

Client ID#			
Last Name	First Name	MI	
Date of Birth			
	Month	Day	Year

N.C. Department of Health and Human Services
 Division of Public Health
 Women's and Children's Health Section
 Women's Health Branch, Perinatal Health Unit

Healthy Beginnings Empowerment Agreement

Participant's Empowerment Goals (short-term and/or long-term)
#1
#2

Which empowerment goal does the participant want to work on now?		
Empowerment Goal #1		
Actions for Participant to Take:	Participant Progress	Date Completed
1.	1.	1.
2.	2.	2.
3.	3.	3.
Actions for Staff to Take:	Staff Progress	Date Completed
1.	1.	1.
2.	2.	2.
3.	3.	3.

Empowerment Goal #2		
Actions for Participant to Take:	Participant Progress	Date Completed
1.	1.	1.
2.	2.	2.
3.	3.	3.
Actions for Staff to Take:	Staff Progress	Date Completed
1.	1.	1.
2.	2.	2.
3.	3.	3.

Participant Signature

Healthy Beginnings Staff Signature

Print Name

Print Name

Date

Instructions for Healthy Beginnings Empowerment Agreement

Purpose: To help program participants develop action plans to reach their goals supporting healthy birth outcomes and strengthening families.

- Instructions:**
1. Introduce the empowerment agreement to all program participants within 30 days of enrollment in the program. It can be used at any time during the participant's enrollment in the program. A completed empowerment agreement is not required.
 2. Document one or two short and/or long-term goals on the empowerment agreement, and document specific actions for both the participant and staff to take.
 3. Obtain participant's signature and sign and date at the bottom of the agreement.
 4. File white copy in participant's program record and give yellow copy to the participant. If duplicate form is not available, provide participant with a photocopy of the agreement.
 5. Review actions and document progress towards goals on a monthly basis.

Disposition: This form is to be retained in accordance with the records disposition schedule of medical records as issued by the North Carolina Office of Archives and History, Division of Historical Records.