These two sites were very different and have diverse needs. Low socioeconomic status and unstable housing are common experiences for many women. The wonderful women and men on site are dedicated to helping others. Education is crucial for making informed decisions, and we work to educate the public on how to teach others. Goal setting is important, and everyone has different strengths. Be flexible! Sometimes you may have more or fewer participants or more or less interest in certain topics than you expected. Roll with it. Get to know your teammates, coaches, and team advocate. Plan some fun activities for team bonding. Do not be afraid to say “No”-if you cannot do something, let the rest of your team know early. Actively participate in the activities to show that we all can benefit. Use “we” statements instead of “you” statements.

Lessons Learned

What we learned from each other:
- Everybody is busy; finding a communication style that everyone is comfortable with is crucial to team success
- Everyone has different strengths—it is important to utilize your own strengths and your teammates when planning different activities
- Don’t be afraid to practice new skills; the interdisciplinary nature of the team provides a range of expertise to help you

Kudos
We would not have been the team we are today without the assistance of our amazing team advocate Claire Houterman. We would also like to thank Karyn Pomerantz and Sandy Hoar for invaluable guidance and input throughout the year.

Other superstars we would like to give a huge thank you to include:
- Mr. Baylor: Community Partner Emery House
- Mary & Martha: Community Partners The Women’s Collective
- The Women’s Collective
- Angie Hinsey & Donna Javellana: ISCOPES Leadership Team

Why Is Adult Health Literacy Important?

- Help educate the public on how to make rational decisions regarding their health
- Specifically, those with low health literacy tend to be/have:
  - Lower education status
  - Low socioeconomic status
  - Higher burden of disease due to poverty, unstable housing, and unstable employment
- Address both health literacy AND other determinants of health
- Promote self-advocacy

Site specific:
- The Women’s Collective: self-identified need to learn more on how to teach others for their upcoming Big Sistas Program
- Emery House: provide residents with necessary resources to help accomplish their goals

What we learned from our sites:
- These two sites were very different and have diverse needs. However, at both sites there are varying levels of knowledge so some implementations will be more useful to some, and less useful to others.
- Members at site have a deep interest in bettering themselves and their health.
- With some topics you will learn more from the community members than you feel like they are learning from you, due to their first hand experience. Don’t discount your presence, because providing a platform for these discussions is just as important.

Project: What We Did and How We Did It

- The Women’s Collective
  - Small group discussions about “where to seek care”
  - Large group discussion about medications
  - Discussion mostly focused around sharing of drugs and drug access

- The Women’s Collective
  - Based on starter project
  - Small group discussions
  - “Where to seek care” scenarios
  - Clinical trials and informed consent

- Emery House
  - Large group discussion
  - bible bottles with drug label examination
  - Discussion mostly focused around sharing of drugs and drug access

- Emery House
  - Goal setting
  - Job and housing search
  - Resume workshop
  - Basic computer skills

- The Women’s Collective
  - Pill label handout
  - Discussion mostly focused around sharing of drugs and drug access

- The Women’s Collective
  - Word association with physical vs. mental health
  - Discussed mental health in the context of self care while trying to teach others

Recommendations

- Assign team roles and make sure everyone knows what is expected from them.
- Be flexible! Sometimes you may have more or fewer participants or more or less interest in certain topics than you expected. Roll with it.
- Get to know your teammates, coaches, and team advocate. Plan some fun activities for team bonding.
- Do not be afraid to say “No”-if you cannot do something, let the rest of your team know early.
- Actively participate in the activities to show that we all can benefit. Use “we” statements instead of “you” statements.