

EMPOWERING MOTHERS, PROVIDERS & OTHERS TO WEIGH IN AS EXPERTS IN RESEARCH

# EMPOWER JOURNEY MAP PROJECT

A VISUAL SUMMARY OF OUR PATIENT PARTNER'S EXPERIENCES. WE THANK THEM FOR COURAGEOUSLY SHARING THEIR STORIES.

MY FATHER KILLED MY MOTHER



MY CHILD'S FATHER COMMITTED SUICIDE

MY BOYFRIEND PIMPED ME OUT

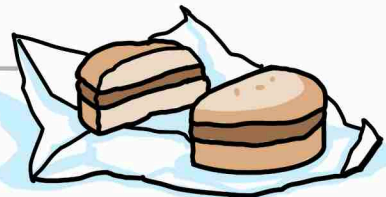
WE WERE TRYING TO LIVE ON \$20 A WEEK

MY BOOTS AND COAT GOT STOLEN AT THE HOMELESS SHELTER

BOTH MY PARENTS WERE ADDICTS

## MY LIFE WAS CHAOS

I WAS IN AN ABUSIVE RELATIONSHIP



### THE SYSTEM FAILED ME AND MY CHILD



MY CHILD IS DISABLED BECAUSE OF THIS SYSTEM

I HAD SO MANY APPOINTMENTS I HAD TO KEEP!

I WALKED IN THE RAIN AND SNOW



I DON'T HAVE A DRIVERS LICENSE

I DON'T HAVE A CAR



### FINDING & NAVIGATING RESOURCES IS CHALLENGING

RECOMMENDED REHABS WOULDN'T TAKE PREGNANT WOMEN ... UPDATE THE LIST!

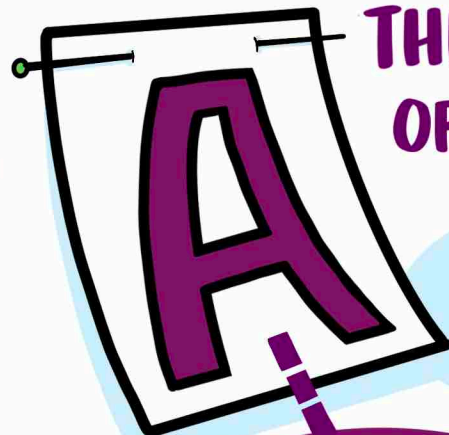
I HAD TO LET GO OF THE PEOPLE FROM MY ADDICTED LIFE TO MOVE ON



MY LOVE WAS DRUGS



### THE SCARLET LETTER OF ADDICTION



I'M NOT TRUSTED

RESTRICTS MY FUTURE

I HAD TO GIVE UP MY LIFESTYLE FOR MY BABY

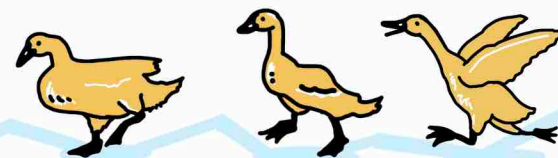


MY DOCTOR STOOD BY ME EVEN AFTER MY PREGNANCY



### NONJUDGMENTAL SUPPORT MAKES A DIFFERENCE

I'M SO STRESSED TRYING TO KEEP MY DUCKS IN A ROW TO KEEP CPS AWAY

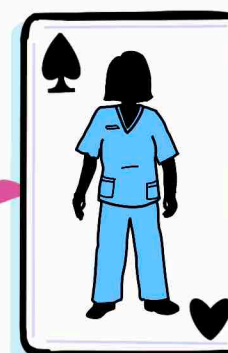


YOU'RE TRYING TO STAY STRAIGHT BUT YOU'RE STILL LEARNING HOW TO BE NORMAL!

CONTRADICTORY INFORMATION FROM DOCTORS, NURSES & CHILD PROTECTED SERVICES EXACERBATED THE STRESS

NO YES NO

I DON'T THINK MY FEELINGS WERE EVER CONSIDERED



### THE NURSES ARE THE WILD CARD

CLINICIANS WERE BARRIERS IF THEY WEREN'T KNOWLEDGABLE ABOUT ADDICTION PROTOCOL



FINNEGAN SCORING

OBSTACLES TO GETTING MAT

I HAD TO ASK FOR MY MEDS

AT FIRST I GOT CLEAN FOR MY CHILD...



## DETERMINED

THEN I HAD TO DO IT FOR ME



### IN MY FUTURE:

- I WANT TO GO BACK TO SCHOOL
- I WANT MY CHILD TO GO TO A GOOD SCHOOL
- WE'RE GETTING MARRIED
- I WANT TO BE A NURSE

## RESOURCEFUL

FACEBOOK GROUPS PROVIDE VALUABLE PEER SUPPORT



## RESILIENT

I WANT TO SHARE WHAT I'VE LEARNED

Nichole Nidey, PhD, and Stephanie Weber, PsyD co-lead the Empowering Mothers and Providers and Other Stakeholders to Weigh in as Experts in Research (EMPOWER) project. This work is supported by the Patient-Centered Outcomes Research Institute (PCORI) Engagement Award EAIN-19623 and the National Center for Advancing Translational Sciences of the National Institutes of Health, under award number 2UL1TR001425-05A1. Facilitated by: Leslie Yerkes / leslieyerkes.com Visual Notes by: Jo Byrne / seeyourwords.com