

## NIA'S STORY



Nia recently attended Florida's legislative day as an NFP advocate with baby Ava.

**As a mom of three kids, Nia regularly makes dinner with her nine-month-old daughter, Ava, strapped to her chest, her 16-month-old son, Anthony, on her hip and seven-year-old daughter, La'Mya, waiting to be fed. "It takes a lot of juggling!" she said. While motherhood is not new to Nia, each child brought their own joy and challenges. She said, "I was going through a breakup when I had my first child, and I was alone when I had my second child. But for my third child, I had nurse April from Nurse-Family Partnership."**

April is a nurse at Nurse-Family Partnership® (NFP) of North Central Florida in Gainesville, Florida. She explained, "Our location is part of NFP's Expanded Eligibility Initiative (NFPx) program that allows multiparous moms to enroll – meaning, women who already have children."

NFP's Expanded Eligibility Initiative (NFPx) was developed in response to a need identified to serve a broader population. Along with allowing multiparous moms to enroll, the NFPx also accepts those who are referred beyond 28 weeks gestation.

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AVA LOVES APRIL - IN FACT, ALL MY KIDS DO! NFP WAS THE BEST THING I EVER DID.

-NIA

April continued, "In addition, our program specifically supports moms with a history of substance use." Nia fit the criteria and April was eager to meet her.

Nia recalled, "I got my second DUI right after I had my second child. I wasn't handling my emotions properly and as a result was abusing alcohol." With her first DUI charge, Nia paid the fines but after her second DUI, she was sentenced to 15 days in jail. When she served her time, she was already four months pregnant with her third child.

"That was my turning point. I missed my kids so much." Nia said with a lump in her throat, "I knew then that I had to do better so I could be the best version of myself for them."



Nurse April and NFP mom, Nia, worked together on setting small, realistic goals for the mom of three.



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When Nia got out of jail, she visited her OB-GYN where she learned about NFP. “I remember my doctor telling me, ‘if you don’t get it together, someone else will be raising your kids’ so that is when I decided to try NFP,” she said.

April remembered, “I met Nia when she was four months pregnant with her third child and I could tell she was a strong person.” April added, “In the NFPx program, the mom may already know what she is doing with a new baby. Therefore, we provide a different type of education. We focus on the challenges surrounding the mom and concentrate on economic self-sufficiency.”

Nia had a history of post-partum depression after having her first two children so when she got pregnant with her third child, Ava, she proactively looked into a holistic way to manage the impending depression. She said, “After I had Ava in October 2022, I took placenta capsules and it worked for me.” She added, “I no longer drink alcohol to deal with stress and pain – I have set healthy boundaries for myself.”

April agreed by saying, “Nia manages any temptation of drinking alcohol by living a calmer life – she chooses yoga or reading to reduce her stress.” Nia said, “After being in the NFP program, my doctor has commented on how healthy I look!”

With a balanced mood, next Nia focused on her ambitions. “April helped by having me write down my goals which really brought them to fruition,” she said. “I knew I didn’t want a job flipping burgers,



Nia's kids, Ava, Anthony and La'Mya all look forward to nurse April's visits!

so I pursued a nursing career.” April said, “When she first applied for nursing school, Nia was turned down. She appealed their decision and was accepted.” She added proudly, “Now, Nia has made the dean’s list twice!”

April said, “NFP is goal-oriented, so we start with small steps and realistic ways to establish a goal without it being overwhelming.” Nia recently used this approach to get pre-approved for a home buyers loan. April said, “Nia closed on a house and moved in – that was one of her goals!”

At nine-months-old, Ava is taking her first steps and is close to her big brother and sister. Nia said, “Ava loves April – in fact, all my kids do! NFP was the best thing I ever did. April is not judgmental and made me realize I am not alone.”

Today, Nia continues to attend nursing school and works full-time as a phlebotomist. April said, “I am so impressed with Nia. She recently attended Florida’s legislative day as an NFP advocate with Ava strapped to her chest.” Nia gave an update on her goals. “Next I plan to design a custom line of scrubs,” she said proudly. “In fact, I have already established my LLC.”