**SBH- IR Talking Points**

Faculty members from SLU have been working with partners at Bilingual International Assistant Services (BIAS).

BIAS is a local 501(c) (3) nonprofit organization that works with various immigrant communities in St. Louis.

The project is called Steps to Better Health for Immigrants and Refugees (SBH-IR) that targeted adult immigrants and refugees.

This was a demonstration project administered and implemented by BIAS. The current project is funded by MFH.

**The program was aimed at providing linguistically compatible and culturally competent health coaching to adult immigrants and refugees.**

In its present form, the program has been delivered by health coaches employed by BIAS. There are currently 10 of these health coaches at BIAS.

Health coaches are trained individuals who help clients increase their own healthful behaviors.

Owing to the success of this program and potential benefits to the immigrant and refugee community in St. Louis, the program will need to expand.

As part of the expansion program, we are proposing to use students/interns as health coaches.

Students and possibly their mentors will receive training using coaching manual jointly developed by SLU team and BIAS.

**The students will ideally be bilingual, who understand the cultural backgrounds of the clients they will be working with.**

The students will work under the guidance of BIAS staff members and they can receive credit for participating in the program.

An additional benefit/incentive of the program to the students is that as a result of recent increased demands for certification of health coaches, they may potentially use it to gain certification, which may boost their career opportunities.

**We plan to partner with different colleges at SLU, Wash U, Lindenwood and other colleges in the area.**

**Although the current project for health coaching is 6 months, we envision it will be 10 weeks with follow-up. The students will use entire 16 weeks during one semester.**

The faculty member who will be guiding the students will be compensated from the grant funds for their efforts.

To this end, we are currently in the process of drafting grant proposals to be submitted to RWJF, and Lutheran Foundation.