

Organization: Richmond County Health Department

County: Richmond**Address:** 127 Caroline St.
Rockingham, N.C. 28379**Phone:** 910-997-8327**Website:** <http://publichealth.southernregionalahec.org/Richmond/>**Project:** Educational Sessions for SISTA Program*****Below are excerpts from their final report*****

About the Project: The Richmond County Health Department used funding from the N.C. Healthy Start Foundation to implement the project entitled SISTA (Sisters Informing Sisters on Topics About AIDS). The project was provided to 35 African American women who received services through New Horizons, our county's domestic violence agency. The project was broken into five once-a-week two hour sessions; topics of the sessions were ethnic/gender pride, HIV/AIDS education, assertiveness skills training, behavioral self-management, and coping skills. There will be follow-up sessions with each group in two months to evaluate their use of the skills learned.

Successes: Participants of the SISTA project were impacted first by the fact that they are victims of varying types of domestic violence. SISTA has provided a venue for most of these women to speak about their relations and to learn ways to protect themselves both sexually and mentally. Many stated that they would have never thought about using the skills provided to them through this project until they had a chance to talk with other women about their experiences.

This grant has helped us to provide the necessary skills for the women who participated to hopefully recover from their experiences with domestic violence, and to protect themselves from being infected with HIV/AIDS and/or sexually transmitted infections. These funds have also helped us to market this project, and we hope in the future we will be able to provide this project to more women in our county.

