Jaykisha remembers the date perfectly—it was June 10th, 2013. She was six months pregnant and living in a residential maternity care center for young women. She had just found out that her pregnancy was high-risk—and that meant that she would have to find a new place to live while waiting to have her baby. Jaykisha needed help with the transition—not just with moving, but also with handling the scary news of her high-risk pregnancy.

This is where our nurse, Tamika, from our Nurse-Family Partnership Program (NFP) came in. NFP helps low-income, first-time mothers with weekly visits during pregnancy and until the baby turns two. Tamika’s first step was helping Jaykisha move in with a family member. “Tamika helped me transition from the residential center. My godsisiter was nice enough to take me in,” says Jaykisha. Next, Tamika was there to help Jaykisha understand what it meant to be a high-risk patient. Jaykisha’s two previous miscarriages statistically put her current pregnancy at risk. She was also diagnosed with a form of Lupus, was in pain, and was carrying the baby low. All of this added up to bed-rest for Jaykisha until it was time to deliver.

Throughout that time, Tamika, made regular visits. Jaykisha says that Tamika helped with the birth and delivery “Big time!”. Together, they watched educational videos and discussed possible medications Jaykisha might need during delivery. They discussed what it meant to have an epidural and a spinal block, and they also talked about how to care for the child after she was born. Jaykisha laughs when she explains, “I thought I knew some things about babies—but I didn’t know as much as I thought! Tamika helped me understand the importance of breast-feeding, but also let me make my own decisions and allowed me to feel good about what I had decided.”

After three months of preparation, Jaykisha gave birth to a healthy little girl, Natalyn. Still enrolled in the Nurse-Family Partnership program, Jaykisha and little Natalyn will continue to get visits from nurse Tamika until Natalyn turns two. Today, Natalyn is six months old and has her first tooth. Jaykisha and the baby now live with her mother, who helps nurture Natalyn. Tamika will keep educating Jaykisha on how to take care of Natalyn and what to expect as she grows. She will help the wonderful parent that is in Jaykisha blossom, and Natalyn will be able to flourish. Tamika will also aid in Jaykisha’s life goals of getting an education and a job. “Having a baby who is now moving around a lot is a challenge,” says Jaykisha. “Getting ready for the day takes a lot longer than it used to. Tamika is great at helping me with stress and time management. Our visits are therapeutic and are helping me take care of Natalyn and myself. The Nurse-Family Partnership is helping me, a first-time, single mother. I know it will help others out there like me,” Jaykisha says, smiling.

To learn more about NFP, visit cffde.org
JOIN US for Spring Fashion, Fun & Beauty BRUNCH & Bubbly to benefit Children & Families First Sun., May 18th | 1 to 4 PM Lewes Yacht Club $35 FOR TICKETS 302-604-6277 marcie.urg@cffde.org

Save the Date... HIGHMARK’S Walk for a Healthy Community benefits Children & Families First September 13, 2014 Registration begins June 2nd!

Save the Date... A Taste for Art of SOUTHERN DELAWARE SATURDAY October 11, 2014

GET INVOLVED
There are many ways you can support Children & Families First:

Donate to our annual Friends Campaign, which directs your gift dollars to where they are needed most. Find out more at www.cffde.org

Support the United Way
Designate a gift to C&FF through:
• United Way of Delaware: #299 (partner agency)
• United Way of Southeastern PA: #1466
• Combined Federal Campaign of DE: #50028
• State Employee Charitable Campaign: #50300

Donate critically needed items such as:
Diapers | Baby formula | New baby clothes New toys | New/gently used children’s bicycles New elementary school uniforms (sizes 5-14) for the Community Schools project Shirts (polo or button down, in white, navy, or light blue) Pants/shorts/skirts/jumpers (in navy blue, khaki) Sweaters (crewneck, v-neck, or cardigan, in navy blue)

Give the gift of TIME!
Become a Children & Families First volunteer! Our team of volunteers is made up of people like you, who give the gift of time to help us help Delawareans in need.

Opportunities change frequently, so please contact our volunteer coordinator, Kathie Stamm, at (302) 777-9762 or Kathie.stamm@cffde.org

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In existence for more than 130 years, Children & Families First helps children facing adversity on their journey to adulthood. We use proven methods to help families raise their children so they can flourish.
Children & Families First is pleased to announce the addition of four new members to its Board of Directors. The new members were elected at the agency’s March 11, 2014 Annual Meeting.

Leslie Kosek joined Capital One as the Senior Manager for Community Affairs in December 2012. In this role, Leslie is responsible for managing the corporate philanthropy (grants and sponsorships) as well as volunteerism efforts for the following markets: Delaware, Philadelphia, Boston, Los Angeles, San Francisco, Honolulu, Seattle and Minnesota. Prior to joining Capital One, Leslie was the State Director for Best Buddies Delaware, a non-profit focused on providing more inclusive opportunities for people with disabilities. Before joining Best Buddies, Leslie spent five years with the March of Dimes in multiple roles including Director of Program Services and Public Affairs and State Director. She also spent three years with the State of Delaware working for both the Division of Social Services and Division of Public Health. Leslie has her Bachelor’s of Science in Family and Community Services with a minor in Nutrition from the University of Delaware. She lives in Elkton, MD with her husband, two children, and two dogs.

Andy Brandenberger, Ed.D. has 32 years of experience in public education, 31 of which have been in Delaware. Dr. Brandenberger’s doctoral dissertation focused on long-range facilities planning in schools. He has been a teacher, varsity coach, athletic director, building level administrator, supervisor of plant operations and maintenance, director of school facilities, school district business manager, assistant superintendent, and superintendent. He has experience managing nearly 300 school district capital projects. With his experience in developing and implementing educational specifications, Dr. Brandenberger was the first director of school facilities permitted by the then Department of Public Instruction to use ‘Construction Management’ in Delaware. He has been a contributor to the Delaware School Construction Manual and has served on every major state level school construction committee since 1984.

Emily C. Polito, CFA is a graduate of Trinity College in Hartford, Connecticut and worked in New York and San Francisco before settling in Delaware. She is currently employed in Wilmington as a Financial Advisor in the Global Wealth Management Group at Bank of America Merrill Lynch. In this role, she focuses on retirement planning and financial planning for individuals. Previously in her career, she worked in New York City in business development for a large asset management company. Emily lives in Wilmington with her husband, Ryan Davies, and two kids. In her spare time, Emily likes running in Rockford Park, spending time with her family and cooking.

Julie Metz has been working as an interior designer for more than twenty years, seventeen at Mark Showell Interiors. She has worked on many design projects—sharing her creative talents with her clients and creating environments that most designers only dream of. When Julie isn’t showing her creative side, she can be found helping causes close to her heart. She began a Ten Under Tennis program in the Lewes and Rehoboth areas with two six-week programs running in spring and fall. Julie has also assisted in fundraising for MS, local food banks and Delaware children with autism. She also fundraises for her daughter’s school, Worcester Prep. Julie and her husband of 10 years, Andrew, have two wonderful children, Isabella and Sam. When she isn’t working in the community, she enjoys taking piano lessons and ice skating and is looking forward to completing a 10k run this November.

We are excited to welcome these new members to our Board!
While the old adage says: “What doesn’t kill you makes you stronger,” unfortunately, for many children, the opposite is true: early exposure to abuse, neglect, violence, parental substance abuse and mental health issues can lead to a lifetime of health problems.

The Adverse Childhood Experiences (ACE) Study is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being. The study is a collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente’s Health Appraisal Clinic in San Diego.

More than 17,000 HMO members undergoing a comprehensive physical examination chose to provide detailed information about their childhood experience of abuse, neglect, and family dysfunction. Exposure to these traumatic stressors, called adverse childhood experiences (ACEs) is common. Almost two-thirds of the study participants reported at least one ACE, and more than one of five reported three or more. The data showed that as the ACE score increased, the risk for mental and physical health problems also increased in a strong and graded fashion, including: substance abuse, depression, heart and liver disease, risk for intimate partner violence, multiple sexual partners, sexually transmitted diseases (STDs), smoking, suicide attempts, and adolescent pregnancy.

Researchers now know that these adverse experiences can also negatively impact brain development. However, with proper treatment, this can be turned around. The findings from the ACE Study have clear implications for the work that we do at Children & Families First. This year, we are piloting the use of an ACEs Inventory in a number of our programs, including our residential treatment center and Strengthening Families Program, in order to develop baseline data about the prevalence of ACEs among the people we serve. We are incorporating trauma-informed care principles into our services, asking our clients not “What is wrong with you?” but instead “What happened to you?” The hope is to intervene as early as possible and take advantage of the exciting neuroscience research.

We believe that understanding that some of the nation’s most challenging health and social problems are related to adverse childhood experiences will support prevention of and recovery from many of these problems. For more information about the ACEs Study, visit http://bit.ly/AceStudyOnline.

Leslie Newman, CEO
OURMISSION
Children & Families First helps children facing adversity on their journey to adulthood. We use proven methods to help families raise their children so they can flourish.

OURVISION
Communities where children are nurtured and safe, individuals are valued, and families are strong.

CORESERVICES
Healthy Babies | Early Childhood
Positive Parenting | Supporting Teens
Family Resources | Workplace
Older Adults

It’s not just our name, it’s our promise  Children & Families First strengthens Delaware families by delivering an innovative and effective continuum of community-based social services. In existence for more than 130 years, CFF builds the foundation for strong communities with child-centered and family-focused programs.