



ST. MARY'S COUNTY  
HEALTH DEPARTMENT

# Nurse-Family Partnership

## Chronic Disease Action Team

### Partner Spotlight

April 22, 2025



Nurse-Family  
Partnership

*Helping First-Time Parents Succeed*®

**BETTER WORLDS  
START WITH  
GREAT  
FAMILIES**

**AND GREAT FAMILIES START WITH US**



# THE FIRST 1,000 DAYS

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- Early experiences influence the developing brain
- Toxic effects of chronic stress
- Adversity can lead to lifelong problems
- Early intervention can prevent consequences
- Stable, caring relationships essential for development



# What We're Made of

1. Staffing
2. Model Elements
3. Program Eligibility / Referral
4. Caseloads
5. Partnerships / Outreach
6. Data-Driven Outcome Evaluation



*You've Got This!*  
with a free personal nurse  
that can give you the support,  
advice, and information you  
need as a new parent,  
pregnant with your first baby

**NURSE FAMILY  
PARTNERSHIP**

Learn more at  
[smchd.org/womens-health](https://smchd.org/womens-health)

# Staffing

- Ashley Milcetic - Administrator
- Jennifer Cass - Nursing Supervisor
- Heather Oliver - Nurse Home Visitor (NHV)
- Liza Delmoro - Nurse Home Visitor (NHV)
- Lauren Link - Administrative Assistant

## *In-Kind Support*

- Kim Dollarton - Lead Program Supervisor
- Joana Naranjo - Interpreter



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

## **NURSE FAMILY PARTNERSHIP**

Learn more at [smchd.org/womens-health](https://smchd.org/womens-health)

# Model Elements

1. Participation in Program is Voluntary
2. Client is a First Time Mom
3. Client is Low-Income
4. Client is Enrolled Prenatally, Before 29 Weeks
5. Home Visits are 1:1 With Nurse and Client
6. Visit Typically Takes Place In-Home, but can Flex to Meet Client Needs
7. Visit Schedule Flexes to Meet Client Needs
8. Nurses are BSN, RN's
9. Nurses and Supervisors shall Complete NFP Education
10. Nurses Employ NFP Resources to Personalize Interventions
11. Nurses Utilize Nursing Process, Standards of Practice, and Program Theories to Guide Interventions
12. Nurse Supervisor Supports 8 Nurses or Less
13. Nurse Carries a Caseload of 21-25 Active Clients
14. Data Collection is Timely and Accurate
15. Nurse Supervisors Support Weekly Reflection and Regular Case Conferences
16. Network Partner is a Well-Respected Provider of Prevention Services
17. Program Implementation is Data-Informed
18. Agency Convenes a Community Advisory Board
19. Organization Supports Team's Needs to Implement with Fidelity and as Designed.

# Program Eligibility & Referral

- First Time Pregnancy  
(Exceptions on case by case basis)
- Enrollment before the 29th week Gestation
- Low Income (Medicaid Eligibility)
- Robust Referral Network [MCH Referral Form](#)
- [Vulnerability Assessment Tool](#)



# Caseload

- 21-25 Actively Engaged Families per Nurse
  - Enrollment of the Baby at Birth
  - NFP Documentation Platform & Cure MD



# Partnerships / Outreach

- Community Partners
- [Community Advisory Board](#)
- University of Maryland Baltimore School of Nursing



- [Annual Community Baby Shower May 3rd](#)
- [Monthly Imaginarium Playdates May 6th](#)
- Winter Drive-thru Baby Sprinkle
- MCH Wellness/ Networking Event

# Fidelity To The Model



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04/18/2025

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Clear All

Base Period: 4/1/2024 to 3/31/2025

Elements	Weight	Nurse-Family Partnership of St. Mary's County		Maryland		National	
		Agency - index	Agency - score	State - index	State - score	National - index	National - score
Element 1: Client participates voluntarily in the Nurse-Family Partnership program	3.33	1.00	3.33	1.00	3.33	0.75	2.50
Element 2: Client is a first-time expectant parent	3.33	1.00	3.33	1.00	3.33	0.75	2.50
Element 3: Client meets low-income criteria	3.33	1.00	3.33	1.00	3.33	1.00	3.33
Element 4: Client is enrolled in the program early in pregnancy and the first visit is completed no later than the end of the 28th week of pregnancy	6.69	0.50	3.35	0.75	5.02	0.50	3.35
Element 5: Only one client is present at a visit	3.33	0.75	2.50	0.75	2.50	0.50	1.67
Element 6 - Table 2: Client is visited in the home as defined by the client or in a location of the client's choice	3.33	0.00	0.00	0.00	0.00	0.50	1.67
Element 7 - Table 1: Retention Rate of Pregnancy	3.33	1.00	3.33	0.50	1.67	0.50	1.67
Element 7 - Table 1: Retention Rate of Infancy	3.33	0.75	2.50	0.50	1.67	0.75	2.50
Element 7 - Table 1: Retention Rate of Toddlerhood	3.33	0.00	0.00	1.00	3.33	0.75	2.50
Element 8: Nurse home visitors and nurse supervisors are registered professional nurses with a minimum of a baccalaureate degree in Nursing and with strong interpersonal skills	6.69	1.00	6.69	1.00	6.69	0.75	5.02
Element 9 - Table 1: NHV completion of initial education	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Element 9 - Table 2: Nurse Supervisor completion of initial education	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Element 9 - Table 3: At least 1 administrator completes administration orientation	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Element 10 - Table 4: % of Clients who have completed a STAR Framework on or by their 7th visit	2.00	0.75	1.50	1.00	2.00	0.75	1.50
Element 10 - Table 5: % of Clients who have completed a PHQ-9/EPDS 3 months postpartum	2.00	0.50	1.00	0.75	1.50	0.50	1.00
Element 10 - Table 6: % of Clients who have completed an IPV Screener on or by their 7th visit	2.00	1.00	2.00	1.00	2.00	0.75	1.50
Element 10 - Table 7: % of Clients who have completed a DANCE in the reporting period based on their completion window at 10 months	2.00	0.75	1.50	0.75	1.50	0.75	1.50
Element 10 - Table 8: % of Clients who have completed an ASQ Screener in the reporting period based on their completion window at 10 months	2.00	0.50	1.00	0.75	1.50	0.50	1.00
Element 12: A full-time nurse home visitor carries a caseload between 21 and 25 active clients	9.99	1.00	9.99	1.00	9.99	0.75	7.49
Element 13 - Table 1: NFP Network Partners are required to employ a NFP Nurse Supervisor at all times - # of months with a Nurse Supervisor	3.33	1.00	3.33	1.00	3.33	1.00	3.33
Element 13 - Table 2: NFP Network Partners are required to employ a NFP Nurse Supervisor at all times - # of Nurses Supervised	3.33	1.00	3.33	1.00	3.33	1.00	1.00
Element 14 - Table 1: Total Team Meetings and Case Conferences during the period	3.33	1.00	3.33	0.75	2.50	1.00	3.33
Element 14 - Table 2: Total 1:1 Clinical Supervision Meetings during the period	3.33	0.50	1.67	0.50	1.67	0.50	1.67
Element 14 - Table 3: MAPS completed during the period	3.33	0.50	1.67	0.75	2.50	0.50	1.67
Element 18: A Nurse-Family Partnership network partner convenes a Community Advisory Board that reflects the community composition and meets at least quarterly to implement a community support system for the program and to promote program quality and sustainability	6.69	1.00	6.69	1.00	6.69	1.00	6.69
Element 19: Adequate organizational support and structure are in place to support nurse home visitors and nurse supervisors to implement the model with fidelity	3.33	1.00	3.33	1.00	3.33	0.00	0.00
<b>Totals</b>	<b>86.68</b>	<b>17.50</b>	<b>68.70</b>	<b>18.75</b>	<b>72.71</b>	<b>15.75</b>	<b>58.39</b>

# Outcomes Evaluation



## MATERNAL HEALTH OUTCOMES

- 35%** fewer cases of pregnancy-induced hypertension<sup>3</sup>
- 18%** fewer preterm births<sup>4</sup>
- 79%** reduction in preterm delivery among women who smoke cigarettes<sup>5</sup>
- 31%** reduction in very closely spaced (<6 months) subsequent pregnancies<sup>6</sup>



## CHILD HEALTH OUTCOMES

- 48%** reduction in child abuse and neglect<sup>6</sup>
- 39%** fewer health care encounters for injuries or ingestions in the first 2 years of life among children born to mothers with low psychological resources<sup>7</sup>
- 67%** less behavioral and intellectual problems in children at age 6<sup>3</sup>
- 56%** fewer emergency room visits for accidents and poisonings through age 21<sup>3</sup>

- **48% reduction in child abuse and neglect<sup>4</sup>**
- **59% reduction in arrests among children<sup>8</sup>**
- **72% fewer convictions of mothers<sup>4</sup>**
- **56% reduction in emergency room visits for accidents and poisonings<sup>6</sup>**
- **67% reduction in behavioral and intellectual problems among children at age 6<sup>7</sup>**

19% increase in children who received vaccinations by 6 months of age

**5x**  
**\$ RETURN**  
EVERY \$1 INVESTED IN  
NFP SAVES \$5.70 IN  
FUTURE COSTS FOR  
THE HIGHEST-RISK  
FAMILIES SERVED<sup>2</sup>

# How is NFP doing around the NATION?



54,812

Number of  
Families Served



2,288

Number of NFP Nurses  
and Nurse Supervisors



526,152

Total Completed Visits



56%

Percent of Visits  
Provided Via Telehealth



274

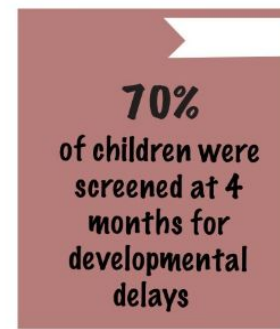
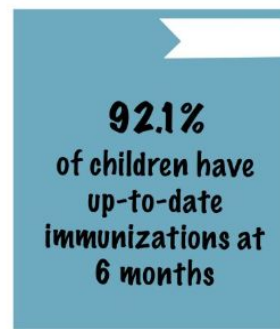
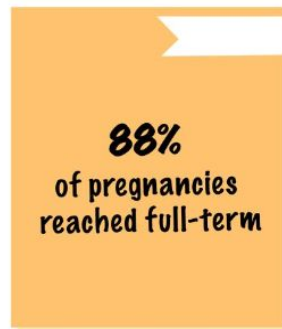
Total Number of  
Network Partners



5

New Network Partners

In 2023, Nurse-Family Partnership saw client outcomes meet or exceed the program targets in the following areas:



# Program Updates

## Referrals

- FY 25 = 59
- FY 24 = 101

## Enrollment

- FY 25 = 17
- FY 24 = 51

## Early Dismissal: 21

## Healthy babies born: 57

## Mothers who initiated breastfeeding at birth: 34/38 (89.5%)

## Graduates: 0

- *First Anticipated Graduation Nov. 2025*

# What Comes Next?

## Graduation

- Graduation Planning Subcommittee

## Child First

- Evidence-Based Home Visiting Program for Children age 2-5
- Play Psychotherapy

## Raising Strong

- Parent Ambassadors
- Program Champions
- Advocacy
- Empowerment
- Opportunity

# Testimonials



“I have had an amazing experience with the Nurse-Family Partnership program so far! I love that I have something new to learn and look forward to with each visit. It’s also a very resourceful program and I feel it’s a relief to know that any questions or concerns I have can be taken seriously and acted upon. I look forward to working with the program in the future!”

“My Nurse-Family Partnership with Liza has been absolutely perfect. I always know I can call/ text her if I need to, and the monthly meetings/check-ins are definitely needed during this time while I try and transition into being a mother. I know I can talk to Liza about anything that might have been bothering me either with being a mother, my relationship, or my mental health. I’m very grateful for this program and I can’t wait to see how it progresses in the future.”

# CONTACT INFORMATION



[Nurse-Family Partnership](#)



[NFP](#)



[Youtube](#)



[@nursefamilypartnership](#)



[www.smchd.org/nfp](http://www.smchd.org/nfp)

<https://www.nursefamilypartnership.org/>

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