Continued Development of a Student-Led Health Education Intervention for Women Detained in a Large, County Jail
Tam Dukich, PA-S1; Sara Gottlieb, BA, M1; Erin Paolini, PA-S1; Chloe J. E. Solomon, MS, M1; Jessica Vlaming, MS, PA-C
College of Health Sciences and College of Medicine, Rush University

Background
The growth rate of women in U.S. jails has increased 14-fold since 1970. Similar to men in jail, detained women overwhelmingly come from communities blighted by economic instability and low educational attainment, while also possessing high rates of unmanaged physical and mental illnesses. Public health interventions in jails such as health education programming have demonstrated efficacy both in improving health and reducing recidivism for detainees. The Correctional Health Initiative (CHI) is an interprofessional organization established in 2016 that addresses these disparities by providing student-led, ongoing health education to women detained at Cook County Jail in Chicago, Illinois.

Purpose
CHI aims to provide pertinent and actionable health information to program participants, while also fostering positive interactions between detainees and health professionals. Our current goals are to refine our curriculum with input from participants, expand the training process of our volunteers, and foster a deeper understanding of the criminal justice system amongst volunteers and health professionals. The purpose of this study is to evaluate participation rates of detainees in order to gauge interest and to initiate program assessment.

Methods
Our interdisciplinary team of health professions students lead multiple 10-week health education sessions for women detained at Cook County Jail. Each participant was given a 40-page Women’s Health Guide containing relevant health information and community resources. The number of detainees participating in a single lesson was documented for 70 sessions occurring from 2016 to 2017. These quantities were averaged to evaluate change in detainee participation rates. In addition, post-session surveys via Google Forms were completed by student volunteers in order to gather feedback of perceived engagement and facilitator experience. This data serves to inform future practices for optimal teaching and improving both volunteer and participant experiences.

Results
CHI volunteers have taught an average of 32 participants per week, with a 6.67% annual participant growth from 2016 to 2017. Informal participant feedback has been overwhelmingly positive while also providing insights into future considerations. CHI currently has 31 volunteers from four health science disciplines at Rush. To date, our volunteers have facilitated 140 sessions.

Discussion
Health education interventions in correctional settings provide a valuable service to detainees by aiming to improve health literacy and build positive relationships. At the same time, student volunteers are provided the opportunity to deepen their understanding of health disparities by working directly with detainees, who have been shown to be disproportionately affected by barriers to access of care and poor health outcomes when compared to the general population. Growth in participation at Cook County Jail from 2016 to 2017 suggests an increase in detainee interest in our program. Further analysis is necessary to evaluate factors contributing to participant engagement rates. Future directions of CHI include obtaining IRB approval to conduct participant focus groups and assessing the impact of this program on health professions students. In addition, maintaining the interdisciplinary nature of our program and improving curriculum is critical to the sustainability and continued development of CHI.

References
Medical: 52%
Nursing: 12%
Occupational Therapy: 10%
Physician Assistant: 26%