



# Staying in the Circle of Life (SITCOL)

## Facilitation Guide

### Session 6

#### **To begin:**

- Arrive 30 minutes before the session
- Prepare materials for activities and surveys
- Arrange the room so chairs are in a circle
- Review session goals

Goals
1. Review previously established agreements
2. Understand Family Health History and how to collect it
3. Identify the connection between family health history and genetics
4. Reflect on the last 6 weeks – group strengths and next steps

Materials and Handouts	
Pre-assessment, Post-assessment	Follow-Up Survey
Flip Chart	
Family Health History handout	

Activities
Art expression
Sharing Activity
Closing Circle

#### **Notes:**

- Complete these tasks prior to start of group:
  - Display “Agreements” on flip chart/board/or powerpoint
  - Make sure each participant has paper and pen for activity
  - Make sure each participant has the handouts listed above
  - Have a clock to refer to in order to guide the discussion and cover all material
- Total time for session one is 90 minutes.
- **Facilitator NOTE:** Session 6 includes a comprehensive follow-up survey in addition to the pre and post tests. Please ask participants to stay 15-20 minutes after the session has ended so that they can complete the survey. The follow-up survey must be administered at the very end of session 6.

## Greeting

- Begin the session on-time.
- Greet each participant by name as they arrive.



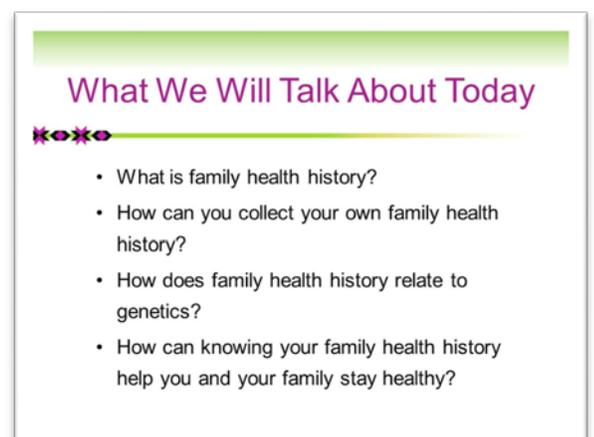
## Agreements

- Brief review of the agreements
- **Administer Pre-assessment (5 minutes)**



## What we will talk about today

- Let the group know that we are going to be talking about family health history and health risks – instruct them to share as little or as much as they are comfortable sharing
- Distribute the FHH handout
- Note that many people are uncomfortable requesting health history information from members of their family. State that we will discuss that in more detail later in the session.
- Ask group to provide answers or share their experience with the questions regarding family health history



### What is family health history

- In its simplest form, family health history is a conversation which takes place between you and members of your family.
- Collecting your family's health history can lead to prevention of illness.
- Note that there are different types of tools for collecting family health history
- Distribute FHH handout

### What is family health history?



- Family health history is information about diseases and health conditions that affect members of your family.
- This information helps your doctor assess your genetic risk of various diseases.
- It also helps you seek appropriate screenings at the appropriate time for yourself and your children.

### How can FHH affect your own health?

- Discuss what "genes" are – they are small structures in your living cells that carry "information". This "information" is inherited, passed down through generations.
- Some genes increase your chance of developing certain diseases.
- Knowing what health problems have affected members of your family may help you prevent illness

### How can family health history affect your own health?



- Some genes can increase your chance of developing certain diseases. When members of your family share health problems, you might be at risk for developing the same health problems in the future.
- You may be able to prevent illness by being aware of your family's health history.



### **Activity**

- Review the sample questions in the booklet “Does it run in the family?”
- Discuss what may be difficult or uncomfortable about collecting family history, and have the group strategize ways to overcome this.

Facilitator Note – the remainder of the slides are to be used as a guide to a very open discussion about the benefits of the support group. Close with the following:

- I learned
- I hope
- I feel
- **Administer follow-up survey**

