



SOJOURNER  
HOUSE

# Sojourner House MOMS: SOHO Family Cookbook

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# Background - Sojourner MOMS

- Transitional housing and support services to families in recovery for up to one year
- Help a family to achieve its goals by
  - providing safe and affordable transitional housing
  - support services
  - referrals for the family



# Sojourner MOMS


- The program also works to achieve greater self-sufficiency by working side-by-side with their children
- Through groups, participants work to
  - Maintain their recovery
  - Stabilize their mental health
  - Find affordable housing and a job
- 5 group sessions - a single resident
- 3 group sessions - family with children




# MOMS Community Room




# Background - Sojourner House

- Drug & Alcohol Rehabilitation:
    - provides 24-hour inpatient, residential rehabilitation services for 14 families at any given time
    - Mothers can bring three children with them and stay up to six months while receiving intensive treatment for their addiction.
  - The only treatment program in Allegheny County that works with women and children
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# Our project - SOHO Family Cookbook

- Purpose:
    - Many clients in Sojourner MOMS do not/are not sure of how to cook their own meals. They often choose the processed food which is high in sodium, sugar and saturated fat for their children and themselves.
    - Cooking is more cost effective and healthier
    - Many consider cooking as a way to relieve their stress and it could be a bonding experience as a family
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# Our Project includes

- Survey to determine cooking behaviors and patterns
  - Cookbook
    - Healthy recipes for breakfast, lunch, dinner, and snacks that will incorporate different cultural backgrounds
    - Safety information of cooking in the kitchen alone or with children
    - Information regarding the impacts of healthy eating
  - Group Sessions to discuss the many benefits of cooking
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# SOHO Cooking Survey

## SOHO Cookbook Survey

We are asking some questions about food and cooking so we can design a little cookbook that considers your tastes. It will take about 10 minutes of your time.

Q1 Do you enjoy cooking?

- Yes (1)  
 No (2)

Q2 Tell me about the times you cook and how you do it.

supper time 4-6 pm, crock pot meals  
are great, but I cook pretty much  
anything I know how; do a lot of  
microwave for daughter (5 yrs)

Q3 How many times a week do you make your own meal?

- 0-1 (1)  
 2-4 (2)  
 5-6 (3)  
 7+ (4)

Q4 How times per week do you eat food you have cooked?

- 0-1 (1)  
 2-4 (2)  
 5-6 (3)  
 7+ (4)

Q5 What's your favorite meal? Fruit? Vegetable?

homemade baked macnchz, fruit salad,  
chx salad

Q6 What is the food you like and the food you dislike?

like pretty much everything, hate olives

Q7 What are the foods you usually buy at the store?

meat, veggie, fresh veggies, fruit, hamburger,  
coats, hot sausage, bread, PB, potatoes,  
noodles, chz, rice

Q8 What are the stores or food banks you always go to?

Aldi, Walmart

Q9 Is it easy for you to shop for two weeks' worth of groceries?

- Yes (1)  
 No (2)

Q10 If something stops you from preparing your meals regularly, tell us about it.

just the timing

Q11 Is eating a healthy diet important to you?

- Yes (1)  
 No (2)

Q12 Do you think cooking your own meals will help you eat healthier?

- Yes (1)  
 No (2)

Q13 How many times a week do you eat a healthy meal?

- 0-1 (1)  
 2-4 (2)  
 5-6 (3)  
 7+ (4)

Q14 Are there any appliances that you do not feel comfortable using?

Nope

Q15 Do you prefer to let your children be part of the cooking process?

- Yes (1)  
 No (2)

Q16 Are there any areas of concern when cooking with your children?

cutting anything

Q17 What's your favorite meal to cook with your children?

the anything that she loves making  
the subject with me

Q18 What is your child's favorite meal? Favorite snack?

battered apples, chips, fruit



# SOHO Cookbook



## PIZZA ROLLS

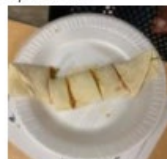
These pizza rolls don't need to be preheated in the microwave. They are fresh, healthy, delicious and easy-to-make.

### Ingredients

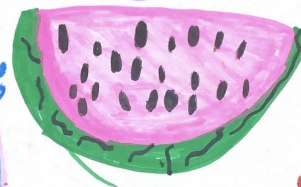
- 4 large tortillas
- 1/4 cup basil pesto
- 8 slices provolone cheese
- 36 slices pepperoni
- 4 cups fresh spinach
- 1/2 cup pizza sauce
- 2 green bell peppers

### Instructions

1. Spread 1 Tbsp pesto over the surface of each tortilla. Lay two slices of provolone over one half of each tortilla, followed by about 9 pepperoni. Lastly, add one handful of fresh spinach to each tortilla.
2. Roll each tortilla up, trying to keep the roll as tight as possible. With the seams facing down, slice the rolls into one-inch sections. Place the sliced roll-ups in your meal prep container. Pack them closely together to keep them from coming unrolled.
3. Slice the green bell peppers into strips. Divide the bell pepper strips between the four containers.
4. Fill four small containers with 2 Tbsp pizza sauce each. Refrigerate your roll ups, bell peppers, and pizza sauce for up to five days.



Watermelon !!



Cherry !!



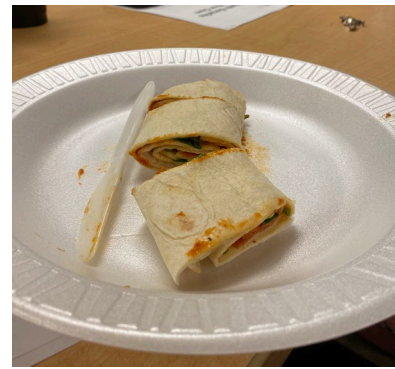
# Group Sessions

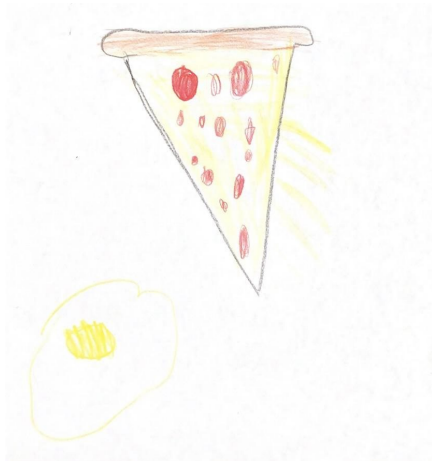
- **Moms**

- Focus on cooking as a family
  - Discuss information about safety and different ways to incorporate children into cooking
- Cooking demonstration: making pizza rolls with the ladies and their children

- **House**

- Focus on budgeting, meal planning and different resources on how to store food





# Community Cultural Wealth Model

## Aspirational Capital:

- Staying clean
- Reunification with children
- Breaking intergenerational cycle of trauma and addiction
- Getting jobs

## Cultural Community Wealth

## Social Capital:

- Sojourner House/MOMS
- Sponsors and other support systems
- Community resources including CYF, etc.

## Navigational Capital:

- Hospital & recovery path
- Legal system
- Transportation
- Resources: Light of Life; Family Link,

# Project Evaluation



- **Overall Evaluation**

- Asking for feedback from the clients after the group session and from staff
- A survey could be used to determine the quality of the recipes included, if there were enough recipes and if there was enough diversity in the recipes we provided
  - This could include information to see if the ladies liked the cookbook and incorporated some of the information into their daily routines

- **Site Recommendations**

- Moving forward, next year a project could be created to develop parenting curriculum for MOMS




# Summary of Our Project

- **Results**

- **Group**

- Our group session was fun, clients and their children were super excited to make pizza rolls and take the recipe home with them
  - 14 people at our session including staff, clients, their children
- Created a space for community and creativity regarding different ways of putting creating the snack, different ingredients
- Budgeting
  - This snack cost about \$20 for 14 people, making each pizza roll cost about \$1.43

- **Cookbook**

- Each client will receive a paper copy of the cookbook
  - Possibility of putting this on the Sojourner House website
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# Summary of Our Experience

- In addition to our project, we were able to partake in many other tasks such as
  - Intake interviews for clients at MOMS
  - Found materials and information for a the start of a parenting skills group
  - Conduct apartment inspections
  - Organize chart information for current and past clients
  - Mock job interviews with the client at MOMS
  - Attend weekly NA meetings with the clients
- **Overall Experience**
  - During our time at SOHO, we learned about individual clients, their behaviors and mannerisms, stigma surrounding addiction, trauma informed care, different coping strategies and many resources available for individuals in need



# Jenny's Reflection


“This is a precious opportunity for me to observe different cultures and truly immerse myself to getting to know different people from different backgrounds. **I see resilience, honesty, and assertion from the women I worked with, through their recovery path.** Serving the disadvantaged area by joining the program really helped me open my mind and have put thoughts to better deliver healthcare to people in need.”





# Savannah's Reflection

“This process has really opened my eyes to the realities of working towards recovery with these women and the collaborative services that are required to create space for achieving their personal goals. **One of the most important aspects of this process is honesty; honesty with yourself and others. I've recognized the importance of reflection and, listening to the members of your community to provide necessary resources and care for those around you.** I will be able to carry the skills that I've learned here with me as I continue in my field.”



# Thanks to our mentors, team, and program members

- Karen Upsher - Williams, MSW – Family Housing Manager
- Dena Naughton – Certified Recovery Specialist
- Patricia Documét - Faculty Mentor
- Thistle Elias - Program Director
- Brandi Boak - Program Coordinator
- Sheila Cunningham - Administrative Intern



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