



# Mount Zion Community Development, Inc.

*ECHO (Enhancing Collaborative Health Options & Opportunities)*

## Project NAF is Your Community Resource

*Project NAF has been providing advocacy, support, and educational services to African American pregnant and postpartum women since 1998.*

Program participants receive education to address social and economic barriers to accessing health care, and learn the importance of building healthy lifestyles to support positive birth outcomes.

Educational/supportive services are inclusive of but not limited to prenatal and postnatal support services, the importance of breastfeeding, healthy weight and physical activity, the impor-

tance of folic acid, tobacco use/smoking cessation, safe sleep practices to prevent SIDS, and reproductive life planning.

Staff accompany participants to medical appointments, coordinate transportation, and assist with child care if/as needed during appointments and events. Project NAF has also served Latino pregnant and postpartum women in the past.

### May is...

#### Mental Health Month

May 7-13, Children's Mental Health Awareness Week

May 12-18, National Alcohol and Other Drug-Related Birth Defects Awareness Week

May 12-18, National Women's Health Week

May 18, HIV Vaccine Awareness Day



May 24, Don't Fry Day

May 31, World No Tobacco Day

### Project NAF Community Advisory Committee

Denise Duckett, Community Care of NC  
Charlene Galloway, Mt. Zion Missionary Baptist Church

Brandon Romstadt, Buncombe County Health & Human Services

Royanna Williams, Business Owner, N'Tyced

Cynthia Yancey, MD, Western NC Community Health Services

# PROJECT EMPOWER

Education Means Power



### Project EMPOWER Community Advisory Council

Daisy Garcia, Teen Representative, Asheville High School

Johnnie Grant, *The Urban News*

Dr. Randall Johnson, Asheville City Schools District

Tracey Childers, Devin Lipford, WNCAP

Rasheeda McDaniel, Buncombe County Government

Carly Woods, Teen Representative, Asheville High School

### Message from Lisa Harper



Lisa Harper

#### Alcohol, Drugs, and Childbirth Do Not Go Together!

Yet, in the U.S., 20% (about 1 million) of pregnant women smoke cigarettes; another 18% (about 750,000) drink alcohol during pregnancy, and another 6% (225,000) use an illicit drug at least once while carrying a child to term.

Beginning each year on Mother's Day, Alcohol- and Other Drug-Related Birth Defects Awareness Week is a reminder that alcohol and drug use during pregnancy can be detrimental to a mother and her child

Prenatal alcohol and drug use can result in a spectrum of adverse conditions. One of the most severe outcomes being fetal alcohol syndrome (FAS), which is the constellation of devel-

opmental defects that result from maternal abuse of alcohol during pregnancy. Defects include infant facial malformations, growth deficits, and central nervous system problems that can persist throughout a child's life.

Approximately one in every 100 children born nation-wide is adversely affected by prenatal alcohol and drug exposure, including children with the full fetal alcohol syndrome, as well as children who may not have all of the external features of the syndrome, but whose brains have been injured.



### Message from Sapphire De'Bellott



#### National Teen Pregnancy Prevention Month

This May, the nation celebrates the progress made in teen pregnancy prevention. Although the teen pregnancy rate is declining, many teens still think, "It will not happen to me." But, one teen pregnancy is one too many. Project EMPOWER implements evidence-based curricula, "Making Proud Choices" and "Reducing the Risk." Both curricula are proven effective in educating youth/teens about teen pregnancy prevention, HIV/AIDs, and STIs.

#### Reducing the Risk – Building Skills to Prevent Pregnancy, STD & HIV

"Reducing the Risk" goes beyond presenting the facts about abstinence

and protection. It offers a powerful, active approach to the prevention of unplanned pregnancy, HIV, and other STD transmissions among young people. The activities motivate students to take steps to avoid high risk behaviors.

#### Making Proud Choices – A Safer-Sex Approach to Reducing STDs, HIV, and Pregnancy

"Making Proud Choices" is an eight-module curriculum designed to empower adolescents to change their behaviors in a way that will reduce their risk of becoming infected with HIV, other STDs, and significantly decrease their chances of being involved in unin-



Sapphire De'Bellott

### MOUNT ZION COMMUNITY DEVELOPMENT, INC.



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



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

#### Staff

##### Belinda K. Grant

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

Lisa Harper, Project NAF Outreach Worker (828) 776-1428, lisaharper@mzcd.info

##### Sapphire De'Bellott

Project EMPOWER Outreach Worker (828) 776-1429, sapphire.debellott@mzcd.info

##### Mrs. Rosa B. Hearst

Receptionist, (828) 252-0515

Patricia Simpson, Lead Volunteer

Henry Glaze, Transportation Coordinator

Lynette Guillbeaux, Website

Ervette Martin, Social Media

And Volunteers Like You!

#### Board of Directors

Linda Glaze: Chair

Meryl McDonald: Vice-Chair

Sophie Dixon: Treasurer

John Coston: Fundraising Tri-Chair (In Memorial)

Diana Rhodes: Fundraising Tri-Chair

CiCi Weston: Fundraising Tri-Chair

tended pregnancies. The "Making Proud Choices" curriculum acknowledges that abstinence is the most effective way to eliminate these risks.

Last semester, Project EMPOWER served 123 students, and is currently serving 86 students out of a goal of 200 for this fiscal year. Project EMPOWER continually expresses thanks to our parents, program participants, grant funders, and collaborative partnerships for supportive advocacy.