

## Introduction

NMPHI focuses on identifying and addressing health inequities. Working with its community to bridge the gap between the people and the healthcare providers to minimize health disparities and inequality. To improve the health of the population we serve, another aspect of NMPHI's goal is to encourage healthy behaviors and alter the attitudes, beliefs, and behaviors of those we serve. NMPHI advocates for the marginalized community to build stronger and healthier members of the community.

Black and Immigrant mothers encounter difficulties in obtaining high-quality maternity care. The purpose of this poster is to draw attention to these differences and encourage culturally aware methods of promoting maternal health in our communities. It also seeks to speak up in favor of medical professionals who respect and acknowledge the cultural customs and beliefs of Black and Immigrant moms. And lastly, it aims to promote the value of providing care that is culturally sensitive to improve maternal health outcomes.

The training was developed through feedback from listening and watching video sessions about Maternal Health. Women were concerned and challenged by the healthcare system, and the areas in which they were seeking to improve access to maternal healthcare services. After every session, I received feedback that helped me to proceed to the next one. My ability to deliver knowledge that was particularly pertinent to the needs of women was made possible by the women's approach.

## Pictures



I have experienced an increase in participation monthly as more women within the community learn about the project. My first session had 12 women, the second session had 17 women, and the third session had 18 women.

I am providing focus group presentation slides and structured learning sessions on Maternal healthcare topic relevant to Black Women and Somali. During my presentation sessions, I had the opportunity to hear many participants' experiences regarding the difficulties they had in getting access to maternal health care.

## Results

**Promote Maternal Well-being:** Enhance the physical and mental well-being of immigrant moms and black moms during pregnancy and postpartum.

**Provide Culturally Relevant Information:** Offer maternal health information that is sensitive to the cultural needs and experiences of immigrant and black communities.

**Foster community support:** create a supportive community where moms can share experiences, learn from each other, and build a network of support.

**Accessibility and Inclusivity:** Ensure that the program is accessible and inclusive, addressing any barriers related to language, cultural differences, or healthcare disparities.

## Conclusions

Culturally and linguistically appropriate services are lacking in the health systems. I hope additional training is necessary for case managers and other healthcare professionals to serve our community effectively.

Together with the community members, I have created leadership development programs for the future. Raising awareness in the Somali and Black communities about women's health

## Reference

### SUPPORT GROUP IN MAINE

**Strong Like A Mother (Pregnancy)**

Once monthly in-person facilitated support group offered in person every 4th Friday of each month.

o Email [hello@brandyrogers.com](mailto:hello@brandyrogers.com) and go to [www.brandyrogers.com](http://www.brandyrogers.com) for more information.

§Photo of Brandy Rogers, Counselor in Maine



**Mental Health & Wellbeing During Pregnancy**

- Mental health support, strategies for managing stress, and identifying mood disorder symptoms.
- Join us for a night of learning and community as we celebrate maternal health in Ramadan

March 16th, 2024  
Ifar Dinner - 124 Lisbon St  
Time: 6PM - 9PM

Contact Us  
(207) 241-0546 | [www.nmphi.org](http://www.nmphi.org)

**Understanding Pregnancy Milestones**

- An in-depth discussion on the different stages of pregnancy.
- Cultural considerations in prenatal care.
- Strategies for managing physical and emotional changes during pregnancy.

February 17th, 2024  
Virtual Session  
Time: 1:00 PM - 3:00 PM

Contact Us  
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