Participant Empowerment and Community Engagement at Our Healthy Start Program

Discuss these questions with your supervisor or ask to schedule some time at a staff meeting to discuss how your Healthy Start program works in partnership with participants and the broader community to improve maternal, child and family health for all. Use this worksheet to keep a record of what you discussed.

Partnership with Participants

1. What does it mean to be "empowered" as an individual? What do we mean when we talk about "participant empowerment"?

2. What are some specific ways our Healthy Start program works to support participant self-sufficiency, self-advocacy, and empowerment? *(For example, focusing on participant strengths, , encouraging participant involvement on the Community Action Network (CAN)*

3. How does our Healthy Start program seek input and suggestions from Healthy Start participants for improving the program, and the services and support we offer?

Community Events

4. What kinds of community events does our Healthy Start program host throughout the year? *(For example, community baby shower, fatherhood breakfast, house parties)* What role does each of our Healthy Start team members play in these events?

5. What community events hosted by other organizations does our Healthy Start program participate in throughout the year, and what activities do we do at these events? (*For example, community health fairs, Mayor's family fun day, cultural events)*

Community Action Network (CAN)

6. Does our Healthy Start program lead a CAN, or participate in a CAN or community coalition led by another agency?

7. What is the mission of our CAN?

8. What other community organizations, groups, programs, service providers, and businesses participate/are members of our CAN?

9. Are any of our current or former Healthy Start participants participating in CAN meetings?

10. How can we as Healthy Start program staff be involved with the CAN?

11. Does our Healthy Start team have a CAN Coordinator? What does that person do to coordinate the CAN--what is their role?

12. What issues is our CAN currently working on?

13. What is the date and time of the next CAN meeting, in case we want to attend?