



[SHOP & SUPPORT](#) [DONATE](#) [ABOUT](#)

A STEP AHEAD CHATTANOOGA

QUARTERLY **ACCESS** NEWSLETTER



All **Access** to A Step Ahead Chattanooga

Happy first day of Summer! Grab a glass of lemonade 🍋 because we have a lot of 🔥 **HOT** 🔥 updates for our Spring/Summer edition of the Quarterly Access Newsletter.

VISIT OUR WEBSITE

Meet Our Summer Health Educators

Our summer programming would not be possible without the help of our amazing Contract Health Educators. We have been fortunate to maintain several of these educators for the past three summers and this year we have added a new Educator. If you see any of this crew out and about, be sure and tell them “Thank You, for all they do”.



Dr. Nicole **Montgomery DNP, APRN, NP-C, NBC-HWC**

Nicole has over 17 years of nursing experience in Family Practice, Women's Health, Family Planning, Weight Management and Holistic Wellness. Nicole is currently certified as a Family Nurse Practitioner with the American Academy of Nurse Practitioners. She completed training with Legacy Holistic Health Institute as a Holistic Health Coach in 2019 and became nationally certified as a Health Coach through National Board for Health and Wellness Coaching in 2021. Nicole also serves as an adjunct instructor for Legacy and Instructor of Nursing at Chattanooga State Community College.



Winston Trammell

Winston is a Strength Coach with a background in Mechanical Engineering and continued education in neuroscience. He has a BS in Kinesiology and has served the Youth for 12 years ranging from coaching in sports to public speaking



Mattie Bono

Mattie graduated from Scripps College in 2018, and upon graduation, she returned to her hometown of Chattanooga to invest in her community. She has been passionate about women's rights since a young age, and in her adult years, she has worked with a variety of community organizations to better the lives of all women in Chattanooga. She plans to continue her work at Northeastern University School of Law in the Fall of 2022, and eventually return to Chattanooga to make her town a more fair, equitable, and just place for all.



Victoria Jones

Victoria is a rising senior at UT Chattanooga, studying to become a

teacher of Spanish and ESL. I deeply value spreading education, and I am so excited to spend time working with A Step Ahead doing so!



SUMMER PROGRAMMING

With financial support from both the Department of Human Services and The Peter and Elsa Soderberg Foundation, ASAC has expanded our summer programming to include a variety of classes aimed at a wide range of youth. We have committed to almost **90 courses** at **12 different locations**. Each session is interactive and engages youth about topics concerning

Healthy Relationships
Communications Styles
Positive Body Image
Anatomy
The Menstrual Cycle
Birth Control Options
and more.

We currently work with ***The Bethlehem Center, Reach One Teach One, First Centenary United Methodist, and Net Resource Center***. We are working closely with each partner site to create programming that fits the needs of their youth. We have also developed partnerships with other organizations to bring in more information during our sessions to better engage and connect the youth to a variety of opportunities. We are working with Southern Alliance to discuss with youth the importance of journaling. We are working with Tob.Art Creative Painting to connect the impact of art with topics such as Mental Health and the Menstrual Cycle. We are working with Tech Goes Home to help provide some Digital Safety information and technical

support for our youth. We are also bringing in Ivan Brown with Cadence Bank to discuss Financial Literacy as we play the Adulting Game.

This summer, we are also working closely with the City of Chattanooga to help with programming at The City Community Centers. For the first time in 3-years, the City is hosting youth for summer programs in their Community Centers, and we are happy to be a part of it.

If you are interested in hosting our Education Team at your location, don't hesitate to contact us; we are always looking for new partners.

✉ healtheducators@astepaheadchattanooga.org

💻 astepaheadchattanooga.org/education

This project is funded under a Grant Contract with the State of Tennessee.



Health Educators, Winston Trammell
and Robyn Monroe at Brainerd
Recreation Center

ASAC team at the CEMPA
Resource Fair



Health Educators Mattie Bono,
Victoria Jones, and Melissa
Rodriguez at a Preteen Chat at the
Hixson Recreation Center.



TELEHEALTH PARTNERSHIP

We never want to deter someone from securing some form of birth control simply because an IUD or Implant is not the right method for them. In the eight years we've been doing this work,

we've learned from national studies and through our own interactions that efficacy is not the only factor people consider when choosing a contraceptive method.

Going forward, ASAC will (a) continue to ensure that clients are given accurate information about the full range of contraception, (b) trust that they are equipped to make decisions right for themselves and their families, and; (c) now fund that decision, whether it is for a preventive LARC or short term method like the pill.

We have established a partnership with Twentyeight Health, a telehealth company that mails birth control pills directly to people's homes. Not only will this partnership help us expand the methods we are able to cover, but it will also increase access for those clients who live in contraceptive deserts.

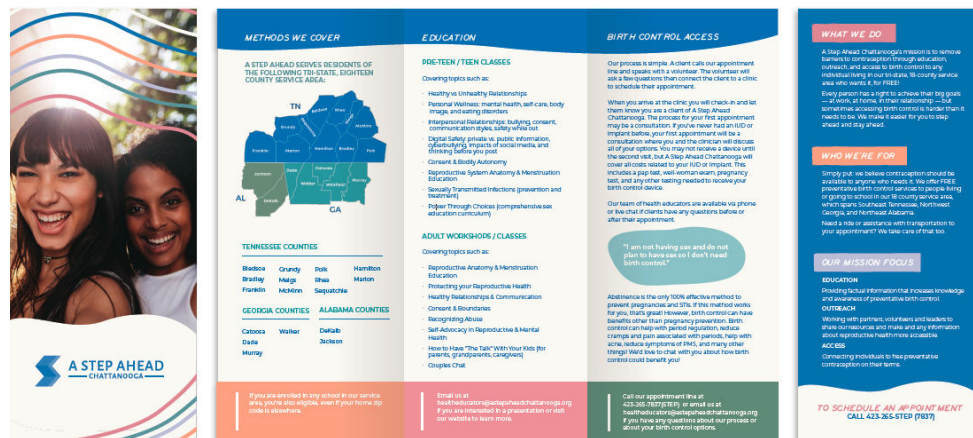
This expansion allows us to help people access the contraceptive method that is *right for them*, which is the core of our mission and values.

Through the partnership, A Step Ahead Chattanooga clients will receive access to Twentyeight Health's award-winning online doctor evaluation and birth control delivery services. A Step Ahead Chattanooga will cover the cost of a year's worth of birth control pills for clients without insurance, or cover the cost of copays for a year's worth of birth control pills for clients with insurance.

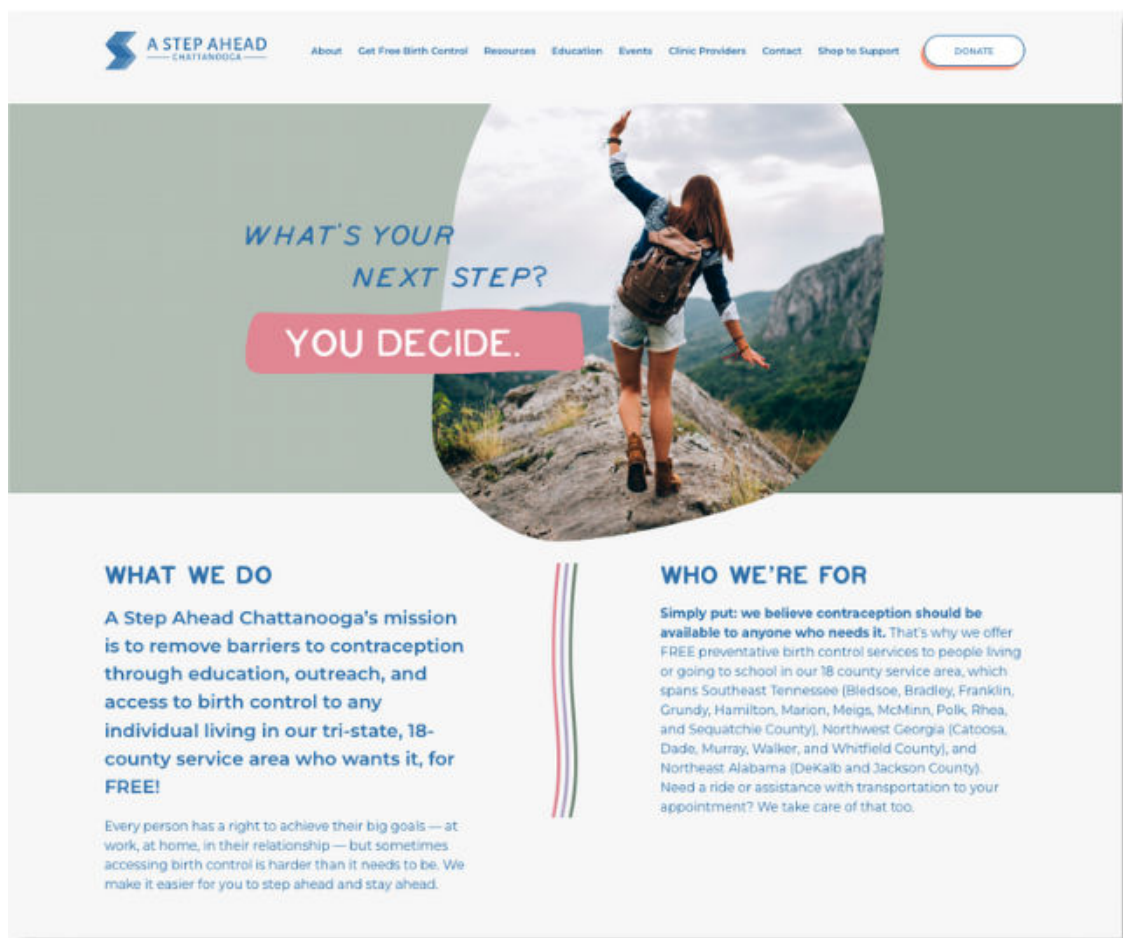
Branding Update

In 2021 we connected with Brightside Creates to develop updated branding for all of our marketing materials and website. Through a

detailed creative process and rounds of feedback, we selected designs that are modern and eye-catching. We are excited to announce that we have officially launched our updated website with a new user interface and new marketing materials that are being used out in the community.



Our new trifold handout includes a summary of who we are and what we do.



Our new [website homepage](#) with a new navigation menu and new content.

We want the look and feel of our new materials to resonate the most with the primary demographic of our clients and website visitors, women aged 18-45. We think obtaining birth control should be part of your lifestyle and are proud to show off our new branding.

Client Testimonials

"I was told about A Step Ahead at the clinic where I usually get my birth control. I wanted a long-term birth control method but could not afford it. They told me about my options and I went with the Paragard because I know I do not want more children but am not ready to take the big step and get my tubes tied. This is such a great opportunity for those like me who do not have medical insurance but also cannot afford to pay out of pocket for an IUD. I am very grateful!"

--Angelica

Our work is powered by your generosity. Thank you for making it possible for people across our service area to access vital reproductive health resources.

[MAKE A DONATION](#)



Copyright © 2022 A Step Ahead Chattanooga, All rights reserved.

Our mailing address is:

P.O. Box 4212
Chattanooga, TN 37405

[unsubscribe from this list](#)