The New Beginnings Center
Audrey Byland
Spring 2017 Experiential Component

TNBC’s Purpose

“To improve Tennessee health statistics with a targeted focus on women’s health needs. By providing access to wellness programs, strength training, physical and nutritional education and personal coaching, New Beginnings gives qualified low-income women the tangible skills, training and empowerment needed to assist them in improving their health, futures, capabilities and quality of life.”

TNBC’s Mission

To empower women by proactively addressing the obesity crisis that faces low-income women and deliver healthy outcomes that are sustainable by using physical fitness training, nutritional and behavior change coaching as platforms for changing self-concepts and building self-esteem.

Identified Needs

- Gather data from past and present participant files to maintain grant eligibility and designation as a 501(c)(3) organization
- Educate TNBC’s staff on the role of occupational therapy
- Revise and supplement health and wellness handouts
- Create of an online health and wellness program
- Implement quality control procedures to track participant data and send participants information

Goals

1. Consolidate past and present participant data to justify continued designation as a 501(c)(3) organization and maintain grant eligibility.
2. Complete online leadership module through the Information School of the University of Washington.
3. Conduct in-service on role of occupational therapy, both in general and specifically in treating obesity.
4. Revise and supplement handouts provided to program participants that facilitate transition to healthier lifestyle.
5. Assist program participants in identifying barriers to a healthier lifestyle and means to overcome them.
6. Establish online health and wellness program to increase the number of women the agency is able to reach.
7. Identify and implement quality control procedures to maintain standard of excellence in service provided by agency.

Outcomes

Spring 2017 Experiential Component

1. Consolidate past and present participant data to justify continued designation as a 501(c)(3) organization and maintain grant eligibility.
2. Complete online leadership module through the Information School of the University of Washington.
3. Conduct in-service on role of occupational therapy, both in general and specifically in treating obesity.
4. Revise and supplement handouts provided to program participants that facilitate transition to healthier lifestyle.
5. Assist program participants in identifying barriers to a healthier lifestyle and means to overcome them.
6. Establish online health and wellness program to increase the number of women the agency is able to reach.
7. Identify and implement quality control procedures to maintain standard of excellence in service provided by agency.

Acknowledgments

This experiential component would not have been possible without the help of several individuals. I’d like to say a special thank you to the following for their guidance, support, and collaboration:

- Dr. Dagnan, my advisor and expert mentor
- Marielle Suddarth, TNBC Director of Operations
- Tash Weddle, TNBC President and CEO