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**Welcome to the ISCOPE Adult Health Literacy Team!**

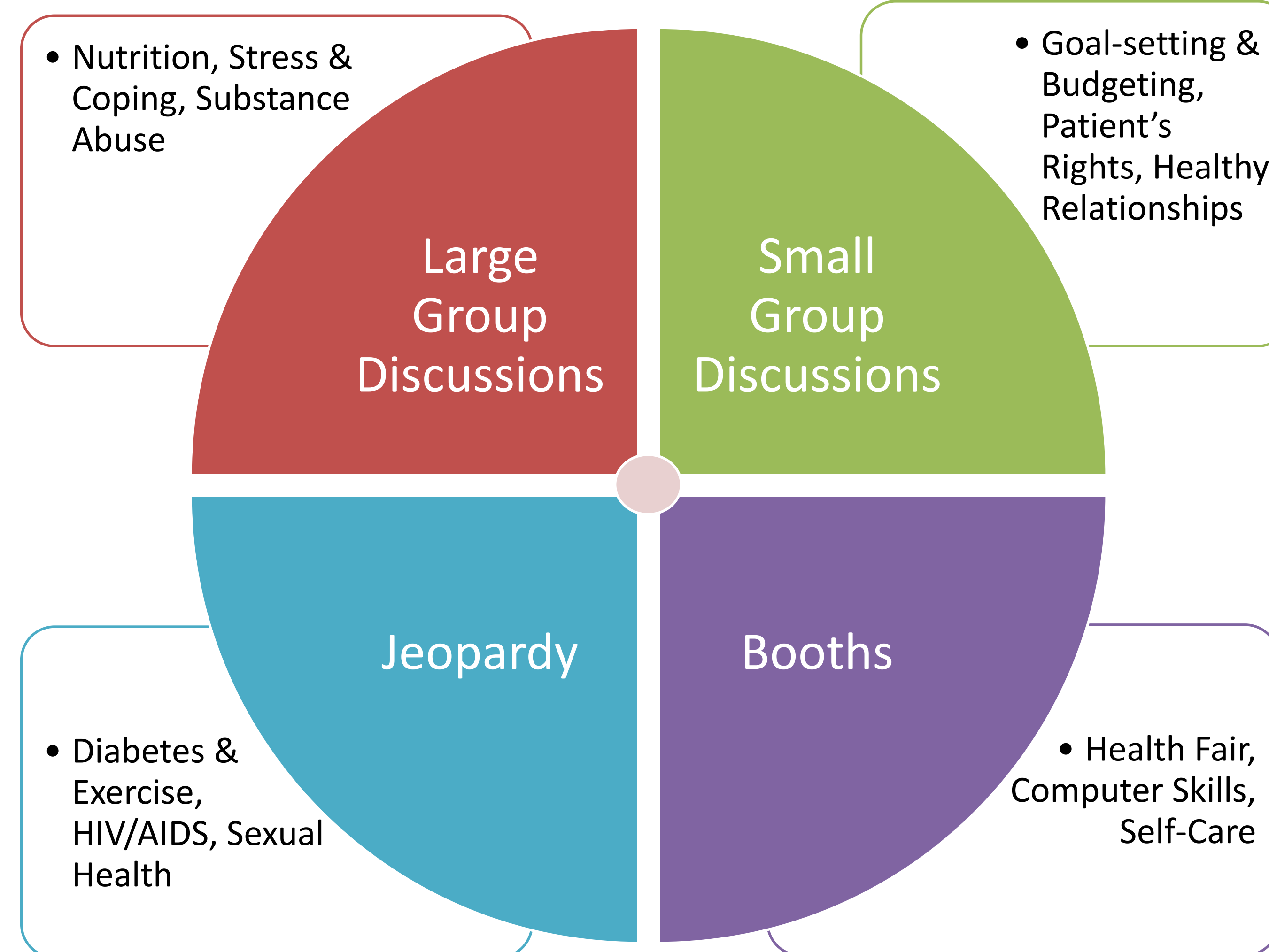
**OUR TEAM:** We are a group of six dedicated, creative, and hardworking women all studying different aspects of Public Health. We worked with men residing at Emery House, a work-bed program specifically tailored to the needs of men transitioning out of homelessness who are employed or in job training with an overall goal of finding the men permanent housing.



**Recommendations**

- Utilize group agreements & define group rules to ensure accountability
- Don't get complacent
- Don't be afraid to voice an opinion different from your team's
- Be flexible and communicate with your team regularly
- Have a back up plan and be prepared to improvise

**What We Did & How We Did It**



**Why Health Literacy Matters**

**OUR SITE:** Every two weeks, we held health literacy implementations with the men at Emery House. We quickly learned that the men at Emery were in a state that was not lending itself to some of the knowledge they needed to lead healthy lives, though they had the capacity to understand and effectively implement it. We believed that the knowledge of nutrition, diabetes, HIV/AIDS, STIs, goal setting, budgeting, etc. would empower them to take their futures into their own hands when it comes to health.



**KUDOS**

We would not have been a successful team without the assistance and guidance of our wonderful Team Advocate, Katie Meuer. We would also like to thank Sandy Hoar for her medical expertise and invaluable advice.

We would also like to give a huge thank you to:

- Mr. Baylor - Community Coach, Emery House
- The Amazing Men at Emery House
- Angie, Donna, and Semira, the amazing ISCOPE Leadership Team
- Mary, Denise, Lisa, and Sophie - GW Nursing Students

**Reflections**

**What we learned from Emery House:**

- The men are kind, generous, and enthusiastic about bettering themselves.
- They pushed us to try harder, challenged us with questions, and weren't afraid to be direct.
- We learned to be flexible, yet thorough in our lesson planning and design. We also learned to improvise as group dynamics differed from week to week.

**What we learned from each other:**

- Communication is key to team success.
- It's important to address any issues or conflicts—no matter how small—early on, and to hold each other accountable.
- Play to your strengths, while improving on your "weaknesses"; don't shy away from a challenge.