

# PROJECT EMPOWER

Education Means Power



## Contact Us

For information on enrolling your teens in the Project EMPOWER Program, please contact:

**Belinda K. Grant**

(828) 776-1427, belindakgrant@mzcd.info

**Ronesha Mackey**

(828) 776-1428, roneshamakey@mzcd.info

**Patricia Simpson**

(828) 252-0515, patriciasimpson@mzcd.info

## Project EMPOWER Community Advisory Council

Shaunia Carson, Representing Teen Population  
Michael Drane, Mt. Zion Missionary Baptist Church

Johnnie Grant, *The Urban News*

Michael Harney,

Western NC AIDS Project (WNCAP)

Rasheeda McDaniel, Buncombe County Health & Human Services

## MOUNT ZION COMMUNITY DEVELOPMENT, INC.

**Dr. John H. Grant,**  
Founding Chairman, President, CEO of Mount Zion Community Development, Inc.

### Board of Directors

Meryl McDonald, Chair  
Sophie Dixon, Treasurer  
John Coston, Member  
Linda Glaze, Member  
Diana Rhodes, Member  
CiCi Weston, Member

### Staff

**Mrs. Belinda K. Grant**  
Executive Director

**Ms. Ronesha Mackey**  
Project NAF Outreach Worker

**Mrs. Patricia Simpson**  
Administrative Assistant

**Ms. Rosa Hearst,** Receptionist

# Mount Zion Community Development, Inc.

*ECHO (Enhancing Collaborative Health Options & Opportunities)*

## Have You Heard?

### Project EMPOWER collaborates with the Christine W. Avery Learning Center to Enhance Collaborative Services for Youth & Teens!



CiCi Avery Weston, M.A., CWA Executive Director, and Belinda K. Grant, CSW, MA, Executive Director, Mount Zion Community Development, Inc.

The Project EMPOWER program partnered with the Christine W. Avery Learning Center's STARS program and Mt. Zion Missionary Baptist Church of Asheville, Inc. during the month of June 2017 to implement the "Making Proud Choices" curriculum; thirty youth and teens were served. It's focus: to educate youth and teens about teen pregnancy, STIs/STDs and HIV/AIDS – echoing the fact that abstinence is the most effective way to eliminate these risks.

It would be beneficial if ALL youth and teens were educated about the fact that abstinence is the most effective way to prevent teen pregnancies, HIV/AIDS and STIs!

## STARS: Setting Teens Around Roads to Success

STARS serves teens in grades 6-10. Making Proud Choices! 5th edition is an 8-module curriculum that provides adolescents with the knowledge, confidence and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV and pregnancy by abstaining from sex. Mount Zion Community Development, Inc.'s Project EMPOWER Program is abstinence-based, not abstinence only.

Making Proud Choices! is an adaptation and extension of the original Be Proud! Be Responsible! curriculum that integrates teen pregnancy prevention along with HIV/STD prevention. However, realizing the fact that abstinence is not the path that many young people choose, the curriculum spends a great deal of time encouraging the practice of safer sex — based on the fact that:

- In 2015, 8,807 youth were diagnosed with HIV in the United States
- Eighty percent (7,084) of those diagnoses occurred in persons aged 20 to 24

### 2015 Buncombe County Teen Pregnancy Statistics

Percent of Repeat Pregnancies: 18.9%  
NC County Ranking (out of 100 counties): 55  
Change since 2010: -34.5%

### Teen pregnancy rates by race/ethnicity:

African American: 41.5  
Hispanic: 38.7  
White: 23.0



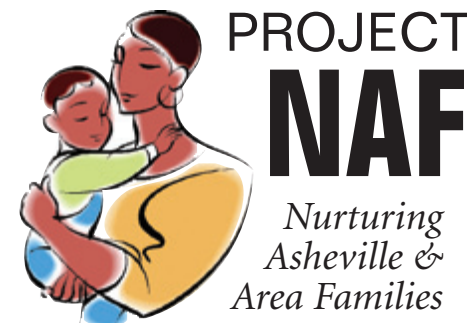
### Teen pregnancy rates by age

15-17-year-olds: 12.4  
18-19-year-olds: 46.8  
Teen pregnancy rate per 1,000  
15-19-year-old girls: 26.2  
Teen birth rate per 1,000  
15-19-year-old girls: 18.4

### Number of pregnancies

Among 15-17-year-old girls: 51  
Among 18-19-year-old girls: 129  
Among 15-19-year-old girls: 180

Source: *Sexual Health Initiatives for Teens, SHIFT NC*



Belinda K. Grant, Executive Director of Mount Zion Community Development, Inc.  
Photo: Urban News

## Did You Know?

If you are HIV+, early medical treatment and a healthy lifestyle can help you stay well. The sooner you know you are infected with HIV, the sooner you can get help.

### Buncombe County Health and Human Services Offers

#### Testing Services

Chlamydia Testing, Conventional Blood HIV Testing, Gonorrhea Testing, Syphilis Testing, and TB Testing

#### Vaccines & Treatments

Hepatitis B Vaccine, Hepatitis A Vaccine, HPV Vaccine, TB Treatment, Gynecological Care, and Family Planning

#### Prevention Services

Condoms, Female Condom/Dental Dam Distribution, and HIV/AIDS Prevention Education

### What To Do?

If you have questions re: HIV/AIDS/STIs, or are in need of education, services and/or support regarding prevention services, please contact Buncombe County Health & Human Services, (828) 250-5109 or (828) 250-5106.

### Project NAF Community Advisory Committee

Charlene Galloway  
Mt. Zion Missionary Baptist Church  
Cynthia Yancey, MD  
Western NC Community Health Services  
Denise Duckett  
Care Partners of Western NC  
Karla Ambrose, MD  
Western NC Community Health Services  
Royanna Williams  
Business Owner, N'Tyced

## Christine W. Avery Learning Center

*An Educational Nonprofit Designed to Equip, Enrich, and Empower...*

The Christine W. Avery Learning Center is named after the late Mrs. Christine Watson Avery. Christine Avery served the Asheville community for over 50 years as an elementary and special education school teacher in Asheville City School, a pastor's wife, and as the Christian Education Director at the Hill Street Baptist Church. She is one of

the founders of the Hill Street Daycare Center, Asheville's oldest and only Black-owned daycare facility still in operation.

Christine Avery believed that every person was special in their own way and deserving of love and care. Her message to everyone was to say and believe that, "I Am Lovable And Capable."