

Healthy Start Cohorts

Cohort Participant Guide

This guide was created by the Healthy Start TA & Support Center (TASC) to provide an overview of the Healthy Start (HS) Cohorts, with a specific focus on the structure, purpose, and expectations of cohort participants. If you are interested in joining a HS cohort, this guide will equip you with information to help guide your decision.

Overview

Healthy Start (HS) Cohorts, hosted by the TASC, provide a space and place for 20-25 HS grantees to come together to:

- Learn about what others are doing around a specific topic (e.g., Evaluation, Breastfeeding, CAN)
- Engage and collaborate with one another
- Document promising practices
- Co-create tools and resources for the broader HS community
- Connect with other HS staff across the country
- Lift up and spread successful practices
- Brainstorm solutions for common challenges

In the current iteration of cohorts, the TASC hosts five cohort meetings over five months. Below is the standard structure and focus for each of the five meetings:

- Meeting 1: TASC provides an overview of the cohort model; cohort participants introduce themselves; and cohort co-leads co-facilitate the discussion through which the group identifies 1-2 objectives they want to focus on throughout the remaining meetings
- Meetings 2-4: Participants engage in activities and discussions connected to the cohort objectives. The information gathered during these activities and discussions is compiled into deliverables.
- Meeting 5: Deliverables are finalized, and participants discuss any potential next steps and reflect on the cohort overall.

To ensure that the cohorts are as engaging as possible and are successful in providing a space for grantee collaboration and synergy, participants are expected to:

- Participate actively in the cohort for the full five months by:
 - joining at least four of the five scheduled cohort meetings
 - participating in cohort meetings with video turned on (highly recommended)
- Work together to come to a consensus on the objectives for the cohort
- Engage in cohort meetings by sharing ideas and listening to others
- Complete all homework assignments
- Complete all end-of-meeting participation and satisfaction surveys
- Contribute to the development of cohort deliverables to share lessons learned with the broader HS community

As the hosts of the HS Cohorts, TASC staff will support the cohorts by:

- Scheduling all cohort meetings
- Scheduling preparation meetings with co-leads
- Assisting co-leads with the development of materials (e.g., PowerPoint slides, homework worksheets, CoLab homework summaries)
- Providing technical support during meetings
- Sending reminder and follow-up emails to cohort participants

Cohorts Versus Other TASC Offerings

HS Cohorts are not a series of webinars, do not provide one-on-one technical assistance and support, and do not typically include formal presentations by external speakers. Cohorts are facilitated by participants who volunteer to be co-leads, with support from TASC staff. TASC offers many different types of technical assistance and support. If you are in search of webinars, one-on-one assistance, or other types of offerings, please consider exploring some of the activities below:

- HS Learning Academies
 - [CAN Learning Academy](#)
 - [Fatherhood Learning Academy](#)
 - [QI Learning Academy](#)
 - [ROOTT Learning Academy](#)
- [HS Mentoring Program](#)
- [HS Community Health Worker Course](#)
- [HS Staff Support Groups](#)
- [HS Trainings & Certifications](#)
- [TA Webinars](#)

If you need support with a specific challenge, please request 1:1 TA assistance [here](#).

Conclusion

As we have outlined above, HS cohorts are designed by and for the cohort participants. Cohorts are a space that participants can shape according to their unique needs and what they feel will best support them in achieving Healthy Start program goals. While the TASC has created the structure of these cohorts, the objectives and content are truly driven by the cohort participants. For more information about the cohorts, please click [here](#) and direct any questions to healthystart@nichq.org.