Promoting Maternal Health & Mental Wellbeing for Barbadian Women & Adolescents

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Overview

The United Nations Sustainable Development Goal (SDG) #3 which states, “Ensure a healthy life and promote wellbeing for all at all ages.” Furthermore, The World Health Organization’s 2019 review which indicates, “In 2011 the adolescent birth rate was 21.3 per thousand girls aged 15-19 year; over 12% of births occurred in women aged 19. In a survey of Barbadian women aged 15-19, 30% reported having sex with men ten years older than them. Most recent school surveys showed that other risky behaviours, such as alcohol and drug use, begin at age 14 years.”

My intent is to assist young single mothers as well as young women in connecting them to local resources to develop mental health awareness. By establishing this project, young women can further share their knowledge in local community groups or sister circles to support each other in embracing their mental and physical health. The age range is subject to young women who are 12-19 years old. Ideally, two young women would be nominated from their parish and community by the host institution or organization.

Goal

1) To empower young women in taking action to develop financial literacy and personal development
2) To improve women’s health within the community and reduce the cultural taboo of maternal care for young mothers through peer groups
3) Promote advocacy and empowerment for young women to seek resources for mental well-being

Objective

1) To establish an inter-community training program to mentor vulnerable women and adolescent women in financial literacy and entrepreneurial initiatives
2) To build trust and transparency amongst adolescent women about maternal care and mental health wellbeing
3) To facilitate community development centers in training programs to establish permanent financial literacy and maternal care resources run by students and mentored by professionals

Themes

Part I: Adolescent Maternal Care, Mental Health Awareness, Women’s Health

Part II: Puberty & Sexual Assault Awareness, Adulting 101: Handling Life Skills, Financial Stability

Targeted Areas of the Project

Phase One: Provide three educational workshops focused on Women’s Health and Mental Well-Being.
Phase Two: Provide three interactive skills training seminars focused on Cultivating Awareness, Financial Growth and Personal Development.

Phase Three: Developing Peer Groups to sustain local support Sister Circles with mentors from the Barbados Lions Club, The Barbados Girl Guides Association and The Barbados Family Planning Association.

Project Timeline

Week One: Meet with Lions Club volunteers to gather supplies, prepare facilities for project and advertise project in local communities

Week Two: Breakdown of project for participants and Focus on Adolescent Maternal Care

Week Three: Focus on Women’s Health & Mental Health Awareness

Week Four: Focus on Puberty & Sexual Assault Awareness

Week Five: Focus on Adulting 101: Handling Life Skills

Week Six: Focus on Financial Stability

Week Seven: Regrouping and Organizing of community outreach teams and local Sister Circles

Financial Reports & Project Evaluation

Daily recordings of all financial expenditures will be recorded manually and audited electronically. In addition, estimates on all requested items will be included in the financial report. Furthermore, all photos and social media accounts of the project should be documented in the Project Evaluation with consent of participants. Also, follow-up surveys will be shared with participants to evaluate the procession of the project to monitor the effectiveness of each component.