

North Star

Zero racial disparities in infant mortality by 2033.

How much did we do?



27

Individuals served



12

Parenting classes held



12

Support group sessions hosted



9

Participants per parenting class and support group



10

Individuals connected to life coaching/mentoring

Program Description

This FLOURISH grant funded the “Making Mommy Moves” project at the Narcissistic Abuse Recovery Center. The purpose of this grant was to educate expectant and new moms about their mental, emotional, physical, nutritional and financial health through three different 4-week cohorts, hosted virtually, with the culmination of a graduation and certificate at the end of the program. This project occurred between March and May 2022.

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. Narcissistic Abuse Recovery Center is working to move the needle for the individuals they serve in the areas listed below.

FLOURISH Priority Area	Category of Work	Population Level Data
Coordinated Quality Care	Perinatal Behavioral Health	<ul style="list-style-type: none"> ▪ Maternal/Postpartum Depression ▪ Poor Mental Health Days ▪ Frequent Mental Distress ▪ Stressful Events During Pregnancy ▪ Improvement in Maternal Health & Well Being

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.

How well did we do it?

100%

of individuals **increased knowledge** about mental health and self-love

100%

of participants **actively engaged** in life coaching/mentoring sessions

Is anyone better off?

100%

of individuals **increased** their sense of self-esteem and started working towards personal goals for a healthier life

Curriculum



Nutritional Health Week



Maternal Health Week



Mental Health Week



Financial Health Week

Each session had at least 4 guest speakers.

Topic Highlights



A nutritionist taught the participants about various ways of exchanging an unhealthy diet for a healthy one, including growing gardens, eating more vegetables and nutrition for expectant and new parents.



A doula provided information on homebirth, midwives, drug-free births and so much more.



The mental health session brought awareness to narcissistic abuse and provided tips on how to address emotional and psychological abuse during pregnancy.



A young entrepreneur educated everyone on crypto-currency and NFT's. A Regions Bank branch manager offered smart money habits and other financial services.

Challenges

Some of our presenters faced wi-fi issues while presenting, so for future events we need to make sure technology is working well.

It was very important that we had a doula, but we were only able to get 1 doula, who was also a midwife, show up for one cohort. However, she was very engaging and informative for both the participants and other speakers.

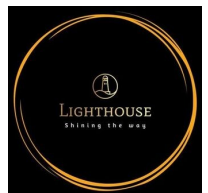
Project Impact

We believe exposure is one of the most powerful forces out here. It was inspiring seeing the ladies mature in only four weeks while learning new concepts and ideas they've never heard before. The Making Mommy Moves program not only provided valuable information regarding proper nutritional health (pre- and post-natal), it also focused on mental health and financial literacy. We provided funds and gifts to help support the new mothers in their journey of growth and motherhood.



Partnerships

Motivating Minds LLC



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. Narcissistic Abuse Recovery Center received a FLOURISH grant which was funded by Missouri Foundation for Health.

For more information visit <https://thenarcenter.org/> or contact info@flourishstlouis.org