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Project Title: Access to Wellness project

Type of Award: Access to Electronic Health Information Outreach Award

Name of Institution: African Americans Reach and Teach Health (AARTH) Ministry

Location of Institution: 7728 Rainier Avenue South; Seattle, WA 98118

Person Submitting Report: Reverend Mary Diggs-Hobson is the Executive Director; 7728 Rainier Avenue South; Seattle, WA 98118;
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Inclusive Dates of Final Report: September 1, 2004 – March 31, 2006

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NARRATIVE DESCRIPTION

1. Summary/Introduction:

The NN/LM's Access to Electronic Health Information funding enabled AARTH Ministry to expand the Access to Wellness Project (AWN) that was started under our 2003 award. Expansion activities focused on increasing access to culturally relevant health information by building the capacity of six new faith houses and community based organizations that serve people of African descent in King, Pierce, Snohomish and Thurston counties.

A summary of accomplishments:

- I. Increased AARTH's capacity to provide access to health information through technology:
 - a. Computers were installed at three churches and upgraded at one Somali organization. This included software and hardware assessments, Internet training, web site design support by AARTH and health information retrieval training by one of the project partners, Nancy Press of Mars Hill Graduate School. The three churches, Paradise of Praise, First African Methodist Episcopal and Freedom Church of Seattle range in memberships of 50 – 3,000 with a geographic reach throughout western Washington. Each church has incorporated the computers into their health ministries to serve as a resource tool for the health ministers and provide information services for the congregations. Health information retrieved from health databases such as PudMed and MedlinePlus have been used to create monthly and special event health bulletins and newsletters, support health workshops and two health fairs.
 - b. The AARTH Team has used computers, audio visual equipment and the Access to Wellness Network web site obtained and developed through the project to provide technical assistance to our partners and the larger community, support workshops and community-wide events, publish health related articles and develop PowerPoint presentations. AARTH has sponsored six community-wide annual health events, which include the Health and Wellness Symposium, Black Church Week of Prayer for the Healing of AIDS and others. We have collaborated with over 30 faith houses and health providers to sponsor and market community health fairs supported by information received from the PRN/LMN and PudMed and MedlinePlus. Our Executive Director, Mary Diggs-Hobson joined with Nancy Press, our project partner to author *Providing Health Information to Community Members Where They Are: Characteristics of the Culturally Competent Librarian* published in the winter 2005 edition of Library Trends. Numerous PowerPoint presentations were developed from health information retrieved through the Access to Wellness Network web site and the National Network of Libraries of health databases. Two examples are recent presentation given to the Washington Library Association and Washington State Governor's HIV/AIDS Advisory Council.
 - c. Graduate level counseling students at Mars Hill Graduate School gained awareness of the health disparities and the mental health issues in the African American community. Because of the AARTH-Mars Hill partnership, graduate students found out about and then worked at internships with African American students in the Seattle Public Schools system. In addition, the Diversity Task Force at the graduate school was informed by AARTH, since Nancy Press was the Chair of the Task Force and relied on the AARTH Director and Board for advice.

- II. Increased AARTH's capacity to provide health information and reach higher risk youth populations:
- a. A student intern was hired and trained to conduct peer-peer health dialogues. This included increasing knowledge and skills to:
 - Retrieve and maintain health information through AARTH's Access to Wellness web site
 - Work with high school and youth groups from churches and community based organizations to conduct 14 health information dissemination activities. This included 9 sessions at Rainier Beach and Cleveland High Schools with average attendance of 15-20 students each; 2 health and wellness symposiums; 1 youth health career fair; 2 youth group sessions at Greater New Bethel Church.
 - Through Mars Hill Graduate School, counseling students interned for nine months with some of the most at-risk students in the Seattle School System.
 - b. The work of the student intern influenced youth health decisions and behaviors. The Teen Health Center at Rainier Beach High School reported an increase in teens seeking HIV testing and counseling and safer sex information. Students reported increased awareness and the more confidence about negotiating sexual practices.
- III. AARTH's AWN web site was expanded by the adding following services:
- Referral links for local health and wellness providers
 - A nutrition page that includes access to nutrition specific data and healthy recipes
 - Health career information/opportunities for African American students.
 - A speakers bureau to facilitate community access to health and faith professionals

2. Geographic region/number of counties:

The initial geographic scope for project included King, Pierce, Snohomish and Thurston counties. Specific project activities enabled us to in some cases expand beyond these counties:

- Access to Wellness Network web site has a local, national and international reach and directly impacts Washington, Oregon, Idaho, Montana and Alaska providing online access to culturally relevant health information.
- Partner churches engaged in the Access to Wellness computer technology for accessing health information directly impacts King and Pierce Counties.
- Health information and community events directly impacts King County.

3. Collaborations/Partnerships:

The project partners include African Americans Reach and Teach Health (AARTH) Ministry, Mars Hill Graduate School, CLEARCorps Pacific Northwest, Rainier Beach High School, Public Health Seattle King County Community Teen Clinic, located throughout Pierce,

Snohomish, and Thurston counties.

Partners	Current Status	Challenges	Lessons Learned
Mars Hill Graduate School:	What began as a partnership evolved into a true collaboration and continues to be active	Individual staff involvement has been more apparent than the institution	Difference in size, population and geographic location of organizations do not limit the potential for developing true collaboration The ability to work together to explore creativity solutions
CLEARCorps Pacific Northwest:	This partnership met with challenges that altered our approach and their involvement to providing volunteer peer educators trained by AARTH. The relationship is strong and active	The inability to define youth participation and availability made scheduling and long term commitment difficult	The need for creative solutions and alternatives when working with youth in transition
Rainier Beach High School: Public Health Seattle King County Community Teen Health Clinic:	AARTH currently supports the Health Science class and Teen Health Clinic located in the School by conducting health information displays and small group discussions	School staff busy schedules and work load shifts much of the task of coordinating in-school projects to AARTH staff making it difficult to manage the logistics and at times student participation	The challenges reinforced the belief that in order to be more effective a dedicated team member with space on campus is needed
African American churches:	8 – 30 churches actively partner with AARTH at various levels within the Access to Wellness Network project	Accessing leadership to gain approval and ongoing support was very challenging along with transitional members	Increased time to develop relationships working from within and at the leadership level Work with leadership to identifying their role early in the project and ways to keep them engaged Assessing the entire congregation and not just those directly involved with the project

4. **Training:**

In the final report, provide a summary of the training events and participants:

- Two health information retrieval training were conducted that included 6 people
- Nine HIV/AIDS high school and middle school group sessions were conducted that included an average of 15-20 students per session
- Two health and wellness symposiums with a total of 195 participants
- All workshops included majority minority populations
- Breakdown of participants by:
 - Health care or service provider - 40
 - Member of the general public - 383

5. **Training sites in King County:**

Rainier Beach High School, Teen Health Center and Health Science classes
Cleveland High School, Teen Health Center and Health Science classes
St. Theresa Middle School and health classes
Paradise of Praise Health Ministry
First A. M. E. Health Ministry
Rainier Beach High School Paul Roberson Performing Arts Center
AARTH Ministry

6. **Exhibits:** All exhibits, outreach and training activities successfully reached the populations that are most impacted by health disparities. All activities were held in King County.

- September 11, 2004, Health and Wellness Symposium, Seattle WA attended by 30 people
- February 5, 2005, Keep Love A Live/ HIV/AIDS Awareness attended by 31 people
- February 20, 2005, Festival Sundiata exhibit attended by 25 people
- March 2005, Greater New Bethel Baptist Church Teen Ministry - HIV/AIDS dialogues for 15 teens
- April 1-2, 2005 Another Chance Women's Health Conference held in Seattle attended by 75 women
- April 30, 2005 - Mt. Calvary Christian Church health fair exhibit approximately 25 people attended
- May 7, 2005 Mary Mahoney Professional Nurses Organization Youth Health Career Day, Seattle WA attended by 75 youth/teens
- June 5, 15, 19 ,26 2005 four outreach activities conducted at Protecting the Generation: HIV Testing and Education Campaign held at Goodwill Missionary Baptist, First AME Church, Mt. Zion Baptist, New Covenant Christian Center in Seattle for a total
- Jan – May; Oct. – Dec. 2005 Monthly HIV/AIDS 9 dialogue sessions and health fair exhibits at Rainier Beach High School, Cleveland High and St. Theresa Schools in Seattle WA attended by approximately 180 students
- Sept. 16-17 2005 Health and Wellness Symposium, Seattle WA approximately 100 people attended
- Oct. 5, 2005 AWN concept presented to the Paradise of Praise and First AME 7 people attended

- Oct. 22, 2005 Outreach presentation at Paradise of Praise, Seattle, WA 10 people attended
- Feb. 16, 2006 AWN and health data retrieval training conducted for Paradise of Praise Church, attended by 3 people
- Feb. 28, 2006 AWN and health data retrieval training conducted for First AME Church, attended by 3 people
- Feb. 18, 2006 AWN concept presented to New Covenant Christian Center and Mt Calvary Church attended by 4 people
- March 5-19 National Black Church Week of Prayer for the Healing of AIDS and Women and Girls HIV/AIDS Awareness activities at the churches/congregations and sites listed below an estimated 5000-6000 in attendance

Churches participating in the 17th Annual Black Church Week of Prayer for the Healing of AIDS

Date/Time	Church/Location	Date/Time	Church/Location
Sunday, March 5 @ 10:15 AM & 6 PM	Emerald City Bible Fellowship Rev. Harvey Drake 7728 Rainier Avenue S. Seattle, WA 98118	Tuesday, March 7 @ 7 PM Showing of video "Who Will Speak for Me?"	Faith Deliverance Assembly Bishop Williams 5321 17th Avenue S Seattle, WA 98108
Sunday, March 5 @ 7:30 AM & 11 AM Showing of video "Who Will Speak for Me?"	First A.M.E. Rev. Carey Anderson 1522 14th Ave Seattle, WA 98122	Wednesday, March 8 @ 7PM	Outreach Christian Center Rev. Jack Morgan 9237 Rainier Avenue South Seattle, WA 98118
Sunday, March 5 @ 11 AM	Martin Luther King Rev. Carey, Pastor 13611 SE 116th St Renton, WA 98059	Wednesday, March 8 @ 7 PM Showing of video "Who Will Speak for Me?"	Holgate Street Church Minister James Maxwell 2600 Holgate Street Seattle, WA 98144
Wednesday, March 8 @ 7 PM			
Sunday March 5 @ 9:00 AM & 11:00 A.M	Immaculate Conception Father Fabian 820 18 th Avenue Seattle, WA 98122	Thursday, March 9 @ 7 PM	Freedom Church of Seattle Rev. Zachary Bruce 9601-35th Avenue SW Seattle, WA 98126
Sunday, March 5 @ 11 AM Showing of video "Who Will Speak for Me?"	Peoples Institutional Baptist Rev. Dr. A. Landry 159 24th Avenue Seattle, WA 98122	Call 206-322-6500 for more information	Mt. Zion Baptist Church Rev. S. B. McKinney 1634 19th Avenue Seattle, WA 98122
Sunday, March 5 @ 11 AM	Rose of Sharon Temple Bishop Hardy 4103 Rainier Avenue S Seattle, WA 98118	Call 206-725-0490 for more information	Greater New Bethel MB Rev. Dana McClendon 5279 Rainier Avenue S Seattle, WA 98118
Sunday, March 5 @ 11 AM Showing of video "Who Will Speak for Me?"	Tabernacle Missionary B C Rev. Dr. Robert L. Manaway 2801 South Jackson St Seattle WA 98144 Phone: 206-329-9794	Call 206-721-2446 for more information	Church At South Seattle Opal Watters 3019 S Angeline St, Seattle, WA 98118
Wednesday, March 8 @ 12 PM & 7 PM	Paradise of Praise C.O.G.I.C. Rev. William B. Demps Sr. 1316 SW Holden St. Seattle, WA 98106	Call 206-329-4674 for more information	Grace United Methodist Rev. C. Livingston, Jr. 722 30 th Avenue S. Seattle, WA 98144 206-329-4674
Saturday, March 11 @ 7 AM Showing of video "Who Will Speak for Me?"			
Sunday, March 5 @ 11 AM	New Covenant Christian Ctr. Rev. Tony Morris 7930 Rainier Avenue S Seattle, WA 98118	Call 253-537-5449 for more information	Macedonia MBC Rev. Kenneth Tunch 8645 Pacific Ave Tacoma, WA 98444
Call 253-537-5449 for more information	Matt Talbot Center Rev. Greg Alex 2313 3rd Avenue	Phone 206-723-9395 for service date and time	Sojourner Truth Church Rev. Hall, Pastor 1632 Broadway Seattle, WA 98122
Sunday, March 19 @ 3 PM	Langston Hughes Performing Arts Center 104 17th Avenue S. Seattle, WA 98144		

7. Resource materials:

Training materials used were developed under 2003-2004 contract years and submitted. Marketing materials developed including PowerPoint presentations, flyers, pocket touch cards, enhanced project brochure all were submitted with quarterly reports. AARTH web site was expanded and is located at www.aarth.org

8. Web sites:

AARTH's Access to Wellness Network at www.aarth.org was enhanced and expanded and is fully functional receiving an average of 13,648 hits per month. The following development occurred:

- Added referral linkages to local health and wellness resource information and providers including PRN library and other NN/LM sites
- Increased the capacity of the speakers bureau service
- Developed web pages to support teen health, health careers and job postings
- Added health self-assessment questionnaires, application templates and hot button tools
- Completed the web database to support online health training registration, volunteer registration and donations
- Updating of the web site at least once a week to ensure currency

AARTH will continue to maintain the web site through seeking additional funding to support the web administration and relying upon volunteer staff. Future plans include redesigning the web site to streamline access, increase web page features and continue incorporating the web site into faith houses.

9. Document delivery and reference services:

If document delivery services and reference services were provided, please provide appropriate statistics.

Since the project was based on capacity-building, the provision of documents by the library partner was not a major objective. Instead, the project aimed to increase the capacity of individuals and ministries within the African American community to find the health information needed.

However, the librarian did scan the literature, both online and print, and provided project leaders and the community with the following:

- a) web sites to be linked to from the AARTH web site -- approximately 120 new web sites linked (which provide access to thousands of individual articles or documents)
- b) articles that informed our methodology (such as articles on the effectiveness of HIV/AIDS prevention through African American churches) – approximately ten articles

10. Approaches and interventions used:

Describe the steps or activities used in the following areas: identifying and scheduling sessions; promotion/marketing; training; personnel/staffing; web site development.

Project and Administrative Management – AARTH staff coordinated and managed project activities

- a) Project orientations – project partners participated in project review session
- b) Work plan development –developed outline of tasks, roles/responsibilities, timeline and products
- c) Monthly/quarterly reviews
- d) Developed promotional materials for web site, media and outreach
- e) Scheduled sites, events
- f) Managed event registrations, evaluations

Publicity/Promotion

AARTH worked with partner churches, Muslim based organizations, high school, health providers to promote the project events and activities:

- a) AARTH developed and distributed promotional flyers, touch cards, electronic/web based announcements to African American/African faith communities, Muslim-based organizations in appropriate translation, partner schools, community/institution health providers for advertising and outreach
- b) Partner churches, Muslim based organizations and high school served as local site for accessing and promoting services via their weekly/monthly bulletins and newsletters
- c) Used laptop computer to demonstrate Access to Wellness Network
- d) Events published local papers such as the Facts, SKANNER, and ColorsNW
- e) Project services advertised to community networks and collaborations

Facility Readiness:

- a) Identified 4 new churches/Muslim based organization partners in King County
- b) Conducted capacity assessments to determine the existing skills and identify site coordinators for partner churches/Muslim based organization
- c) Assessed churches/Muslim based organization facilities, network and standalone computer systems to determine logistical needs and hardware and software readiness
- d) Installed 3 new computer systems

Capacity Development Training:

AARTH team and Nancy Press, Library Director of the Mars Hill Graduate School conducted training for partner churches using online tools and trainings developed by Nancy:

- a) AARTH team met with representatives of each faith community to establish a collaborative relationship and to decide on training goals for the faith community
- b) Conducted training needs assessment, with particular emphasis on the unique cultural and faith-related needs of the community
- c) Prepared training materials based on perceived needs and community goals
- d) Prepared evaluation materials for training sessions according to “Measuring the Difference: Guide to Planning and Evaluating Health Information Outreach”
- e) Planned with community contacts for dates, times, and computer usage for training

- f) Conducted training and evaluations

Staffing:

Project Coordinator managed the project activities and events, developed new partner relationships, assessed needs, installed equipment, coordinated and assisted with training, provided oversight for student intern, assisted with promotion and staffed events.

Student Interns:

- a) Hired by Executive Director
- b) Conducted orientation and train the trainer sessions
- c) Developed work plan and performance evaluation procedures
- d) Student intern identified and partnered with local Rainier Beach, Cleveland and St Theresa
- e) Partnered with school to identify and implement activities for disseminating health information
- f) Conducted 9 small group health dialogues activities to promote health information dissemination
- g) Assessed the effectiveness of project activities

Expanded AARTH Web Site Services:

Web site supported by technology administer, student intern and Nancy Press who:

- a) Researched, identified and added referral linkages to local health and wellness providers including the Pacific Northwest RML and other NN/LM sites
- b) Coordinated and increased the capacity of the speakers bureau service
- c) Developed web pages to support health careers and job postings
- d) Added health self-assessment questionnaires, application templates and hot button tools
- e) Completed the web database to support online health training registration, volunteer registration and donations

Evaluation:

How was the project evaluated? What results were achieved based on the objectives of the project?

- Technology assessment of new partner sites determined a need for 3 computers instead of 4, which enabled the purchase of 3 new computers versus the initial plan to purchase 4 refurbished computers.
- Training assessment used to determine training needs, impact of training on increasing skills, knowledge and building partners' capacity resulted in identifying other health information needs, such as mental health, stroke prevention, and domestic violence.
- Web site tracking and monitoring to determine to determine the usage showing a steady increase over the past 6 months going from 6,829 requests in September 2004 to 11,684 requests in April 2006. Regular checking of web site links and currency was carried out.

- Informal and random feedback from partners about the web site, user health needs and interests, project growth potential, and cultural relevancy resulted in incorporating the Access to Wellness Network project into church health ministry structures and training the health ministry staff to provide ongoing support.

11. Problems or barriers encountered:

Provide details on problems encountered in the areas of

Personnel/staffing – Changes made to the project coordinator position due to attrition, making it necessary to separate and share the responsibilities with other positions such as the office administrator, student intern, and Nancy Press. The initial plan to work in collaboration with CLEARCorps student intern was changed due to students' transitions and scheduling conflicts. This was resolved by identifying an independent student resource.

Web site development- Project coordinator attrition made it necessary to expand the web site development support to include more support from the office administrator and Nancy Press.

12. Continuation plans:

Report on how you plan to continue the project. Will all or some of the project's activities continue? Who will provide the funding and staffing to do so?

AARTH will continue to seek funding and other resources to maintain *Access to Wellness Network* and the web site to support purchasing computers, web site services, and training. The focus will shift from the boarder community to incorporating services into health ministries within faith houses. Future plans include redesigning the web site to streamline access, increase web page features and continue incorporating the web site into faith houses.

13. Impact:

Include information on the perceived and actual impact of the project on the library, institution, or consortium. This can include the effect of the project on the library's image, increased utilization of the library, etc.

The focus of this project was faith/community based organizations and schools.

Actual impact to libraries: our relationship with our partner organization Mars Hill Graduate School's Nancy Press evolved into a true collaboration, which was demonstrated when Nancy joined the AARTH's board of directors. The perceived impact resulted from the article authored by our partner organization Mars Hill Graduate School's Nancy Press and AARTH's ED, Mary Diggs-Hobson. *Providing Health Information to Community Members Where They Are: Characteristics of the Culturally Competent Librarian* was published in the winter 2005 edition of *Library Trends* resulting in requests from the Washington Library Association and the Medical Library Association to present at their 2006 conferences. The library's parent institution gained experience in diversity issues and minority mental health issues.

14. Recommendations for improvement:

Reference page 3-4 Collaborations/Partnerships and number 3 below

15. Responses to follow-up questions

If answers to the follow-up questions are contained elsewhere in your report, indicate where they are located.

FOLLOW-UP QUESTIONS

1. Were your original project goals and objectives met? If not, why not? YES
2. What significant lessons were learned which would be of interest or use to others conducting outreach projects? Which strategies were the most effective in implementing the project? Reference page 3-4 Collaborations/Partnerships:
3. If you were to start all over again, what, if anything, would you change about your goals, project plans, etc.? We would include more time for relationship building and decrease our geographic scope.
4. What advice or recommendations would you give to anyone considering a similar outreach effort? Reference number 3 above