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## Organization



Mission: "To meet the healthcare needs of women, infants, and children in NJ while coordinating education, outreach, and advocacy through regional planning and collaboration."

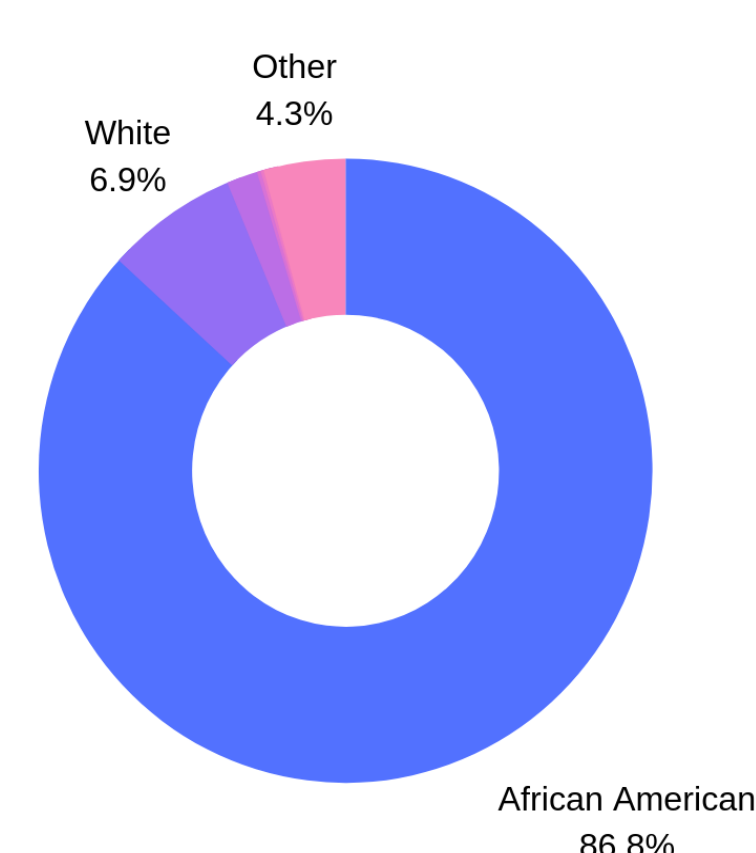
## Our Pilot Group



### THE BRIDGE

- Provides behavioral health services to Essex County.
- Stepping Stones Program, under The Bridge, teaches women healthy lifestyle components. Stepping Stones was developed for women referred by the Department of Child Protection and Permanency (DCP&P) who require addiction counseling.

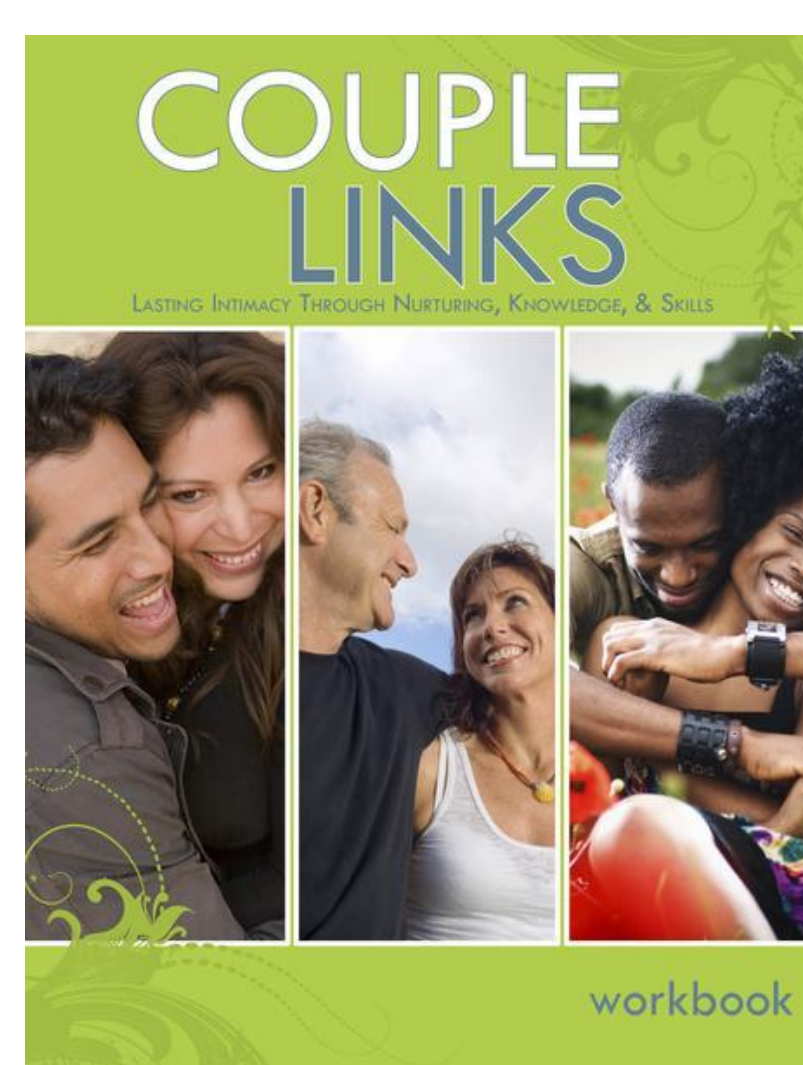
## Irvington, NJ



- Poverty rate: 23.1%
- Median household income: \$39, 734
- Has crime rate higher than 92% of all cities in New Jersey, per FBI crime data

## Methods

- Modify and adapt Dr. John Van Epp's Couple LINKS program to better suit local community
- Created a captivating promotional flyer
- Designed a PowerPoint with videos and interactive activities to engage participants
- Collaborated with The Bridge to understand pilot group's unique needs



## Our Project: "Relationship Goals" series

**Goal: Create a three-part pilot series of culturally competent workshops addressing healthy relationships inspired by the Couple LINKS curriculum.**

July 2, 2019

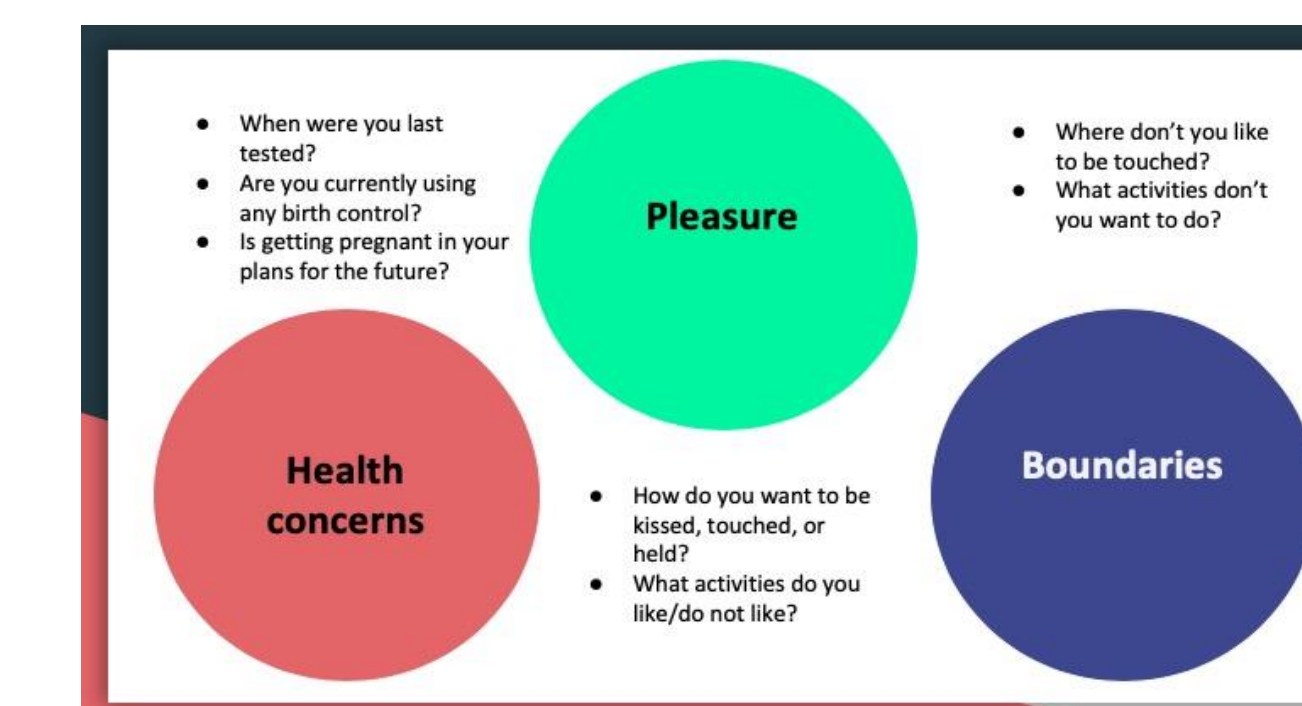
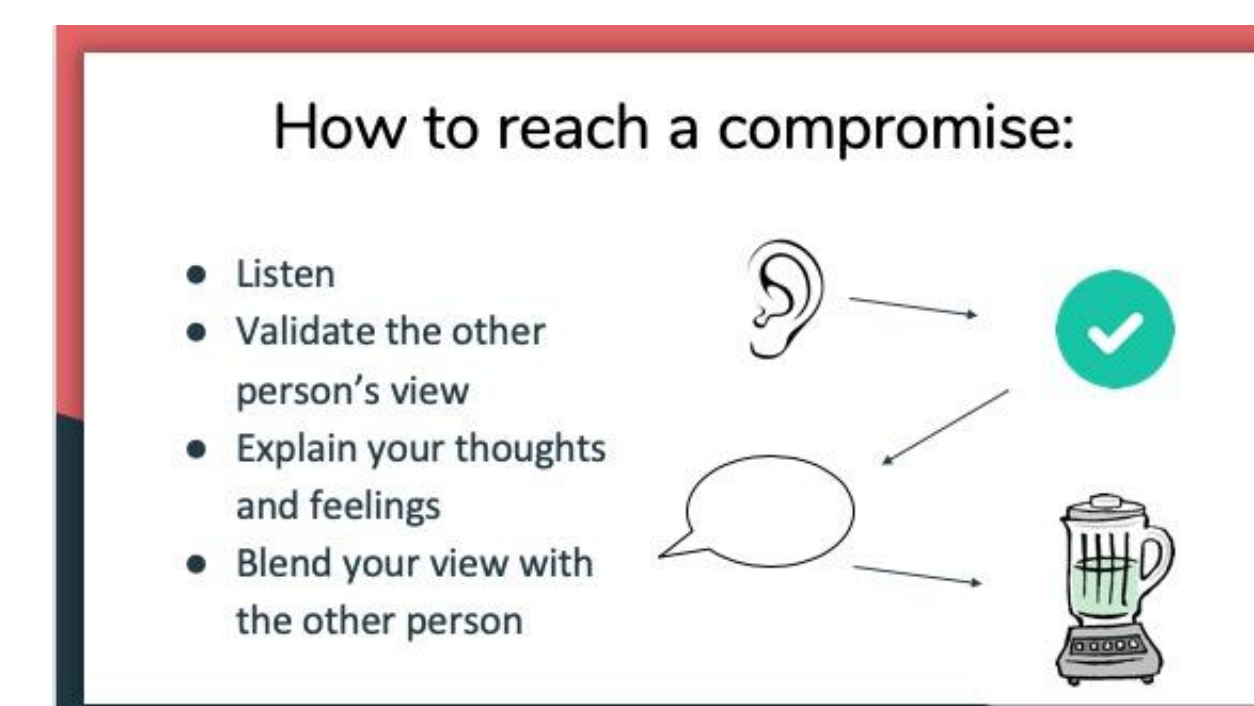
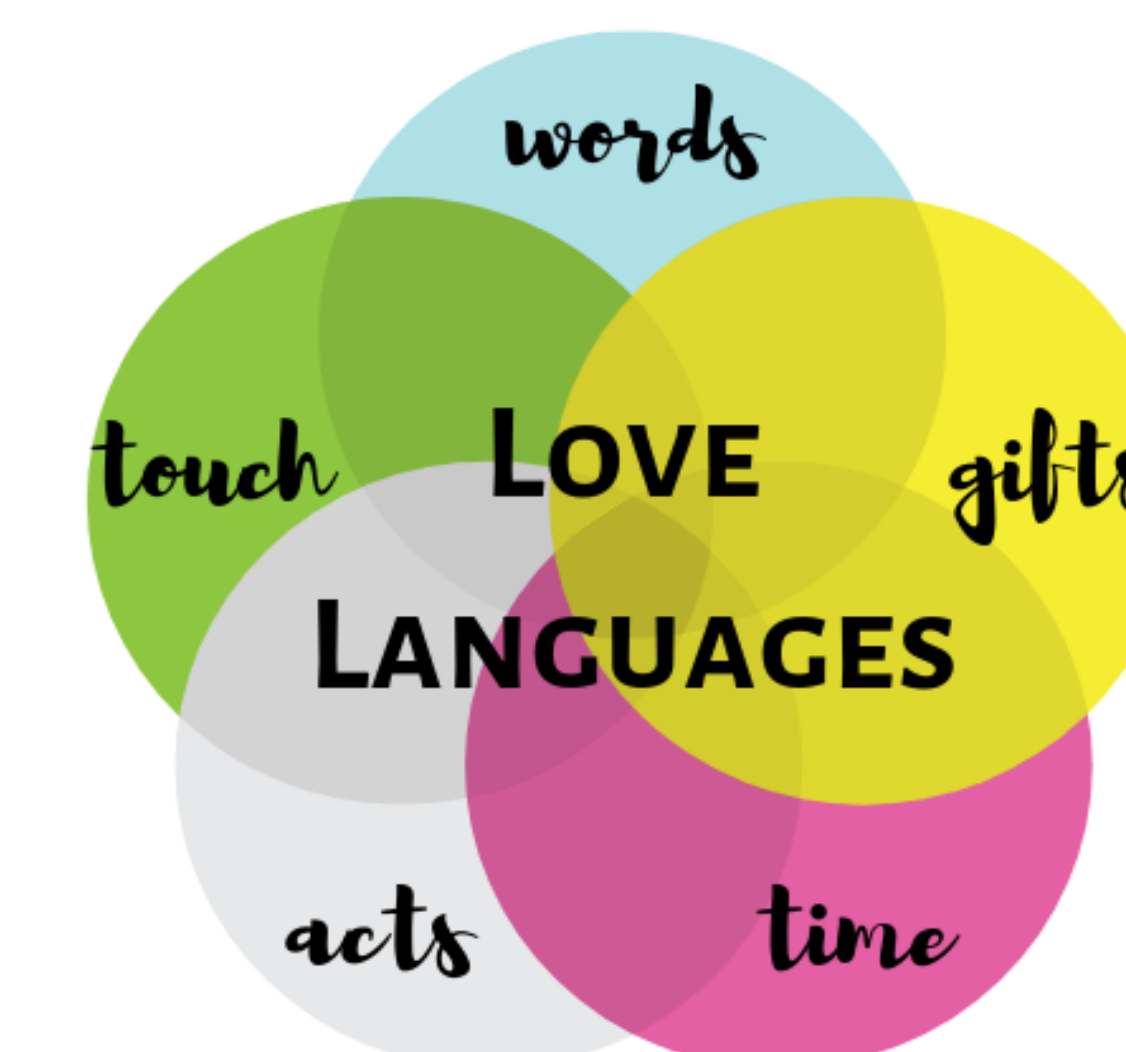
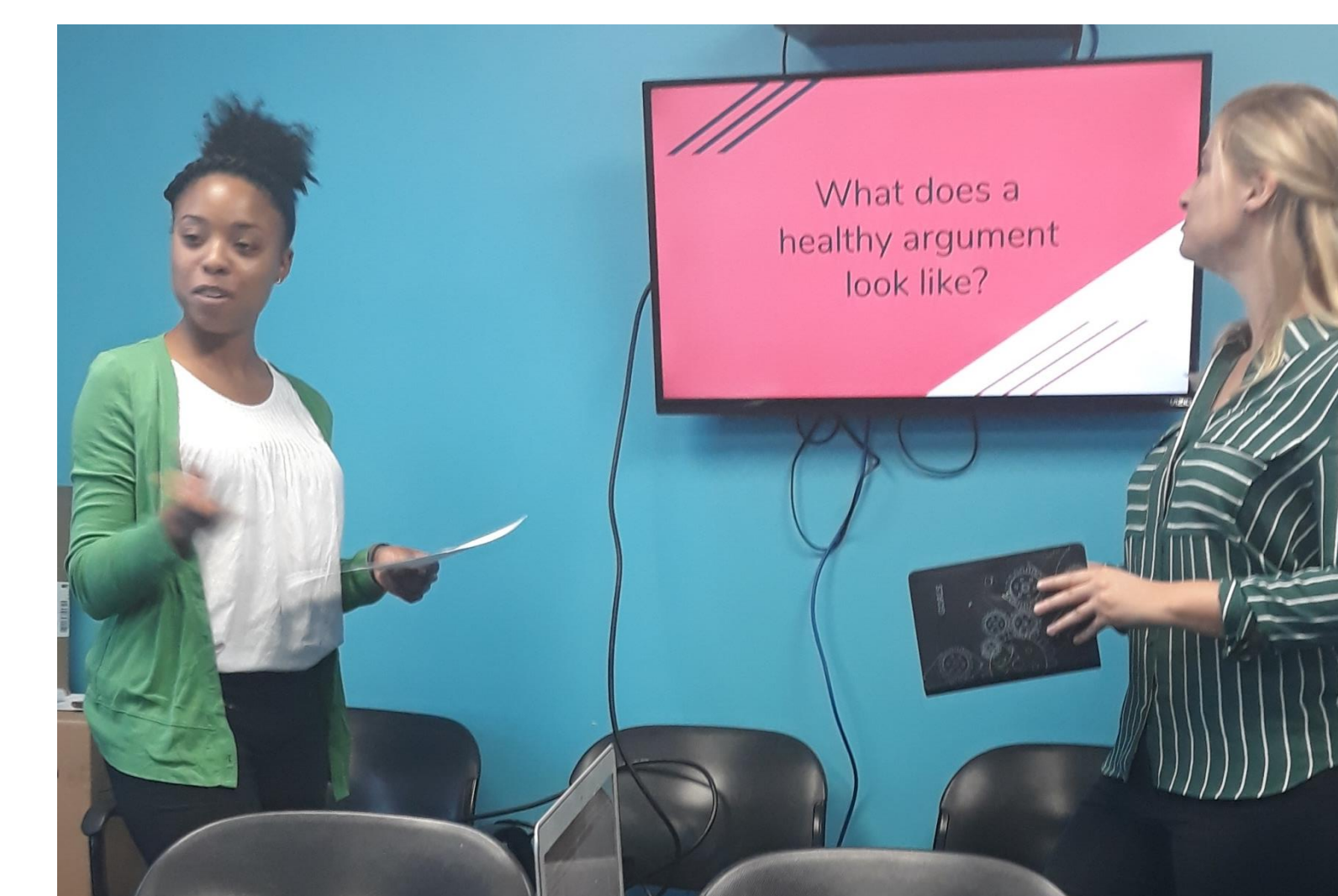
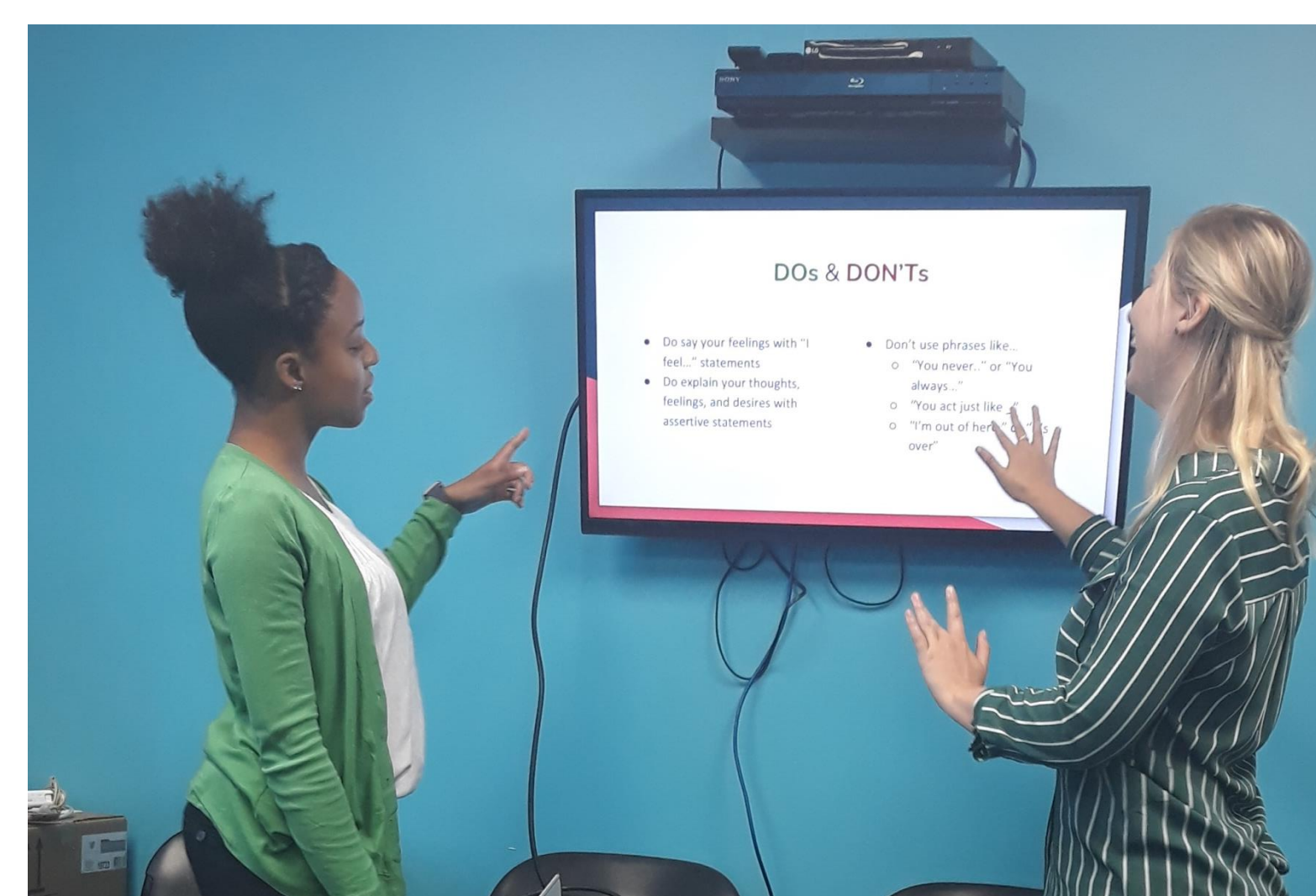
**1st session: Effective Communication**

July 9, 2019

**2nd session: Conflict Resolution**

July 16, 2019

**3rd session: Romance & Intimacy**



Topics covered: Body language, active listening, healthy communication

- **Challenges:** Timing, balancing participation with maintaining order, most original source material

Topics covered: Making assertive statements, compromises, effective apologies

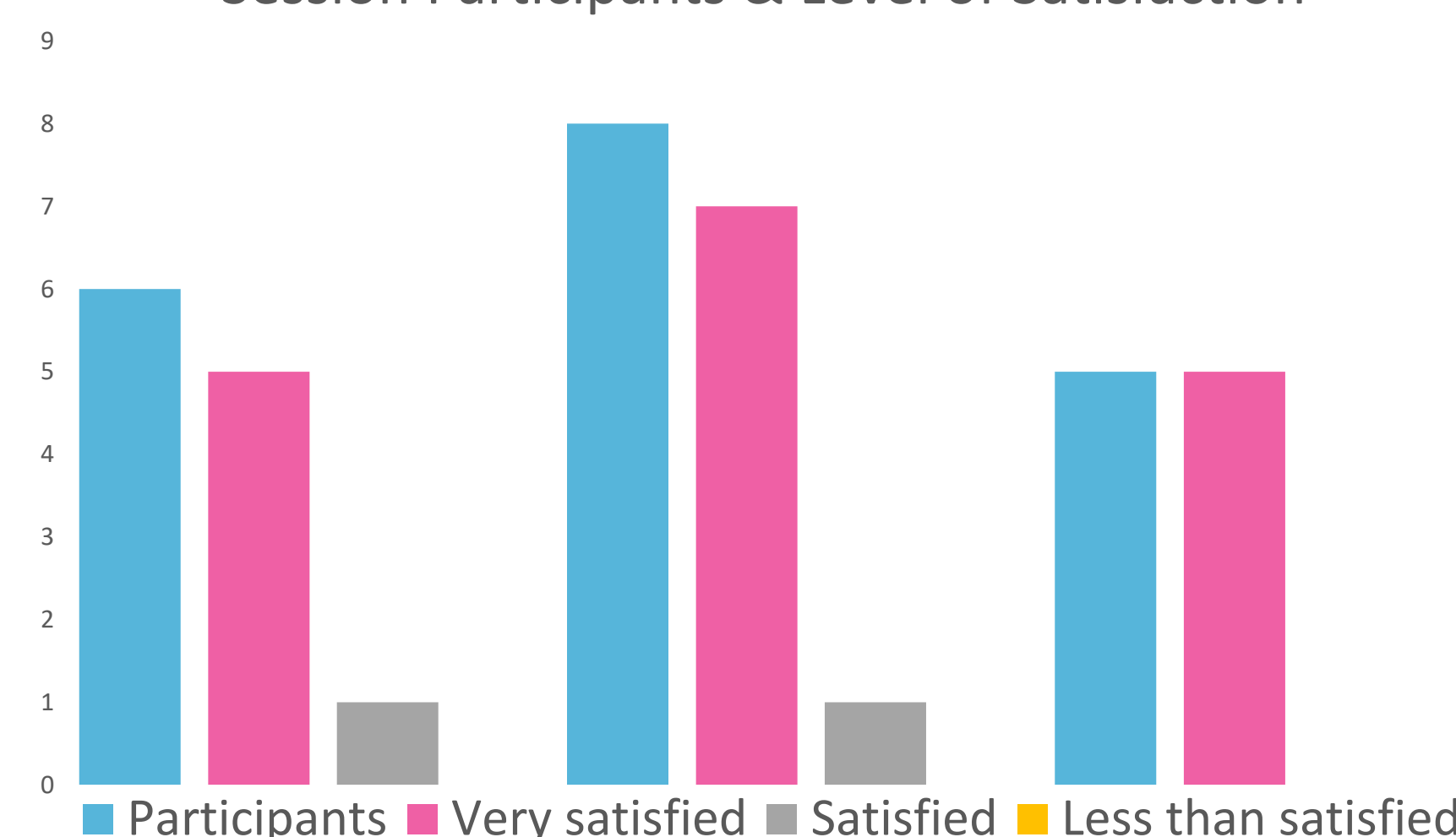
- **Challenges:** Staying on topic, strong opinions from participants, timing

Topics covered: Types of intimacy, balancing needs, interpersonal violence

- **Challenges:** Keeping the conversation appropriate, staying on task, timing

## Conclusions and Recommendations

Session Participants & Level of Satisfaction



Based on post-tests...

**100%** of participants learned something new after each session

**100%** of participants report that it is very likely they will practice the new information they learned from the series.

### We conclude...

- Developing a culturally competent curriculum requires time, effort, group collaboration and interactions with members of the community
- Focus group provided valuable feedback for adjustments

### In the future, we recommend...

- Continuing to use community focus groups for new programs
- Promoting workshops in local churches, libraries, and schools
- Considering a 2-part series or single, long workshop
- Continuing to provide incentives for each workshop
- Following up with pilot study participants

## Acknowledgements

We thank Marielle Natera, MPH, Schivane Bonhomme, and Tiffany White for their support and guidance throughout this project. Also, the women at The Bridge especially our study group.