

FINAL PROGRAM & PRACTICUM PRESENTATION

Thrive and Rise Above MS

Health Education Program Implementation • IHED 642

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Portfolio Overview

A snapshot of the academic, professional, and community-based work represented in my portfolio.

Professional Profile & Resume

Education, professional competencies, community health education, entrepreneurship, and project-management experience.

Health Promotion Program

Thrive and Rise Above MS: needs assessment, curriculum, communication, advocacy, implementation, and evaluation.

Practicum

Herbal Tea 101 & 102: curriculum development, adult education, facilitation, and program improvement.

Leadership & Management

Entrepreneurial leadership, finance, operations, marketing, product development, and decision-making.

Selected Work

Examples of program development, management analysis, communication, and professional presentations.

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1. Program Aim & Target Population

What does the program aim to do, and who is it designed to serve?

Program Aim

Empower African American adults living with multiple sclerosis to strengthen self-management through culturally responsive education, practical skills, and community support.

Nutrition

Movement

Mental Health

Target Population

African American adults ages 22–50 who are living with MS, with particular attention to barriers such as delayed diagnosis, limited specialty-care access, mobility challenges, fatigue, and mental health stigma.

Why this group?

Black communities often are not aware of the burden of MS and disparities in care, and culturally responsive support is still limited.

Sources: Langer-Gould et al., 2013; Langer-Gould et al., 2022

2. Health Behavior Changes

The program targets practical behaviors participants can begin using during the eight-week intervention.

Health-Supportive Nutrition

- Make realistic, culturally relevant food substitutions
- Build confidence in meal planning
- Use health-supportive food choices more consistently

Adaptive Movement

- Use chair exercise, stretching, yoga, and other adaptive options
- Match movement to mobility and energy level
- Build confidence to exercise safely

Mental Health & Support

- Use stress-management techniques
- Increase comfort seeking peer or mental health support
- Reduce stigma around emotional care

Overall behavior goal: move participants from passive management toward greater self-efficacy and active self-management.

3. Program Strategies & Health Promotion Framework

Culturally responsive education is paired with behavior-change theory and practical skill building.

Health Belief Model

- Perceived susceptibility & severity
- Perceived benefits & barriers
- Cues to action
- Self-efficacy

Used to understand why participants may engage in or avoid health behaviors.

PEN-3

- Culture-centered planning
- Family & community context
- Faith and trusted institutions
- Avoids “one-size-fits-all” education

Keeps culture central to program design and delivery.

Program design: 4 weeks preparation → 8 weeks delivery → 1 week reporting

Core Strategies

- 8 weekly 90-minute sessions
- Churches/community centers + hybrid options
- Hands-on nutrition education
- Adaptive yoga & chair exercise
- Mental wellness workshops
- Peer/community support

4. Communication & Outreach

How will participants, families, and community partners hear about the program?



THRIVE AND RISE ABOVE MS
EMPOWERING AFRICAN AMERICANS THROUGH MS AWARENESS AND WELLNESS

KICKOFF WELLNESS EVENT
SATURDAY, April 18th, 2026
11:00 AM - 3:00 PM
MT. PISGAH BAPTIST CHURCH
801 W MARKET ST, BLOOMINGTON, IL 61701

 **Our Mission**
Thrive and Rise Above MS is a culturally tailored initiative uplifting African Americans with MS through education, empowerment, and community healing.

Explore our Wellness Pillars

- MS Awareness & Education:
 - Learn about MS symptoms, treatment, and lifestyle strategies tailored for African America.
- Holistic Health Workshops:
 - Engage in sessions on adaptive fitness, anti-inflammatory diets, and emotional wellness.
- Support Circles & Mental Health Care
 - Peer-led groups to reduce isolation, plus resources for navigating MS and mental health stigma.

Event Highlights

Mental Health Support

—

Nutrition Education

—

Adaptive Fitness

—

Peer Support Group

—

MS Awareness & Advocacy

STAY CONNECTED

Website: www.ThriveAboveMS.org
Email: thrive@communitywellness.org
Call: 1-800-555-Thrive
Hashtag: #ThriveWithMS
Social Media: @ThriveWithMS

Outreach Channels

- African American churches and faith leaders
- Community centers and healthcare organizations
- Facebook and Instagram
- Email and weekly SMS reminders
- Kickoff flyer in print and digital formats
- Plain-language, culturally responsive materials

Recruit through trusted spaces + reinforce participation with simple, repeated messages.

5. How I Will Measure Short-Term Outcomes

One mixed-methods outcome evaluation conducted within the eight-week program.



6. My Practicum Experience

Herbal Tea 101 & Herbal Tea 102 • Heartland Community College Continuing Education



13.5 hours

Planning → development → delivery

7. Practicum Approach & Health Promotion Skills

The practicum reinforced the practical skills required to plan and deliver effective health education for adult learners.

Health Education Approach

My practicum was guided by health education principles rather than a specific behavioral theory. The workshops were experiential learning opportunities, with learning occurring through discussion, demonstration, sensory experiences, hands-on activities, and opportunities for participants to immediately apply what they learned.

Health literacy was also an important part of the approach. Scientific and herbal information was translated into understandable, practical information appropriate for a community education setting.

Health Promotion Skills I Used

- Lesson planning and measurable learning objectives
- Health literacy and plain-language communication
- Translating scientific information for a community audience
- Facilitation and participant engagement
- Demonstration and hands-on instruction
- Cultural responsiveness and audience adaptation
- Time management and workshop pacing
- Participant feedback and program improvement

8. Practicum Reflection

What worked best, what challenged me, and what surprised me?

What Worked Best

Hands-on, sensory learning. While learning, people could touch herbs, smell herbs, blend herbs and brew herbs. The practical format made the learning feel useful, not abstract.

Biggest Challenge

Balancing scientific accuracy with accessibility. I had to decide how much detail to include while keeping the workshop understandable, engaging and appropriate for a general community audience.

Biggest Surprise

How much preparation happens before the actual teaching: planning, research, marketing, lesson sequencing, materials, timing, and instructor preparation all influence the participant experience.

9. Lessons Learned & Advice

The practicum changed how I think about designing health education programs.

Advice I Would Give Others

- Start with clear learning objectives.
- Know what your audience already knows.
- Use plain language without “watering down” the science.
- Build in hands-on application whenever possible.
- Rehearse timing and prepare for questions.
- Be willing to change the lesson when needed.

How I Would Strengthen Thrive & Rise Above MS

- Add more experiential activities in each pillar.
- Conduct a pilot-test of the materials with a small group prior to full implementation.
- Use tools that participants can practice between sessions (take-home tools).
 - Keep virtual/hybrid options for fatigue and mobility barriers.
 - Build participant feedback into weekly teaching decisions.

10. Additional Study & Resources Needed

What would help me conduct the project again—and do it even better?

Program evaluation

More practice with paired pre/post analysis and interpreting mixed-methods findings.

MS-specific accessibility

Additional resources on fatigue, mobility accommodations, adaptive exercise, and inclusive delivery.

Culturally responsive facilitation

Continued development in mental health stigma reduction, faith/community engagement, and trauma-informed communication.

Implementation & sustainability

More study in implementation science, partnership development, policy advocacy, and funding.

Participant materials

Accessible templates, large-print options, digital tools, and simple take-home action resources.

Related program resources: CDC program evaluation guidance • MS organizations • CHES/CNS-aligned professional development

Thank You

Questions?

Thrive and Rise Above MS

Nutrition • Movement • Mental Health • Community

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