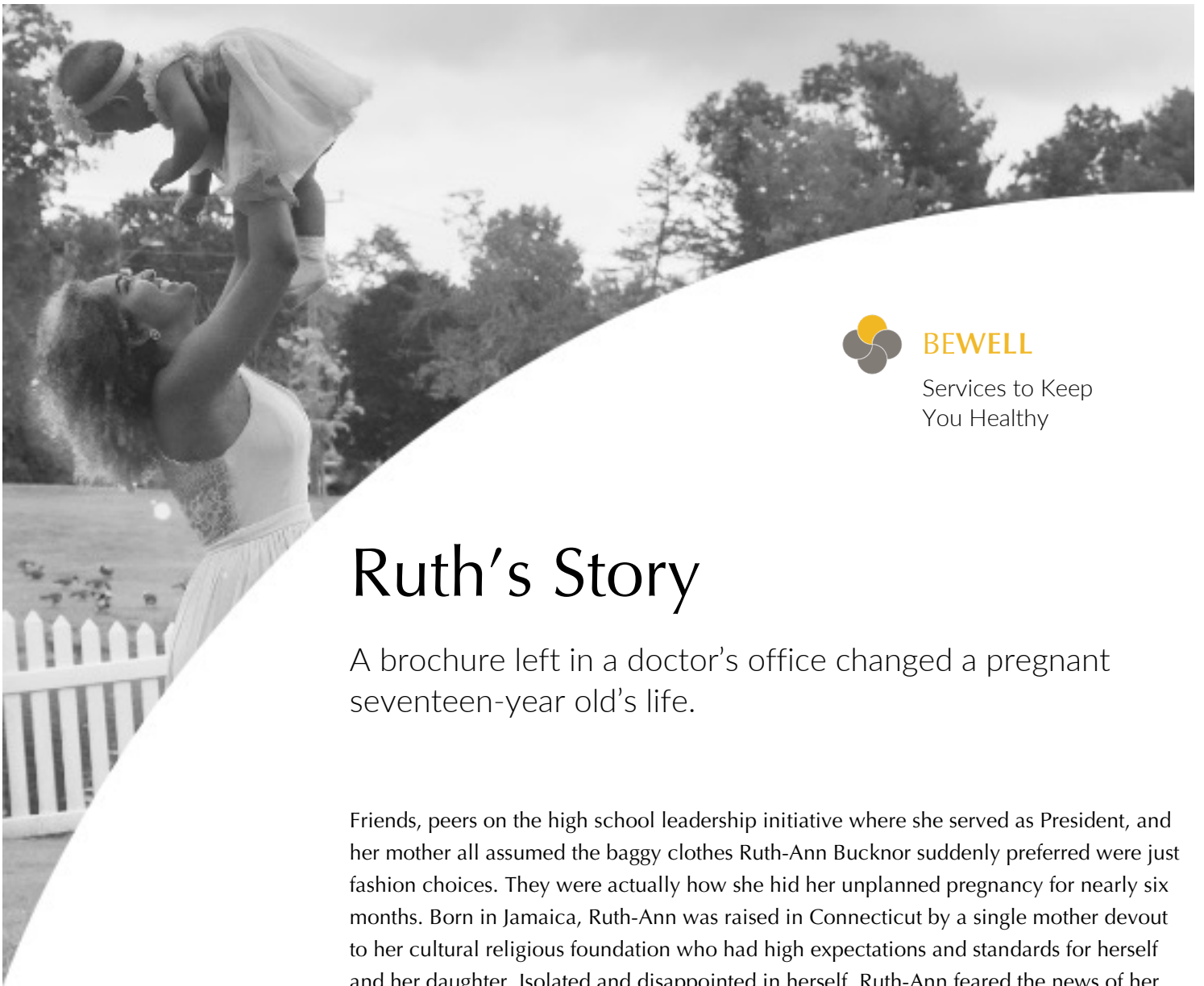
Melhor hora para ligar: _____ AM / PM Língua principal: _____

Data de nascimento do seu bebê: _____

Nome do médico (se você já viu um): _____

Assinatura do cliente: _____

**Envie o formulário preenchido por fax para 203-293-6702 ou
Ligue/envie uma mensagem para 860-488-5067**



BEWELL

Services to Keep
You Healthy

Ruth's Story

A brochure left in a doctor's office changed a pregnant seventeen-year old's life.

Friends, peers on the high school leadership initiative where she served as President, and her mother all assumed the baggy clothes Ruth-Ann Bucknor suddenly preferred were just fashion choices. They were actually how she hid her unplanned pregnancy for nearly six months. Born in Jamaica, Ruth-Ann was raised in Connecticut by a single mother devout to her cultural religious foundation who had high expectations and standards for herself and her daughter. Isolated and disappointed in herself, Ruth-Ann feared the news of her unplanned pregnancy would devastate her mother.

An exceptional student and curious young woman by nature, Ruth-Ann researched available resources for young mothers, made a list of questions, and a pre-natal doctor's appointment. She felt judged and shamed during the visit because of incorrect assumptions made about her education, circumstances, and aspirations and fled the visit with her list of questions unanswered. On the way out, a flyer advertising support for first-time mothers caught her eye; she grabbed one and called the 800 number desperate for support better than what she had just received.

"It's a joy watching her grow as a mom and young woman."

A representative at Nurse Family Partnership, a national program that pairs first-time mothers with a dedicated nurse during pregnancy and the first two years of the child's life, referred Ruth-Ann to RVNAhealth, the local program partner. Melissa Smith, RN, BSN, and RVNAhealth Nurse Supervisor who has been working with Ruth-Ann since that initial phone call considers her "smart, curious, and resourceful



rVnaHEALTH™

For Lifelong Care & Wellness

RVNAhealth.org / 203.438.7862 / Medicare Certified / Serving 35+ Towns Across Connecticut



BEWELL

Services to Keep
You Healthy

“I immediately felt accepted without any judgement. I could ask her the most embarrassing questions and never felt ashamed or scared. It was exactly what I had been looking for but didn't know I needed.”

She comes with questions, listens intently to the answers, and then researches things further. She is wise beyond her years and is an exceptional human being. It's a joy watching her grow as a mom and young woman.” Over time, the two developed a level of trust that likely saved Ruth-Ann's life...more than once.

Just before Mother's Day 2020, Ruth-Ann revealed her secret to her mother who works as a live-in Certified Nursing Assistant, alternating weeks between her patient and home. “She was disappointed but acted better than I expected. She took a few hours to process the news and then offered me her unconditional support,” Ruth-Ann recalled. But she hadn't given her mother the whole story. The baby's father and Ruth-Ann's boyfriend, had developed an aggressive temperament since learning of the pregnancy. Determined to have an in-tact family because she experienced a fatherless childhood herself, she navigated his unpredictability as best she could, thinking it was in her baby's best interest. In the sidelines was Smith, who met Ruth-Ann each week virtually, because of the COVID-19 crisis, to review everything an expectant mother needs to know from the facts about pregnancy and childbirth to stress management and life skills strategies. “We had an instant connection,” Ruth-Ann said, “I immediately felt accepted without any judgement. I could ask her the most embarrassing questions and never felt ashamed or scared. It was exactly what I had been looking for but didn't know I needed. Every expectant mom should have what I have with Melissa.”

A Rare Genetic Clotting Disorder

During these visits, Smith unearthed a concerning piece of family medical history that resulted in the death of Ruth-Ann's sister one week after she gave birth. Protein S deficiency is a rare genetic clotting disorder that can result in life-threatening blood clots like the one that took her sister's life. Ruth-Ann's prenatal physician, who is not associated with RVNAhealth or Nurse Family Partnership, refused to test her blood levels for Protein S deficiency despite her complaints of excessive fatigue and family history. Smith “empowered me to fight for it,” Ruth-Ann said, “and thank God she did, because that blood test probably saved my life. My voice was quieter before and Melissa helped me amplify it. I wouldn't have the voice I do now without her.”

In fall 2020, Ruth-Ann delivered a full-term healthy baby girl and soon thereafter confided in Smith about her safety concerns given her partner's increasing volatility. Smith connected Ruth-Ann with resources specializing in interpersonal violence and in early December she moved back in with mother full-time under a court-issued protective order. “I stayed longer than I should have just so my daughter could be around her dad,” Ruth-Ann said, “but Melissa reminded me that a father doesn't have to be biological and blood doesn't make a family.”



For Lifelong Care & Wellness

RVNAhealth.org / 203.438.7862 / Medicare Certified / Serving 35+ Towns Across Connecticut



BEWELL

Services to Keep
You Healthy

"I don't need to be perfect and it's okay not to have the answers to things but can be dangerous not to ask questions."

Today, Ruth-Ann is juggling motherhood of an intelligent, radiant, one-year-old with mischief in her eyes and apple cheeks with a full college course load as she pursues a degree in social work so she can "make life better for others and connect with a wide range of people on a variety of social issues." A newly elected cabinet member with the Office of Early Childhood, the state agency that funds Nurse Family Partnership, Ruth-Ann was one of 15 chosen in a pool of over 70 applicants to develop solutions for issues facing parents and families statewide. In her spare time, Ruth-Ann is an advocate for RVNAhealth and the Nurse Family Partnership that she attributes to giving her the support and tools to transform her life. She cautions those who are intimidated by the word nurse in the program title because nurses traditionally focus on medical care whereas the NFP nurses help their clients navigate **every** tentacle associated with new motherhood. "Melissa is my mentor," Ruth-Ann said, "she's walked beside me on this entire journey. She reminded me that I don't need to be perfect and it's okay not to have the answers to things but can be dangerous **not** to ask questions." As for her daughter, the reason she and Smith were brought together, Ruth-Ann says "she's a mini me...a determined thinker and very curious. She loves books and can express herself well already. She has a strong voice."

*" My NFP nurse walked beside me on this entire journey. She reminded me that I don't need to be perfect and it's okay not to have the answers to things but can be dangerous **not** to ask questions."*

Just like her mother.



This publication does not express the views of the [Office of Early Childhood] or the State of Connecticut. The views and opinions expressed are those of the authors. This program is offered with the financial support of the State and the Connecticut Office of Early Childhood "

