INTRODUCTION

Studies have shown the correlation between Mental Health and domestic violence. More interventions need to be established, for mental health along with smoking can have compounding effects on physical health. Additionally, barriers like language, physical health and finance can decrease the importance placed on Mental Health and Smoking Cessation. Workshops are a necessary component to help increase awareness and motivation for change.

BACKGROUND

- 1 in 3 women in the United States have experienced some form of physical violence by an intimate partner.
- Compared to women with no Mental Health disorders, measured over their adult life, women with depressive disorders were around 2.5 times more likely to have been victims of domestic violence (with a prevalence estimated at 45.6%).
- Women with post-traumatic stress disorder (PTSD), the chances of having experienced domestic violence was 7 times more (prevalence estimate 41.0%) than women with no mental health problems.
- Philadelphia had the second-highest smoking rate among the 30 largest cities; 25.5 percent of adult Philadelphians reported being smokers, which was tied with Louisville, Kentucky, and fell behind only New York, where 26.0 percent of smokers were found. There is a strong correlation between smoking and Mental Health.
- Emotional and psychological abuse is a common occurrence in underserved communities. It often involves one person, the abuser, having or feeling as if they have more control over the victim. Every opportunity must be taken to show victims of abuse that they have control over their own thoughts and actions. The struggles and barriers that this population has faced can decrease or make positive outcomes seem less likely. It was imperative that the other objective highlighted in this workshop series was to show participants that they have control over their decisions.
- Mental Health wellness and Smoking Cessation are two topics that should continue to become normalized so the efforts to achieve both can become more common and normalized as well.

OBJECTIVES

- Provide important information about Mental Health and Smoking Cessation
- Increase awareness so informed decisions can be achieved
- Promote a sense of control over thoughts and actions

CONCLUSIONS

- Studies have shown the correlation between Mental Health and domestic violence. More interventions need to be established, for mental health along with smoking can have compounding affects on physical health. Additionally, barriers like language, physical health and finance can decrease the importance placed on Mental Health and Smoking Cessation. Workshops are a necessary component to help increase awareness and motivation for change.

METHODS

- This was a two-part series workshop where two presentations were created. Each presentation lasted 2 hours with an extra hour for questions and comments. The first presentation focused on Mental Health and these specific Mental Health disorders: depression, postpartum depression, and PTSD. The second presentation focused on the negative effects of smoking and what common routes people take to quit.
- Both presentations ended with methods on creating goals for mental wellness and how to cope with high stress situations. Resources were created and handed out to aid in this process. The resources included: pen and notepad, beginner’s yoga sheets, deep stretching sheets, deep breathing exercises and artistic activities. Extra resources were created if an interest was shown. An activities log sheet was also created to assist participants with tracking the progress of their goals.
- Pre and post presentation surveys were distributed to assess the prior knowledge of the workshop topics. The workshops concluded with a question and answer segment.

RESULTS

- Majority of the participants were in the age range of 30-45. The other ranges are outlined in Table 1.
- Regarding the Smoking Cessation workshop, more of the participants were unaware of the topic pre-presentation as shown in Table 2a. Overall there was an increase in understanding and increase in motivation for change post presentation that is highlighted in tables 2b and 2c.
- Regarding the Mental Health workshop, majority of participants were not motivated to make a change pre-presentation. However, post-presentation surveys showed that majority of participants were motivated to make a change and had a better understanding of the topic as shown in tables 3b and 3c.

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REFERENCES