BURMESE Community Peer Educator Program

SIA MAH NU
The Healthy Women Healthy Futures program opened our minds and eyes to what we, as women and mothers can do. We never dreamed we would be able to drive a car ourselves, go to class, learn English, participate in a work interview, and attend this event tonight. We would like to thank this program and all the teachers. We are healthier and more confident. You helped us physically and emotionally. We thank you from the bottom of our hearts."

- Dim Nuam, Program Participant, Healthy Women, Healthy Futures
In early 2018, Community Service Council received funding for a three-year program to train Burmese Community Peer Educators, or Sia Mah Nu. This initiative will support Burmese women living in Tulsa as they learn to access community resources, understand child development, navigate education systems, and enhance their health and that of their families.
The vision for the Sia Mah Nu program began after the Healthy Women, Healthy Futures health promotion program was offered to Burmese mothers at McClure Early Childhood Education Center in 2016, and program staff learned firsthand about the Burmese culture and refugee experiences, along with their challenges and needs.

Community Service Council programs Healthy Women, Healthy Futures-Oklahoma and Center for Community School Strategies then collaborated with local school districts and Sprouts Child Development to develop the Sia Mah Nu program with the goal of assisting the Burmese community to meet these identified needs.

How does the Sia Mah Nu program work?

- **70+ Hours of education**
  - Beginning in 2018, five bilingual women will receive 70+ hours of education about the Sia Mah Nu peer educator role, responsibilities, health promotion, child development, and parent-school interaction.

- **16 Weeks of community classes**
  - In fall 2018, each Sia Mah Nu will partner with a Burmese hostess to form small groups of approximately eight women, with classes taught in their neighborhood, churches or other places. Classes will last approximately 16 weeks.

- **40 Initial number of women enrolled**
  - As a result of their experience, we anticipate that other women will become peer educators and that the program will grow. Sia Mah Nu are initially supervised by their instructor when they teach classes. Their supervisor will also help them solve issues that may arise related to the new role.
What will women learn?

The Sia Mah Nu will teach health promotion including healthy lifestyles, emotional wellness, protection from domestic violence, financial management and literacy, child development and parenting practices, child safety, and disaster preparedness. Participants will also learn how to navigate the U.S. education and local school systems, understand schools’ expectations of parents, and develop relationships with school staff.

What are the benefits of the program?

Aside from gaining information in Zomi or Burmese to help themselves and their families, participants will benefit from being with other women during the week. This interaction can lessen isolation and strengthen relationships or social networks. Childcare and a small snack are provided during classes.

Benefits to Sia Mah Nu

Sia Mah Nu will receive stipends for their time while training and teaching community classes, and will be reimbursed for local travel. Hostesses will receive stipends for their assistance with recruitment and classes.

Both Sia Mah Nu and hostesses will receive financial assistance with co-pays for health care, including vision and dental care at Morton or Community Health Connection (FQHCs).
THANK YOU TO OUR PARTNERS

Morningcrest Healthcare Foundation
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Telligen Community Initiative
Blue Cross Blue Shield of Oklahoma
March of Dimes, Oklahoma Chapter

ABOUT US

Community Service Council (CSC) is a nonprofit research and planning agency in Tulsa. For 77 years, CSC has been a trusted source for data, research, policy, collaboration, mobilization and strategy development for community improvement. Healthy Women Healthy Futures-Oklahoma and Center for Community School Strategies are programs of CSC that seek to strengthen the health and well-being of Tulsa’s children and families. csctulsa.org

Sprouts Child Development is a Tulsa nonprofit that partners with families to provide developmental screening and assessment, and offers early childhood resources and connection to services. sproutschilddevelopment.com