

# Sew Hope Support Groups Jacob's Ladder Ministries



#### **North Star**

Zero racial disparities in infant mortality by 2033.

#### **High Infant Mortality Zip Codes**



#### How much did we do?



25 Women served



## 9 Sewing groups held

**15** Individuals per sewing group

## **Resources Provided**



Devotional book Stress/self-esteem books Maternal health resource flyers Program worksheets

## **Program Description**

This FLOURISH grant funded the Sew Hope Support Groups at the Jacob's Ladder Ministries. This project was to provide sewing therapeutic support groups for Black women exposed to the criminal justice system. It built awareness of mental health resources Black women previously involved with the criminal justice system to build healthy stress management techniques, build trust and new friendships through weekly support groups. This project took place from February to May 2021.

### **Priority Areas**

FLOURISH Community Leaders Cabinet identified priority areas they believe will have the most significant impact on improving conditions for Black families. Infant mortality is a complex issue that can't be solved by one organization alone. Below, you will find population level data where FLOURISH is contributing to changes for Black families alongside other organizations. Jacob's Ladder Ministries is working to move the needle for the individuals they serve in the areas listed below.

FLOURISH	Category of	Population
Priority Area	Work	Level Data
Coordinated Quality Care	Perinatal Behavioral Health	<ul> <li><u>Poor Mental Health</u> <u>Days</u></li> <li><u>Frequent Mental</u> <u>Health Distress</u></li> </ul>

FLOURISH uses **a results-based accountability** model of evaluation, because it helps show how collaborative efforts can make an impact on reducing disparities in infant mortality. We focus on how well programs address root causes of the issue and whether Black pregnant and parenting families are better off.



**FLOURISH St. Louis**, an infant mortality reduction initiative powered by Generate Health, is bringing together people and organizations across the region to fix the systems that impact the health of Black families. This organization received a FLOURISH grant which was funded by Missouri Foundation for Health.

For more information visit https://www.jacobslm.com/ or contact info@flourishstlouis.org