

Welcome!

We are so glad you are here!

We will get started shortly.
In the meantime, we invite you to
intentionally enter this space.



Silence your cell
phone



Stretch



Close the door



Take a few deep
breaths



Close browser
windows



Emotionally release
your to-do list



Check your audio
and video



Take a bio break

Strengthening Group-Based Education in Rural Communities

Networking Café

Tuesday, December 9, 2025

1-2:30 PM ET

The Healthy Start TA & Support Center is operated by the National Institute for Children's Health Quality (NICHQ). This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number 1 UF5MC327500100 titled Supporting Healthy Start Performance Project.



Agenda

Welcome & Introduction

Belicia Badibanga
Healthy Start TA &
Support Center
(TASC)

GBE Background

Toncé Jackson
(TASC)

Guest Presentations

**Toncé Jackson &
Guest speakers**

Discussion

Belicia Badibanga
TASC

HS Hub Rural Health Group

Jenna Paritee
TASC

Next Steps & Closing

Belicia Badibanga
TASC



Café Purpose



To provide a designated time and space for grantees to:

- Connect, Share, and Learn.
- Explore GBE wins, challenges, concerns for grantees in rural settings.
- Identify support needs and potential future TA/training offerings.
- Share and hear the expertise among other Healthy Start grantees.

*Networking Café: Strengthening Group-Based Education in Rural Communities
Hosted by the Healthy Start TA & Support Center at NICHQ*

Café Community Agreements



- Listen to understand
- Focus on what matters
- Contribute your thinking
- Link & Connect ideas
- Have fun!

*Networking Café: Strengthening Group-Based Education in Rural Communities
Hosted by the Healthy Start TA & Support Center at NICHQ*

Welcome & Introductions

Belicia Badibanga

Healthy Start TA & Support Center

*Networking Café: Strengthening Group-Based Education in Rural Communities
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Introductions

In the chat box, please share your

- Name
- Healthy Start Project name and location
- Role or title



Group-Based Education in Rural Settings

Toncé Jackson

Healthy Start TA & Support Center

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Background of Group-Based Education (GBE)

What is Group-Based Education?

Group-Based Education (GBE) is a method of teaching and community engagement that uses group activities and interactions to build health knowledge, skills, and behaviors. It brings participants together for collaborative learning on a variety of health and parenting topics.

As part of Healthy Start's continuum of direct and enabling services, GBE creates space for robust learning, supportive peer connections, and the delivery of evidence-based or scientifically informed health promotion information.

Benefits of GBE

- Increased access to high-quality health education
- Peer support through shared experiences and group connection
- Decreased stress for participants



Engagement: Process Tips

- All the chairs are in a circle when the patients arrive, snacks out and music playing in the background
- Incentive for attending the first session
- If support people and children are included in the group, welcome them!
- Activities based on adult learning principles

Zoom Poll



Question

Which elements of a welcoming group environment does your agency currently use?

(Select all that apply)

- ☐ Circle seating
- ☐ Music or grounding sounds
- ☐ Snacks or food
- ☐ Incentives
- ☐ Icebreakers
- ☐ Other

Guest Speakers

- **Union Hospital, Indiana**
 - Hicham Rahmouni, PD
 - Leanne Woodfall, ABI Manager
- **Centerstone, Tennessee**
 - Rachel Hanson, Project Manager
- **Tougaloo College, Mississippi**
 - Arletha Howard, Project Director



ALL BABIES INITIATIVE

UNION HOSPITAL
TERRE HAUTE, IN



All Babies Initiative

All babies deserve a chance.

Networking Café: Strengthening Group-Based Education in Rural Communities

December 9, 2025

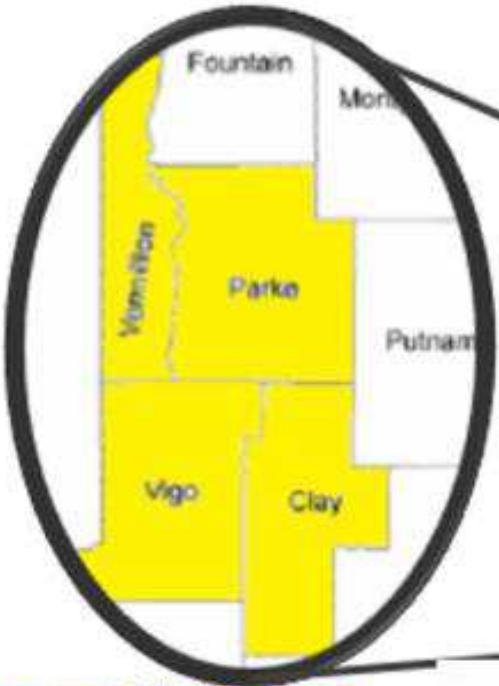
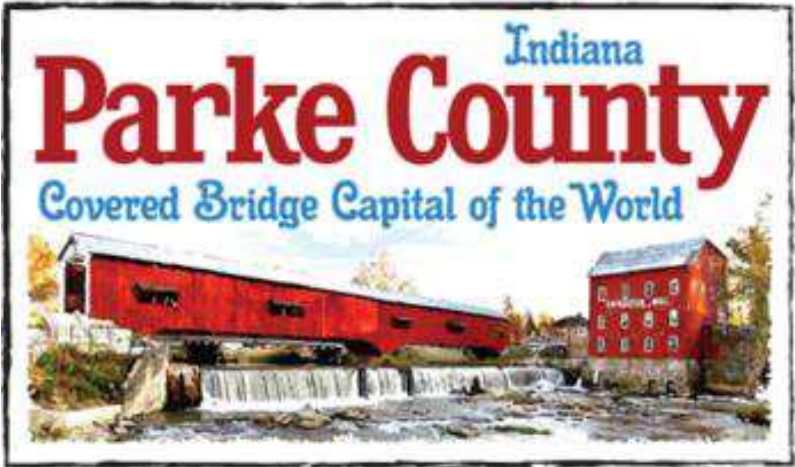
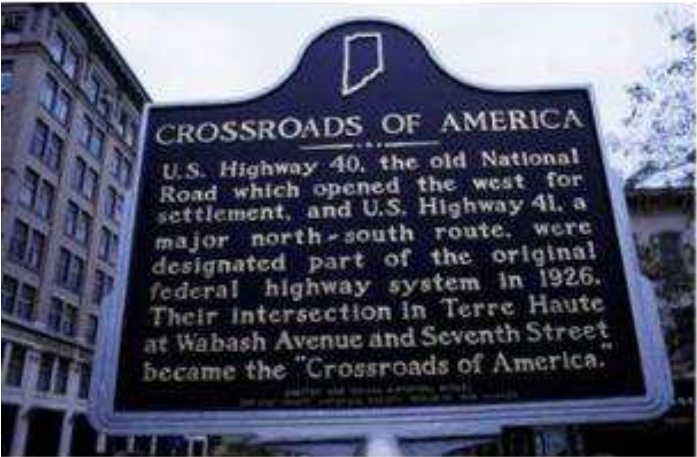


Presenters:

Hicham Rahmouni, PD, hrahmouni@union.health

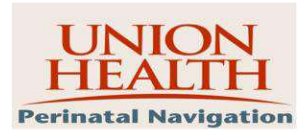
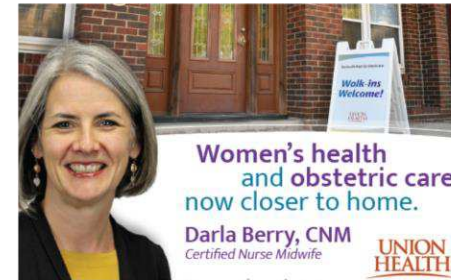
Leanne Woodfall, ABI Manager, lwoodfall@union.health

COMMUNITY SNAPSHOT



WHAT IS ABI?

- All Babies...
- All Moms...
- All Dads...
- All Families...
- Deserve a Chance



Healthy Homes
Program



Maternal Food Rx

JOIN US FOR A 6-CLASS SERIES ON WEDNESDAYS
FROM 11:30AM-1:30PM



Extension



P.A.T.S.

-preparing adolescents to succeed-



Preparing Adolescents to Succeed (PATS) is a support group for teens ages 19 years old or younger who are pregnant and/or parenting. It's focused on helping them develop needed life skills.

Healthy Start Tennessee



Rachel Hanson, MS, CLC, IMH-E
Project Manager



CENTERSTONE

Healthy Start TN



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Classes/Groups Offered:

- Growing Great Kids curriculum*
- Parents As Teachers*
- DIMENSIONs
- 24/7 Dad
- Circle of Security
- Prenatal/Postpartum Class
- HOPE 101
- Adverse Childhood Experiences
- General Support Groups
- Morale Reconnection Therapy



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Partnerships

- Local Rehabilitation Centers
- Domestic Violence Shelters
- Local County Jails
- County Health Departments
- Local Health Councils
- Mom's groups



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Pregnant and Postpartum Support Group

Join us in cultivating a sense of community and well-being

Healthy Start's pregnant and postpartum support group is designed to offer a welcoming space for those navigating the challenges of **pregnancy, postpartum, and early parenting**. This group provides a supportive environment to share experiences, find emotional support, and connect with others on a similar journey.

This group will be a safe space for those seeking advice, a listening ear, or simply the support of others going through similar experiences. Centerstone invites individuals from all backgrounds and experiences to come together in fostering community and meaningful relationships.

Groups will meet twice a month for 1.5 hours via Zoom.

The first sessions will be held on the following date:

November 20th at 1:00 p.m. CST
December 4th and 18th at 1:00 p.m. CST

To register for this event or for more information, contact Ashley Askins at: ashley.asksins@centerstone.org or (615) 318-5997.



1-877-HOPE123 (1-877-467-3123) | centerstone.org



1-877-HOPE123 (1-877-467-3123) | centerstone.org

Join the 6 week virtual parenting group

designed to provide valuable insights and practical strategies in parenthood.



This six-week online parenting series explores everyday challenges families encounter. Each one-hour session offers meaningful insights and actionable strategies to help parents navigate the journey of raising children.

Sessions include:

- Week 1: Communication and Co-parenting
- Week 2: Toxic Stress
- Week 3: Temperament
- Weeks 4 & 5: Discipline
- Weeks 6 & 7: What is Parenting?
- Week 8: Self-care Strategies and Resources Moving Forward

Schedule:

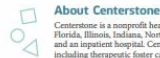
(Attend the session that fits your schedule each week)

- **Wednesdays from 2:00 p.m. to 3:00 p.m.**
(Aug 13, Aug 20, Aug 27, Sept 03, Sept 10, Sept 17)
- **Thursdays from 5:00 p.m. to 6:00 p.m.**
(Aug 14, Aug 21, Aug 28, Sept 04, Sept 11, Sept 18)

Contact:

Dionna Marino, Peer Support Specialist
Mobile: (931) 419-1540
Email: dionna.marino@centerstone.org

To attend, participants must live in one of the following counties: Bedford, Cannon, Cheatham, Franklin, Giles, Lawrence, Lincoln, Marshall, Montgomery, or Rutherford. To receive a certificate, you must attend and participate in all six sessions. If you miss one, a make-up session can be arranged before or after class the following week. Certificates are awarded upon completion.



About Centerstone

Centerstone is a nonprofit health system specializing in mental health and substance use disorder treatments for people of all ages. Services are available in Florida, Illinois, Indiana, North Carolina, and Tennessee through the operation of outpatient clinics, residential programs, school-based services, telehealth, and an inpatient hospital. Centerstone also offers specialized programs available nationwide for the military community, as well as services for children, including therapeutic foster care. Centerstone's Institute provides guidance through research and technology, leveraging the best evidence-based practices for use across our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.

Outreach & Marketing

- Flyers and Handouts
- Email list servs
- Face- to-Face
- Monthly Offering Newsletter



CENTERSTONE

Contact Information



Rachel Hanson



Rachel.Hanson@centerstone.org



(731) 592-0820



CENTERSTONE

Tougaloo College/Delta HealthPartners

Marks, Mississippi

Arletha Howard– Project Director

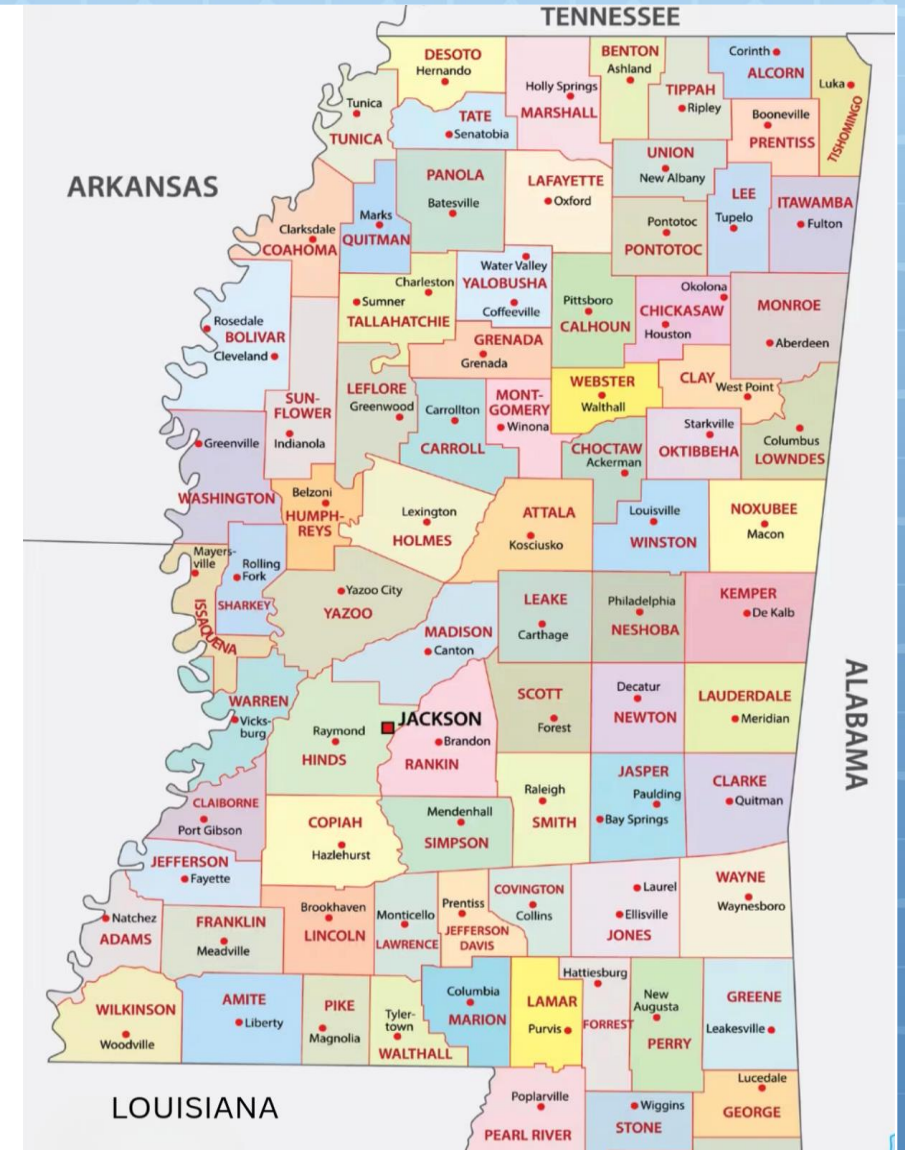
ahoward@tougaloo.edu

662-326-3673



Community Snapshot: Who We Serve

- 7 Rural Delta Counties (Bolivar: Cleveland, Rosedale, Shaw, Coahoma, Quitman, Sunflower: Indianola and Doddsville, Tallahatchie, Tunica, Washington: Greenville and Hollandale)
- 203,000 residents: 45,000 with disabilities
- 3350 + sq. miles of persistently underserved communities
- Major barriers: transportation, healthcare access, income & education gaps
- Major industries: farming, gaming, tourism
- Healthy Start home-visiting program since 1999



Program Overview: Design and Delivery

- Multidisciplinary team: nurses, social workers, CHWs/doulas, male-involvement staff, mental health clinician
- Services: case management, care coordination, home visiting
 - Breastfeeding education: weekly (Tuesdays 11AM – 2PM)
 - Face-to-face + Zoom options
 - Group and 1:1 sessions based on family needs
- Curriculum: Partners for a Healthy Baby + Your Guide to Breastfeeding
- Model strengths: flexible delivery, culturally responsive, effective in rural settings

I AM
SUPPORTED

I AM
SUPPORTED



Partnerships & Engagement Strategies

The key community partner that support the GBE is Northwest Regional Medical Center. The Project has an MOU with this hospital to achieve the Baby-friendly Initiative by assisting with steps 5 and 10 of the World Health Organization Ten Steps for Successful Breastfeeding:

Step 5: Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants; and

Step 10: Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

Participants are recruited by HS staff, consortia members and the partnering hospital.

The Crossroads Baby Café is a safe and confidential learning environment. Participants can earn incentives i.e. breast pumps, nursing bras, postpartum kits, and covers. Participants help design the learning experience that works best for them.



Key Takeaways & Lessons Learned

What have you learned about implementing GBE in rural areas?

- ✓ GBE participation improves when sessions are brought to the community, rather than expecting families to travel long distances.
- ✓ Consistency matters – holding GBE sessions at predictable times and locations increases engagement.
- ✓ Rural participants value small, intimate groups where they can share openly and build trust.

What successes or “wins” are you most proud of?

- ✓ Improving community engagement like baby showers, wellness fairs, CPR/AED trainings, and consortium meetings. Achieving our Healthy Start benchmarks on breastfeeding for initiation and duration of 6 months and greater.

What challenges have you faced, and how have you adapted or innovated?

- ✓ A major challenge persists with a lack of Baby-friendly businesses, agencies, and community support.

What advice or insights might help other rural grantees?

- ✓ Meet people where they are – culturally, geographically, and emotionally.
- ✓ Use existing community strengths – schools, churches, libraries, and small businesses are powerful allies to promote and support breastfeeding.

Are there specific supports or training that would strengthen your rural work moving forward?

- ✓ Training consortia on rural maternal health advocacy and facilitation skills tailored to small groups, including how to encourage participation.
- ✓ More guidance on culturally responsive content that resonates with rural communities.
- ✓ Support developing standardized, easy-to-use curricula to reduce staff burden.
- ✓ Training on using low-tech and hybrid GBE models that work even when internet access is limited.



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Discussion



Question 1

What's Works Well: Wins & Successes

What is one success your program has experienced with Group-Based Education in a rural setting?

Insights to Spark Your Thinking:

- *A recent win from your GBE sessions that made you proud*
- *Small improvements that have made the biggest difference for your families*

Question 2

Identifying Opportunities

What is the biggest challenge your program faces with implementing GBE in a rural community?

Themes Emerging From TA Conversations:

- *Scheduling, location, or transportation barriers*
- *Recruitment, retention, or technology access*

Question 3

Emerging Ideas

What is one emerging idea within your GBE implementation that you're most excited to explore?

Prompts to Inspire Your Thinking:

- *What makes it feel promising for your rural community?*

Question 4

Broadening Family Engagement

How do you engage fathers, grandparents, siblings, or other caregivers in your GBE sessions?

Prompts to Inspire Your Thinking:

- *Approaches for inviting and engaging diverse caregivers*

Question 5

Reimagining Rural GBE

If you could design the ideal GBE model for rural families, what would it look like?

Prompts to Inspire Your Thinking:

- *Key features that would best support rural families*
- *Session structure, format, or delivery methods*
 - *Community partnerships or resources*

Question 6

Real Experiences, Real Impact

What is one participant story that captures the value of your groups?

Prompts to Inspire Your Thinking:

- *An example that shows how GBE made a meaningful difference for a family*



HEALTHY
start
TA & SUPPORT CENTER

nichQ
National Institute for
Children's Health Quality

Healthy Start Hub

www.hub.healthystart-tasc.org

What is the Healthy Start Hub?

The Healthy Start TA & Support Center (TASC)'s Healthy Start Hub is a community platform for HS grantees and partners (e.g., subject matter experts, TASC staff, DHSPS staff) to connect, engage in discussions, share resources, and much more! The HS Hub is powered by the National Institute for Children's Health Quality's (NICHQ)™ Community, Research, & Analytics Lab (CORAL). CORAL aims to support projects teams –like Healthy Start –in connecting, collaborating, and sharing across distance and time. The Hub will revolutionize the way we collaborate, connect, and share important work within our Healthy Start community. To learn more about the Hub, check out this [User Guide](#).



JOIN THE HEALTHY START HUB TODAY

The Healthy Start Hub offers a variety of ways to connect with others, engage in discussions, share resources, and access information.

Groups



Forums and Discussions



Event Calendar



*Networking Café: Strengthening Group-Based Education in Rural Communities
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Healthy Start Hub Rural Health Group

Jenna Paritee

Healthy Start TA & Support Center

Healthy Start TA & Support Center

GBE TA

Planning for 2026 GBE sessions? Need fresh ideas?

We've helped grantees with:

- * Recruiting & engaging participants
- * Virtual session ideas
- * Zoom trainings
- * Social media

Submit your TA request today



Explore All the TA Support Available to You

Visit the Healthy Start TASC website or
scan the QR code below to submit a
TA request.



- ☐ Behavioral and Mental Health
- ☐ Breastfeeding
- ☐ CAREWare
- ☐ Clinical Services
- ☐ Community Consortium
- ☐ Communications/Marketing & Social Media
- ☐ Data Collection
- ☐ Fatherhood
- ☐ Group-Based Education
- ☐ Healthy Start Hub/LearnDash
- ☐ Program Evaluation
- ☐ Recruitment & Retention
- ☐ Reporting
- ☐ Other

Your input is important to us!
***Please take a moment to complete the
satisfaction survey.***

Thank you!

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