

COMMUNITY HEALTH WORKER CURRICULUM OUTLINE

SESSION	TOPIC	LEARNING OUTCOMES By the end of this session participants will:
	COMMUNITY HEALTH WORKER	Have a general understanding of the foundational elements of a career as a community health worker and the context in which this occurs.
1 2/7	CREATING A SAFE LEARNING ENVIRONMENT	<ol style="list-style-type: none"> 1. Increased awareness of the 10 week learning plan, learning outcomes and general program overview. 2. Team agreements for the length of the program and beyond 3. Awareness of critical pedagogy and other adult learning methodologies used during course. 4. Clarity around expectations, rights and responsibilities throughout program.
2 2/9	COMMUNITY HEALTH WORKER ROLE	<ol style="list-style-type: none"> 1. Clarify duties and responsibilities of a community health worker. 2. Identify populations and CHW serves and 3. Increased understanding of CHW as part of health care and social services team.
3 2/14	COMMUNITY HEALTH WORKER ROLE (Continued)	<ol style="list-style-type: none"> 1. Describe and identify personal qualities a community health worker develops. 2. Identify areas of work and emerging care models for CHW.
4 2/16	INTRO TO PUBLIC HEALTH	<ol style="list-style-type: none"> 1. Gain an introductory understanding of Public health and it's areas of influence. 2. Learn about the ecological model of understanding the process of health and illness. 3. Increase awareness of social justice <i>*Intersectionality</i> issues and their relationship with health <i>*wellness</i> 4. Increase knowledge of the importance of prevention from a public health perspective. 5. Develop a clear understanding of the CHW within this context.

5 2/21	PROMOTING HEALTH EQUALITY	<ol style="list-style-type: none"> 1. Understand what health equality means and how intersectionality plays a role in access to care. <i>*(learn about intersectionality)</i> 2. Increase knowledge and understanding of role of the CHW in this issue. 3. Apply newly acquired knowledge to issues that affect CHW communities.
6 2/23	UNDERSTANDING THE HEALTH US HEALTH CARE SYSTEM	<ol style="list-style-type: none"> 1. Increase understanding of the US health-care system <p style="text-align: center;">GUEST FACILITATOR MS. SAMBO LY</p>
7 2/28	ROLE OF THE CHW IN THE U.S. HEALTH CARE SYSTEM	<ol style="list-style-type: none"> 1. Increase awareness of role of CHW within this health care system. 2. Introduce participants to possible internship placements <p style="text-align: center;">PANEL OF GUESTS</p>
	CORE COMPETENCIES	Increased knowledge and skills for a career as a community health worker and the fundamentals of providing direct services to community members.
8 3/2	WHAT IS HEALTH, WELLNESS AND HEALING	<ol style="list-style-type: none"> 1. Share and develop ideas around health and healing and how these are informed by culture. 2. Begin developing own discourse around health and healing. 3. Determine how traditional healing practices from own communities interact with western views.
9 3/7	OUTREACH	<ol style="list-style-type: none"> 1. Define outreach and it's role in serving communities. 2. Learn about a variety of methods and levels of outreach. 3. Develop skills to do effective outreach.
10 3/9	LAW AND ETHICS	<p>MID TERM EVALUATION</p> <ol style="list-style-type: none"> 1. Increased understanding of the importance of working within boundaries of the CHW position

		<ol style="list-style-type: none"> 2. Learn about the importance of protecting confidentiality 3. Demonstrate an understanding of HIPAA 4. Discuss mandatory reporting and recognize its implications 5. Describe how ethics influence the care of clients
11 3/14	CAPACITY BUILDING: CLIENT CENTERED PRACTICES	<ol style="list-style-type: none"> 1. Develop a clear understanding of working from a client-centered perspective and its practices. 2. Learn about strength based models and approaches to working with clients on their health.
12 3/16	CAPACITY BUILDING: CREATING A WORKING RELATIONSHIP WITH CLIENTS	<ol style="list-style-type: none"> 1. Increase interviewing skills and learn about techniques such as motivational interviewing. 2. Develop skills to build a working alliance with clients and do strengths based assessments.
13 3/21	CAPACITY BUILDING: SUPPORTING CHANGE	<ol style="list-style-type: none"> 1. Learn about plan development with clients 2. Learn about working with clients in favor of their goals
14 3/23	ORGANIZING AND ADVOCACY	<ol style="list-style-type: none"> 1. Define and discuss community organizing 2. Learn about the differences between advocacy and organizing 3. Learn about the Community Action Model (ACM) 4. Learn to apply the ACM
	THE PERSON BEHIND THE ROLE	Increase understanding of the way in which personal experiences, cultural origin and stressful work conditions impact the work and well-being of the CHW
15 3/28	LEADERSHIP AND CONFLICT RESOLUTION SKILLS	<ol style="list-style-type: none"> 1. Increase awareness of conflict and conflict resolution in the workplace 2. Discuss how power and anger escalate conflict 3. Explore conflict resolution models
16	CULTURAL INTELLIGENCE,	<ol style="list-style-type: none"> 1. Increased awareness of cultural biases and it's impact on the work of a community health worker.

	HUMILITY AND COMPETENCE	2. Increased cultural intelligence and awareness of cultural humility and competence
		NO CLASS WEEK OF APRIL 4 & 6
17 4/11	SELF-CARE : EFFECTIVE CARE AND COMPASSION FOR YOUR COMMUNITY	<ol style="list-style-type: none"> 1. Learn about effective ways of taking care of SELF 2. Develop healthy coping strategies for stressful moments 3. Learn about strategies to prevent on the job burnout
	KNOWLEDGE BASE	Apply knowledge gained on core competencies to address key health issues
18 4/13	HEALTHY LIFESTYLE AND WELLNESS	<ol style="list-style-type: none"> 1. Identify the principles of health and healthy lifestyles 2. Describe the elements of healthy lifestyles 3. Discuss the considerations of supporting wellness and a healthy lifestyle 4. Explain strategies that can be used to make clients aware of and incorporate health into their lifestyles 5. Demonstrate different ways to educate clients about healthy lifestyles
19 4/18	MENTAL HEALTH, TRAUMA AND IMMIGRATION	<ol style="list-style-type: none"> 1. Learn about factors that impact mental health 2. Learn about stages of migration 3. Learn about adaptation, assimilation 4. Learn about how adverse experiences creates traumatic responses 5. Learn about impacts of trauma on overall health
20 4/20	EVALUATION AND CLOSING	<ol style="list-style-type: none"> 1. Share learning throughout program and say goodbye