

Project E.M.P.O.W.E.R

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E.M.P.O.W.E.R.

Educate
Motivate
Promote
Offer
Wellness
Engage
Resource

The partnership

The Partnership serves to improve the healthcare needs of women, children, and families by organizing and coordinating extensive education, outreach, advocacy, and programming in the Northern New Jersey area



Occupational Therapy

Occupational therapy is an underrepresented field in maternal health. Within the toolbox, our goal was to address the following:



What is OT?



Occupational balance & why it is important

Hand and wrist pain prevention for mothers



oral health



Our goal is to inform the community about the importance of dental care during pregnancy. We shared information on:

Myths and Misconceptions about dental care during pregnancy

ADA guidelines for mothers before and after pregnancy

Dental Clinics within the 8 counties PMNCH serves



Our process

Over the 6 weeks, we created a three-part program incorporating health information from medical, dental, and occupational therapy backgrounds.

Part 1: Creation of our “educational toolbox”

Part 2: Training of staff on how to utilize and access the toolbox materials.

Part 3: Distribution to community members.

At our training, we anticipate delivering a pre- and post-survey to 50 PMCH family support and community health workers to establish what knowledge is acquired during the session

Self-Advocacy & Health literacy

Our goal is to equip the community with tools to advocate for their own health through improving health literacy. We hope to empower people to have agency in their health through learning the following:

How to find accurate health information online

How to get the most out of a visit with your healthcare provider

