

# 45-Hour Community Health Worker Course

6 day-8 hour class Manchester Health Department, 1528 Elm Street, Manchester, NH

December 16, 23, 30, 2013, January 6, 13, 27, 2014

9:00am-4:30pm



As a nation and a state, we are struggling to address the transformation of the health care system as we move to a model of team based care. One strategy that other states have used to engage communities and assist with navigating services is to promote the Community Health Worker (CHW) model. Train to become a CHW in New Hampshire and incorporate your new knowledge into team based care opportunities offered in hospitals, medical practices, community health centers and social service settings.

## Target Audience

There are a variety of roles and numerous titles that fall under the CHW umbrella: Outreach Worker, Lay Health Advisor, Health Promoter, Patient Advocate, community health advisor, family advocate, liaison, peer counselor, patient navigator, health interpreter and public health aide. Those listed and more are welcome to attend!

**Cost:** \$875.00-includes curriculum and training materials

*Checks can be made payable to SNHAHEC*

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_ Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

*\*Registration confirmations and directions will be sent out via email*

**Registration  
Deadline:  
December 9,  
2013**

**Unfortunately, we cannot accept credit cards online.** Any buyer may cancel this transaction any time prior to midnight of the third business day after the date of this transaction.

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Please check one:  Visa  MasterCard  Discover Credit Card Number: \_\_\_\_\_

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Please register online at [www.snhahec.org/Calendar](http://www.snhahec.org/Calendar) or print this form and return to:

Southern NH AHEC, Attention Kaitlyn St. Amand

128 State Route 27, Raymond, NH 03077

(603) 895-1514 x4 Fax (603) 895-1312

[kstamand@snhahec.org](mailto:kstamand@snhahec.org)



# Curriculum

## DAY 1:

### **Service Coordination Skills and Conduct**

*Learn outreach methods and strategies, care coordination, system navigation, professional skills and conduct.*

### **Communication and Interviewing Skills**

*Communicate effectively with diverse individuals and groups in a variety of community and service provider settings while gaining interpersonal skills.*

### **The Affordable Care Act (ACA)/The Marketplace**

*Discuss options for people who are uninsured and underinsured and identify resources to get them the information they need to navigate the health care system. This includes access to the Health Care Marketplace, (sometimes referred to as Obamacare), Medicaid Managed Care, and Children's Health Insurance Program (CHIP).*

## DAY 2:

### **Organization Skills and Time Management**

*Learn professional skills such as organization and time management to help you interact with community members and other health care resources within your community.*

### **Presentation Skills**

*Gain the necessary skills to provide information to members of your community in the form of formal and semi-formal presentations. You will be able to inform, persuade and motivate your audience.*

## DAY 3:

### **Community Assessment Skills**

*Demonstrate individual, client, and community assessment skills. You will learn how to educate and promote health behavior changes and offer concepts and approaches to living a healthy life.*

### **Advocacy, Leadership and Empowerment Skills**

*Learn to advocate, lead, and empower your clients through community capacity building techniques*

### **Culture and Cultural Effectiveness**

*Respond to clients in culturally effective ways.*

# Curriculum

(continued)

## DAY 4:

### **Culture and Cultural Effectiveness (continued from Day 3).**

#### **Chronic Disease Management**

*Gain knowledge in diabetes management, asthma, heart disease and cancer to effectively assist your community in identifying risk factors as well as managing current conditions.*

## DAY 5:

### **Mental Health, Substance Abuse, and Domestic Violence**

*Identify basic symptoms and signs of mental health conditions, such as depression, anxiety, substance abuse and mood disorders. Explain the process of addiction, screening methods, and resources for recovery. Review types and cycle of domestic violence abuse and discuss related resources.*

## DAY 6:

### **The Environment, Oral Health, and Prevention and Wellness**

*Discuss how the outside environment, and the environment in the home, school, and work affects your community. Describe the importance of oral health and discuss ways of keeping teeth healthy. Recognize the organizations in your local community and how they can help your clients prevent and reduce current health conditions.*

*A graduation ceremony will be held upon the completion of the 6 day training*

