

Culture, Connection and Caring: How CHWs are Vital Part of the ECMH Village

14th Early Childhood Mental Health Conference
San Diego, September 28, 2023



Panel Agenda



- Community Health Worker (CHW) Overview
- CHWs Addressing Social Determinants of Health: HEALthy4You clinical trial
- CHW personal experiences
- Q&A

What is a Community Health Worker

As defined by the American Public Health Association (APHA), 2009

CHWs are: "Volunteer community members and paid frontline public health workers who are trusted members of and/or have an unusually close understanding of the community served. (they) share the ethnicity, language, socioeconomic status, and life experiences of the community members they serve.."



What is a Community Health Worker

As defined by the National Association of Community Health Workers

“CHW is an umbrella term and includes community health representatives, **promotores**, peers, and other workforce members who are frontline public health professionals that share life experiences, trust, compassion, cultural and value alignment with the community where they live and serve.”



What do CHWs/P do

U.S. Department of Health and Human Services Health Resources and Services Administration

“CHWs provide appropriate health education and information, assist people in receiving the care they need, give informal counseling and guidance on health behaviors, advocate for individual and community health needs, and provide some direct services such as first aid and blood pressure screening.”

Public Health Model

Peer education model that reaches difficult/vulnerable populations

Use

- Education: prevention, chronic disease, etc.
- Connect families to services and programs
- Outreach and education to the community
- Liaisons between residents and agencies
- Support and engage clients/patients
- Cultural liaisons

Models of Care

1. Member of Care Team
2. Care/Services Coordinator/Navigator
3. Screening and Health Educator
4. Outreach and Enrollment
5. Promotora de Salud/Lay Health Worker
6. Community Organizer & Capacity Builder



Rural Health Information Hub:
<https://www.ruralhealthinfo.org/toolkits/community-health-workers/2/program-models>

Roles

Cultural mediation

Provide health education and information

Conduct outreach

Care coordination/Case management/Navigation

Coach and support

Advocate for individuals and community

Build individual and community capacity

Provide direct services

Implement individual and community assessments

Participate in evaluation and research

Training – Core Competencies

National Community Health Advisor Study – A Policy Research Project of the University of Arizona
June 1998 Updated C3 Project, April 2016

Communication

Interpersonal
and relationship
building

Service
coordination and
navigation

Capacity
building

Advocacy

Outreach

Education and
facilitation

Individual and
community
assessment

Professional skills
and conduct

Evaluation and
research

Knowledge base

Opportunities for California

New Medi-Cal Reimbursement

- Effective July 1, 2023
- Requires Certification for CHW/Ps
- Assist to address health/ SDOH
- Under oversight of provider
- Able to bill for certain tasks

Coming next: Medicare Reimbursement

- CMS issued draft plan
- Receiving stakeholder input
- Draft rule
- Reimbursement 2024

CHWs in a Clinical Trial



HEALTHY 4YOU

MÁS POR TU SALUD

Healing Experiences of Adversity in Latinos

UC San Diego



FAMILY HEALTH CENTERS OF SAN DIEGO



Working Together to Shape a Healthy Future



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



Develop community-centered, culturally appropriate, precision interventions for Latino Families to **reduce ACES** risks and **treat childhood obesity**.

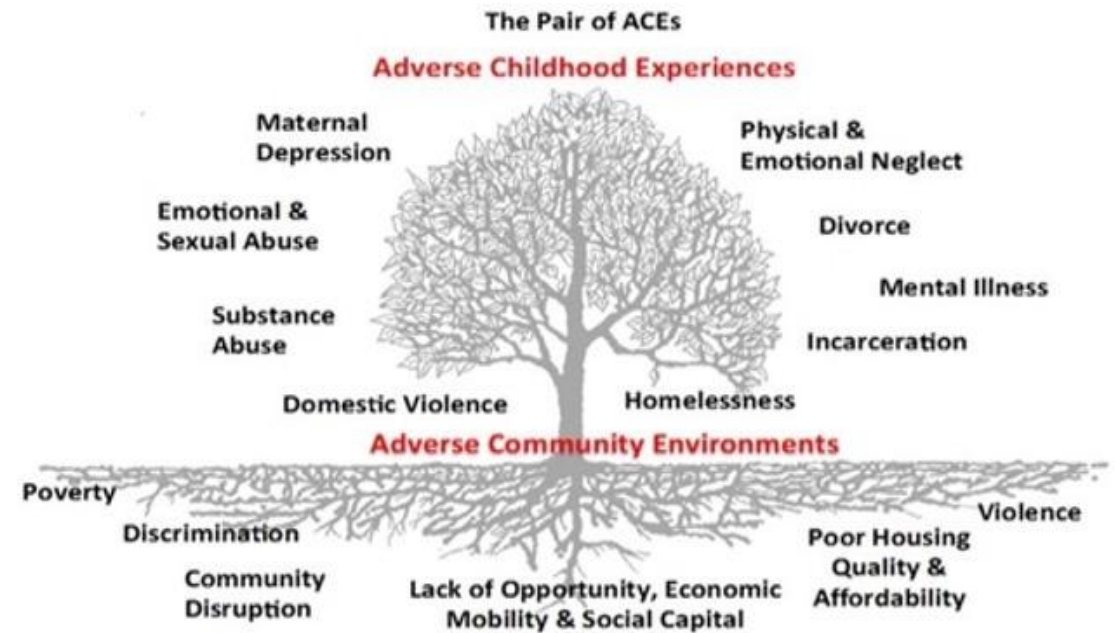


Project
Aim

The Pair of ACEs

Children and adults who have had adverse childhood experiences often live in communities that are affected by widespread adversity.

Adverse community environments can foster adverse childhood experiences.



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.jacap.2016.12.011

HEALTHY 4 YOU

A holistic approach offering interventions targeting childhood obesity while supporting families sense of safety, belonging, dignity and mattering

Healthy Together (FHCS D program)

Healthy Together

- **Wellness Coach**
- **Health Education**
- **Physical Therapy**

Healthy Together +

Healthy Together

- Wellness Coach
- Health Education
- Physical Therapy



Parenting
training

Healthy Together +

Healthy Together

- Wellness Coach
- Health Education
- Physical Therapy



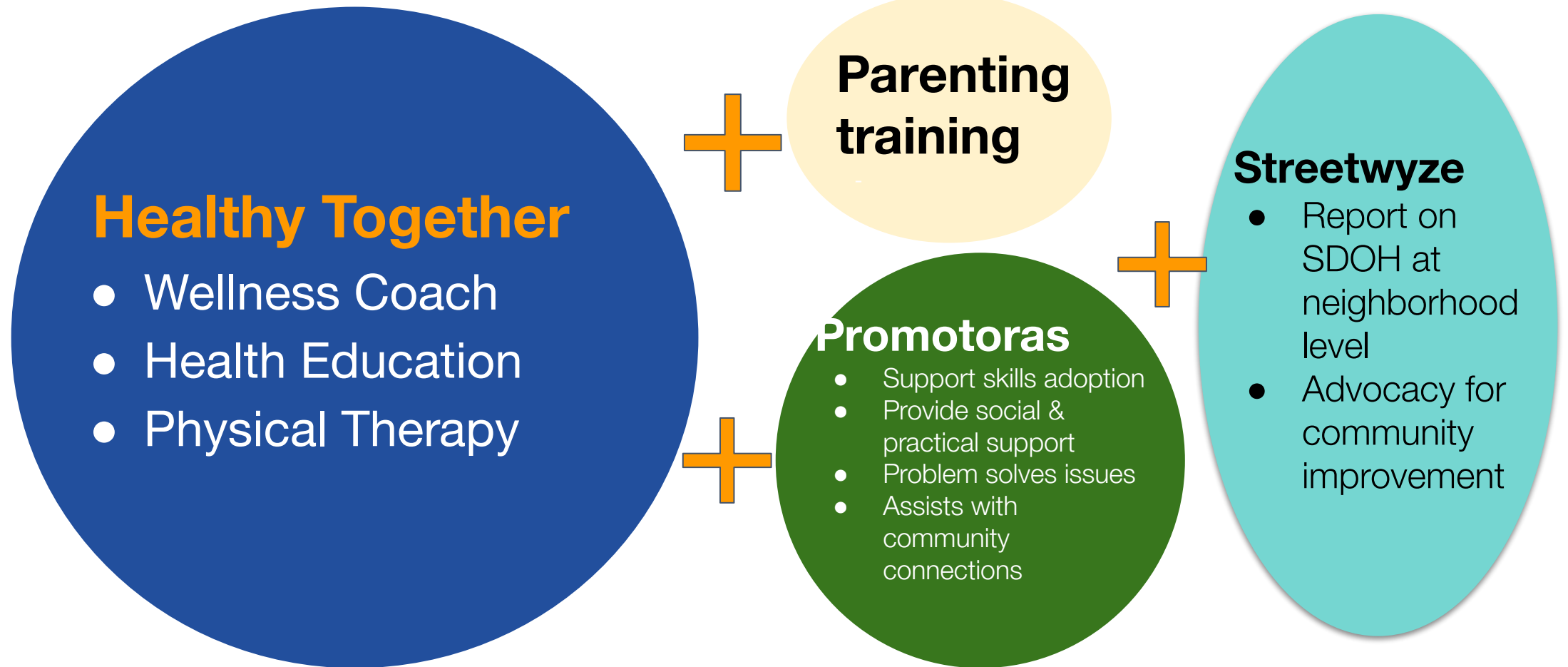
Parenting training



Promotoras

- Support skills adoption; provide social & practical support; reinforces behaviors, problem solves issues, assists with community connections

Healthy Together +



4X4 Clinical Trail

Standard Healthy Together	Standard + Promotora
Standard + Parenting	Standard + Parenting + Promotora

Standard Healthy Together includes: Wellness Coach, Health Education and Physical Therapy

Promotoras Roles and Responsibilities

- Guidance throughout the Healthy Together program
- Facilitate an understanding for all program materials
- Support drafting SMART family goals
- Weekly follow up check-ins in order to meet family goals
- Strengthen and provide referrals for any service needed
- Monitor participant's progress/engagement to the program
- Cultural mediators

Promotoras/ CHW Roles

- Supports the families
- Supports the clinical team
- Supports the overall program



The Voice of the CHW

Fareshta Queedees

San Diego Refugee Community Coalition
(SDRCC)



Questions?

