

Taking Care of You- Self Care Strategies for Interconceptional Care Program Participants



Presented by: Shelby M. Weeks, MHS
Program Supervisor
North Carolina Baby Love Plus Program
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NC Healthy Start Baby Love Plus Program

- **Funded by Three federal Healthy Start Eliminating Health Disparities grants**
- **Purpose:** to reduce infant mortality and morbidity by enhancing existing MCH services and introducing new intervention strategies to complement the overall perinatal health system of care
- **Target Audience:** women of child bearing age (15-44) and infants and families with an emphasis on African American and American Indian women

NC Healthy Start Baby Love Plus Program

- **Service Area:** Three Regions-NC BLP partners with local health departments in 14 counties-
 - Eastern (7 counties)
 - Northeastern (5 counties)
 - Triad (2 counties)
- **Services include outreach, interconceptional care case management and health care, health education and training, and regional consortia**
- **Program staff include Regional Managers, Data Coordinator, Consumer Advocates, Enhanced/Family Care Coordinators, and Community Health Advocates**

Taking Care of You-Self Care



■ **Self Care** is personal health maintenance. It is any activity of an individual, family or community, with the intention of improving or restoring health, or treating or preventing disease (Wikipedia, 2009).

■ This is a foreign concept to families we serve because it may appear that they function in crisis mode most of the time.

What stressors do NC BLP Program Participants face?

- Economy/Few Employment Opportunities and Un/Underemployment
- Lack of Health and Social Service Resources
- Domestic/Intimate Partner Violence
- Strained Relationships with Father of Baby/Significant Other
- Minimal/No Family or Social Support

What stressors do NC BLP Program Participants face?

- Lack of transportation (no \$ or vehicle, or rural area)
- Unaware of available community resources
- Depression
- Denial or indecision about pregnancy
- Health concerns

Suggested Self Care Strategies and Resources for Program Participants

- Encourage/negotiate regularly scheduled "Me Time" with Father of Baby/Male Partner
- Identify and reach each out to faith/community-based organizations for resources
- Identify and reach each out to faith community/pastor/elder/church mother for counseling/support
- Encourage healthy foods/healthy eating
- Find/encourage attendance at support/educational groups (i.e., parenting, anger management, nutrition education, breastfeeding support, etc.)
- Make a referral to a therapist/counselor

Suggested Self Care Strategies and Resources for Program Participants

- Seek Out Resources at Local Health Department (MCC, ECC/FCC, etc.)
- Seek Out Services at County Department of Social Services
- Check Out Activities/Resources at local library
- Barter services with family member/trusted friend for scheduled "Me Time" (i.e., child care, transportation, etc.)
- Freebies-walking, jogging, trails, church fitness centers, etc.
- Nap when your infant naps

Suggested Self Care Strategies and Resources for Program Participants

- If Employed, Utilize Employee Assistance Program (or related benefits)
- Contact Your Doctor or Health Care Provider
- For Financial Constraints, Refer to Budget Management Classes
- Reduce Sources of Stress Wherever Possible!

Questions?

For More Information about the NC Healthy Start Baby Love Plus Program, contact:

Shelby Weeks, Program Supervisor
919-707-5707 (office)
919-870-4827 (fax)
Shelby.Weeks@ncmail.net

Thanks!
