In the tradition of The Little Sisters of the Assumption, Pernet Family Health Service supports the physical, social, psychological and spiritual development of individuals and families by providing home-based health and social services that lead to long-term strengthening and enhancement of family and community life.

Programs
- Early Intervention
- Maternal and Child Nursing
- Family Support Services
- Fathers and Family Program
- Parent Aides
- Worcester Healthy Start Initiative
- Homemakers Program
- Young Parent Support
- Parenting Classes

Family and Community Development
- Emergency Assistance
- Information and Referrals
- Holiday Program
- Community Organizing
- Neighborhood Leadership Development
- Spiritual Life Program
- Green Island Gardeners
- Homework Club
- Youth Activities

Outcomes Data
Following completion of services by Parent Aides, improvements among clients were measured in various domains according to the following categories: knowledge, behavior, and attitudes. Domains that showed a positive difference from start to end of services included:
- Parenting
- Discipline
- Behavior
- Nutrition
- Coping Skills
- Mental health (child)
- Medical (child)
- Relationships
- Housing
- Home environment
- Budgeting
- Crisis Management

Overall, there was a 34.8% improvement in knowledge, a 35.2% improvement in behavior, and a 33.9% improvement in attitudes among these domains.

Goal
Gather a group of at-risk female clients (and their children, if desired) to discuss the different forms of domestic violence, healthy/unhealthy relationships, violent relationships in the media, and resources available to them in Central MA.

Objectives Covered
- What is domestic violence?
- Physical, Sexual, Psychological, Emotional, Economic
- Healthy vs. unhealthy relationships
- Myths and facts about domestic violence
- The impact of domestic violence on society:
  - Health Care: medical costs of DV range from $2.3-7 billion/year
  - Children: 3.3 million children in the US witness assaults against their mothers annually
- Rape culture in the media:
  - Rape Culture: the normalization of rape and violence against women by society and culture
- Music videos/lyrics referenced:
  - Love the Way You Lie (Eminem and Rihanna)
  - ET (Katy Perry)
  - IDENZ (Rocko/Rick Ross)
  - Blurred Lines (Robin Thicke)

Materials

I hope to continue to facilitate workshops on domestic violence and healthy relationships at Pernet throughout my time at UMass. In August, I plan to facilitate these workshops with youth from the Green Island neighborhood. I also plan to incorporate this experience into my capstone project for UMass Medical School.

Follow these links for more information:
- http://www.pernetfamilyhealth.org/index.htm
- http://mediatheitroyproject.org/blog
- www.janedoe.org
- http://www.vawnet.org/
- http://www.mass.gov/women/resources/SADV.htm