



Mary Amelia Douglas-Whited Community Women's Health Education Center

“Worth a Thousand Words”

In his innovative project, “Worth a Thousand Words”: Identifying and Enhancing Stress Self-Management Strategies among Women in Post-Katrina New Orleans, Ryan Coffman examined important aspects of the lives of women affected by Hurricane Katrina. The “Worth a Thousand Words” was a pilot project that provided New Orleans women with cameras to capture aspects of their assets, needs, and potential approaches for addressing stress after Hurricane Katrina. Participants, ranging from 50-90 years of age, interpreted each other photos to identify and enhance their ability



to manage their stress through self-identified coping and resiliency mechanisms.

Ultimately, Coffman found that according to the measurement tool that he used, future stress management approaches should incorporate the following elements:

- ◆ Faith-based or church based
- ◆ New Orleans culture and heritage
- ◆ Input from numer-

ous demographic groups and geographic areas

- ◆ The restoration and expansion of centers for social activity and collaboration

During the process of conducting this study, Coffman learned that the photo voice technique used was applicable to stress related issues in New Orleans, as well as, the positive contribution this project had on the recovery and betterment of the lives of the women who participated in his study.

Director's Corner

In this special edition of (CWHEC) Newsletter we would like to show our appreciation to the students who have recently embarked on another journey in their public health professional lives.

Ryan Coffman, Enjoli Lawhorn, and Tamanna Patel, who graduated in December 2006 from Tulane University's School of Public Health and Tropical Medicine (SPHTM) have had a great impact on TUXCOE and CWHEC.

We would just like to express our sincere appreciation and gratitude for their

commitment to women's health and hope that their lives continue to prosper and be in good health!

We, also, would like to congratulate Shawna Herbst, a new staff member who is now the Program Manager for the Stress and Depression Awareness (STAND) program, a new program designed to disseminate information to women in Louisiana who were affected by Hurricanes Katrina and Rita.



Jeanette. H. Magnus, MD, PhD
Professor & Director,
Mary Amelia Douglas-Whited Community Women's Health Education Center

2006 Graduates' projects

Ryan Coffman



Ryan's capstone project was entitled

"Worth a Thousand Words": Identifying and Enhancing Stress Self-Management Strategies among Women in Post Katrina New Orleans.

Ryan became interested in our center because of our solid reputation. He indicated that his time here "has been influential in chartering a career direction."

Enjoli Lawhorn

Enjoli's capstone project was entitled Domestic Violence: A problem that Won't be Swept under the Rug.

This capstone centered on domestic violence data collection and research into strategies that could improve collection methods in the State of Louisiana.



Tamanna Patel



Manna's capstone involved conducting a health education needs

assessment of two partner community clinics, the Tulane Community Health Center at Covenant House and the St. Anna's Mobile Health van.

'Manna also worked as a project Assistant for the Maternal and Child Public Health Leadership Training Grant

Enhancing women's health and well-being through

- ◆ **Communication**
- ◆ **Empowerment** and
- ◆ **Prevention**

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Professional Advancement



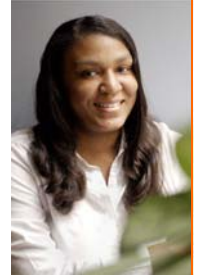
Shawna Herbst, MSW, MPH

Shawna Herbst a dual-degree graduate from the Tulane Schools of Public Health and Tropical Medicine and School

of Social Work started here as a volunteer in the Fall of 2006. She later applied for and was hired to become the Program Manager for the *Stress and Depression Awareness in Louisiana's Hurricane Affected Areas (STAND) Program*.

The mission of this 3-year project is to build awareness of stress and depression in Katrina and Rita-affected areas through the training and support of lay health educators in both regions.

Meshawn Tarver, MPH



Meshawn Tarver, a graduate from George Washington University School of Public Health was one of the original four-member staff of CWHEC. Meshawn was the Senior Program Coordinator for Breastfeeding and Women's Health.

Meshawn is currently contracted with the State of Louisiana to continue breastfeeding promotion, research, education and advocacy

**To learn more about CWHEC
Call (504) 988-6269
or visit our website:
www.womenshealth.tulane.edu**