



**TO LEARN MORE OR TO  
MAKE A REFERRAL  
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**SISTA COACH  
PROGRAM**

**Provider information only**

## WHAT IS A SISTA COACH?

A Sista Coach is a personal support advocate who provides individualized support focusing on six specific areas: relationships, education & employment, health & medical care, mental health & substance use/abuse, and basic essentials.

## ELIGIBILITY REQUIREMENTS

- Self-identify as Black or African American
- San Joaquin County resident
- Pregnant or have an infant ages 0-3 months

## WHY REFER TO A SISTA COACH?

The infant mortality rate for the African American community is currently at a rate of 11 deaths per 1,000 births and the fetal mortality rate is 14.9 deaths per 1,000 live births, more than twice the rate for white infants. (San Joaquin County 2019-2022 Community Health Needs Assessment (CHNA))



## OUR CASE MANAGEMENT PROVIDES

- Weekly one-on-one in-person visits
- Linkage to resources
- Prenatal and postpartum education
- Administer evidence based screening tools such as: the Edinburgh Postnatal depression scale (EPDS), Ages & Stages Questionnaire (ASQ) and Adverse Childhood Experiences (ACEs)
- Appointment tracking
- Goal setting
- Incentives for participation
- Perinatal Mood and Anxiety Disorder support group