Women’s Empowerment: Towards a Healthier Future
Cincinnati, OH, College of Medicine; Newport, KY, Northern Kentucky Scholar House

Introduction
Single parents in the United States are faced with a great deal of challenging stressors. A notable stressor, and perhaps the most measurable, is the cost associated with raising a child. This stress can pervade their careers, homes, and personal lives. The Northern Kentucky Scholar House is a residential housing program for 48 single mothers and their children living in the greater Cincinnati area. Together with the Brighton Center, it provides these families with subsidized housing, daycare, and community resources. Requirements for living at the Scholar House include full-time enrollment in school, part-time employment, and attendance at self-development workshops that are provided through various local resources. From August 2016 to March 2017, 12 Cincinnati area. Together with the Brighton Center, it provides these families and personal lives. The Northern Kentucky Scholar House is a residential housing program for 48 single mothers and their children living in the greater Cincinnati area. Requirements for living at the Scholar House include full-time enrollment in school, part-time employment, and attendance at self-development workshops that are provided through various local resources. From August 2016 to March 2017, 12 Cincinnati area.

Methods

Workshops:
• Group discussion with residents to assess their needs and goals
• Administration of survey to determine content of workshops designed to strengthen social support networks

Wellness Retreat:
• Along with Northern Kentucky Scholar House, organized a wellness retreat facilitated by experts and professionals designed to reinforce the skills learned in the prior workshops.
• Administered a pre-retreat survey at the beginning of the last module and at the beginning of the last module. The survey measured areas of confidence and likelihood to use these skills in the future.

Results

Figure 2.1 How has your confidence changed in relation to the skills presented in each workshop?

Discussion and Conclusion
• Single parents have significant stressors and a need for positive coping outlets and support networks.
• Workshops that were implemented provided a way to teach confidence-building skills and improve social relationships among the residents of NKYSH while addressing the goals that the women had.

Figure 2.2 How likely are you to use the skills from each workshop in the future?

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