



Empowering Independence: The effectiveness of a health management program among unhoused pregnant women

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Precious Life Shelter
Saving Babies, One Mother At A Time

DCE Site

- 501 (c) 3 private, non-profit, non-denominational agency in Los Alamitos.
- Provides residential and supportive services to unhoused pregnant women.
- **Purpose:** To rebuild unhoused pregnant women's lives through a three-step program, allowing them to grow and realize how precious the existence of her and her baby are.



Identified Needs

1. Behavioral health interventions.
2. Exploration of leisure activities/self-care.
3. Work/Education skills.

Learning Objectives

1. Developed and implemented a health management program focused on behavioral health, leisure, and education/career exploration.
2. Developed educational materials to promote sustainability of independence.
3. Measured the effectiveness of the wellness program.

Literature Review

- The homeless have difficulties transitioning from the street, creating a need for coping skills (Marshall et al., 2022).
- The homeless are at a predisposition of boredom and benefit from assistance with exploring leisure activities and finding their identity (Marshall et al., 2022).
- There is a decline in behavioral health among the homeless population. A poor family environment has negative effects on behavioral health, increasing the risk of substance abuse, violence, and homelessness. (Đurišić, 2018).

Program Description & Implementation

Program: Health Management Program

- Health management program for unhoused pregnant/perinatal women of Precious Life Shelter.
- Curriculum developed to target areas of need, identified through the participants themselves.
- Six weeks of individual sessions, once a week, for one hour.
- Five weeks of group sessions, once a week for two hours.



Program Topics

Self-Discovery

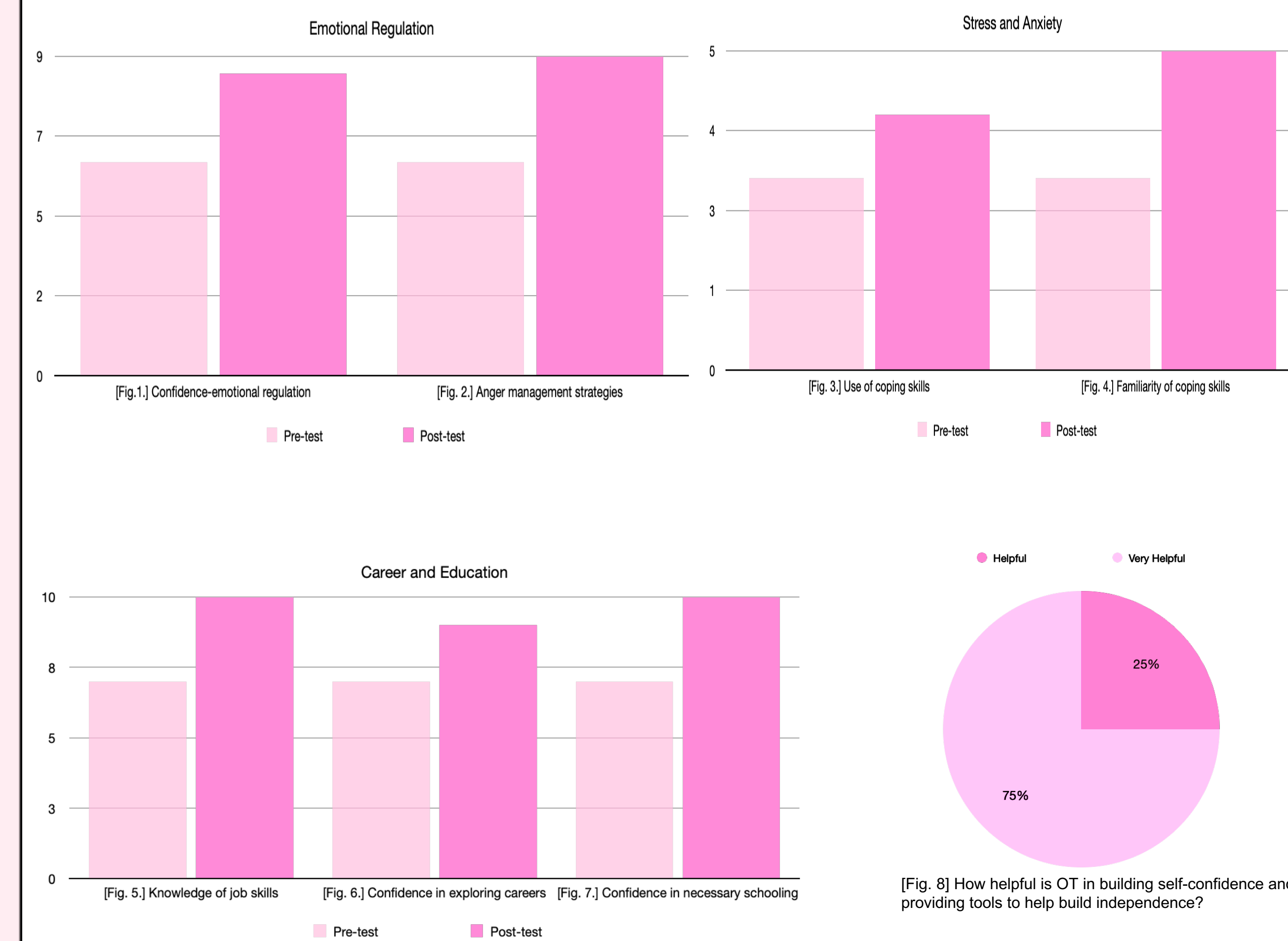
Emotional Regulation

Stress/Anxiety Coping Skills

Career Exploration

Self-Love

Evaluation Outcomes



- Average rating of confidence in knowledge and use of skills in all targeted areas (emotional regulation, self-love, self-discovery, stress and anxiety, career and education) **all increased** after the health management program.
- **All** survey respondents **found OT to be helpful** in building self-confidence and providing tools to build independence.

Themes:

Improved overall wellness



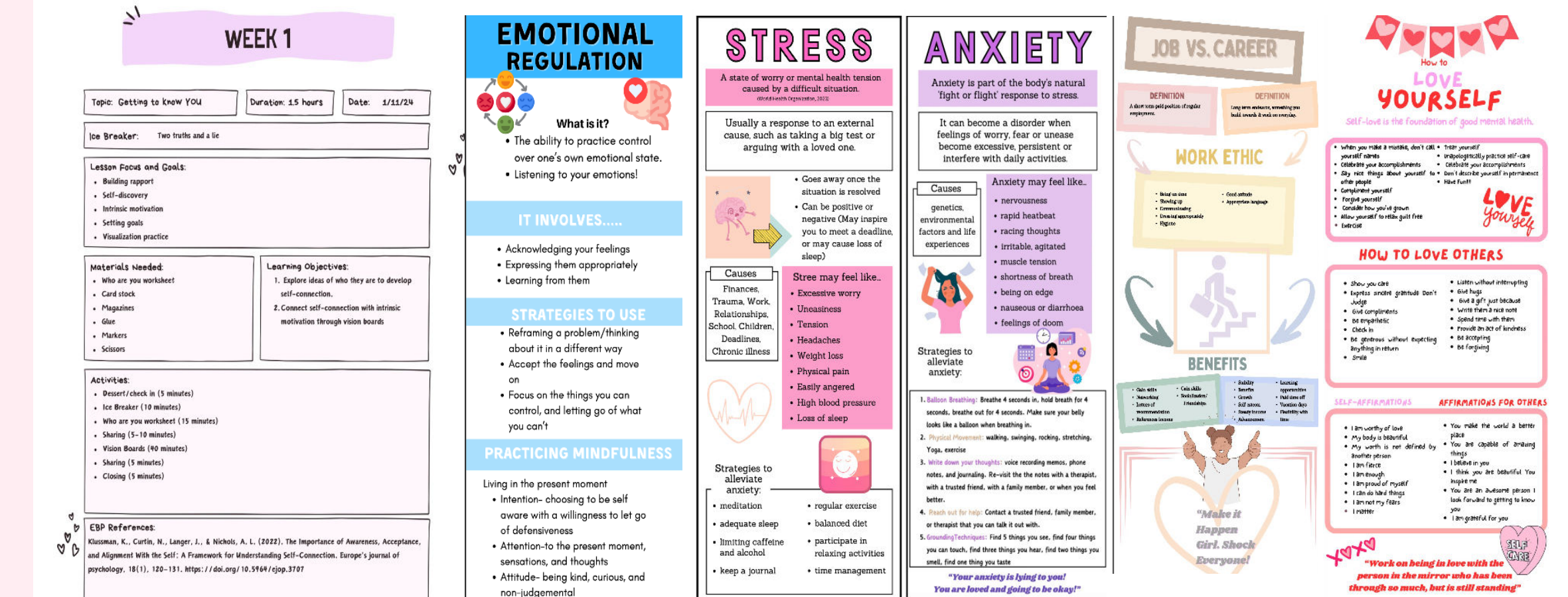
Improved confidence in skills needed for independent living



A desire for more OT classes

Scholarly Deliverables

- Program Curriculum
- Educational Handouts
- Sign in Sheet
- PowerPoint presentation of results



Acknowledgements

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References available upon request