

Telling Missouri's Public Health Stories



Linda's Story: Engaging the Hearts of Nurse Family Partnership Clients

Linda is an African American female who enrolled in the Nurse Family partnership (NFP) Program when she was twenty years old. She was 20 weeks pregnant with her first child. At that time, Linda shared an apartment with her child's father. She had recently lost her job, however her child's father worked a full time job to support the family. She requested I visit when her child's father returned home from work so that he could engage and participate in the NFP activities. At every visit Linda asked questions concerning her pregnancy and health. Linda said many times how happy it made her feel that I was there for her.

After she delivered her baby, she was subjected to verbal abuse during arguments with her child's father. Four to five months after her child was born, **the child's father left** Linda to go live with his family. **Linda was devastated.** Linda called me expressing how she had no job to pay the bills and did not know how she was going to survive and take care of her child by herself. After speaking with her I scheduled an earlier appointment with her so that we could discuss what her needs would probably be and how she was going to set and accomplish the goals she was going to make. When I arrived for our visit, she was happy to see me, as usual, but I could tell she was emotionally broken and sad. I concentrated on the skills and techniques of motivational interviewing for Linda to change her mind set and views. I helped her to direct her efforts and energy on surviving, establishing a decent living for herself and her child and working together to get started on goals.

To make a long story short, **Linda is now in a BSN program at American University and she has a full time job.** She moved into an apartment two or three blocks away from her mother's home so that her mother can provide care for Linda's child while she attends school and work.

*Linda says, "Nurse Wanda and the organization have helped me tremendously. Anytime I worried about not having Pampers or clothes for my baby, Nurse Wanda was there to help. Anytime I need someone to talk to, I know that I can call Nurse Wanda. Nurse Wanda has become a part of my family; she has been around helping me since I was 6 weeks pregnant. **I don't think I would be as good of a mother today, if it wasn't for the help of Nurse Wanda**".*

Submitted by Wanda Kessell, R.N.
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The #HealthierMO initiative is seeking more stories like this one that demonstrate how partners in Missouri's greater public health system are working together to transform the future of public health in our state and offer every resident the opportunity for a healthier life. If you have a story to share, message us on Facebook @HealthierMO or email Communications Coordinator Jaci McReynolds at jmcreynolds@healthiermo.org. Learn more about the initiative and how you can get involved at HealthierMO.org or on Facebook @HealthierMO.