

CHW Virtual Technical Assistance Call

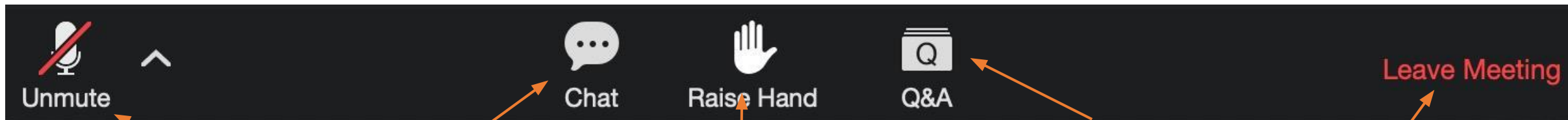
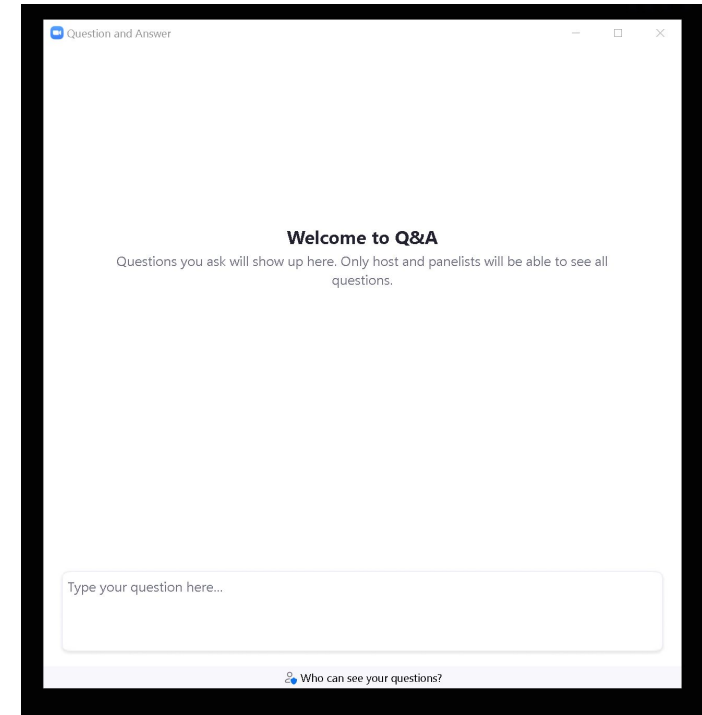
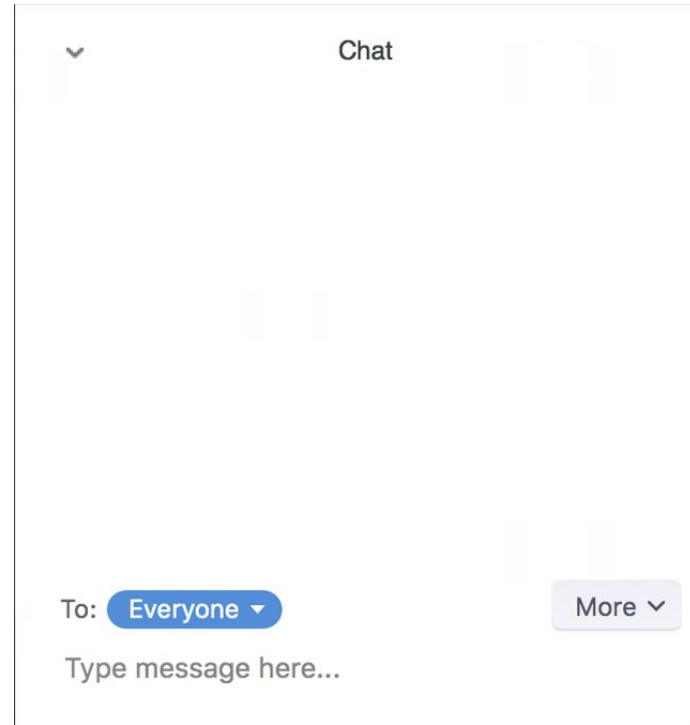
MHP Salud Resources & the Role of the Community Health Worker

August 19th 2:00 PM - 3:00 PM (Central)/ 3:00 PM - 4:00 PM
(Eastern)/ 12:00 PM - 1:00 PM (Pacific)

We will begin shortly!



Zoom Features



Agenda



- Welcome
- Ice Breaker/ Dinamica
- Presentation / MHP Salud Resources
- Resources & Upcoming events
- Q & A and Open Discussion

Icebreaker/Dinamica

- What types of training are we lacking for the Community Health Worker workforce?





MHP Salud

MHP Salud has over 35 years of experience with the CHW profession. There are 2 'arms' of our services:

1) **CHW Programs**-MHP Salud implements CHW-led, culturally appropriate, programming on a variety of health and social topic areas—nutrition and physical activity; diabetes management; older adult health; application assistance for safety-net programs. Programs currently serve predominantly Hispanic/Latino adults in our Texas and Florida communities.

2) **Training & Technical Assistance**- MHP Salud possesses experience in providing training and technical assistance nationally to FQHCs and other organizations looking to build or enhance CHW programs.



Community Health Worker Promotor(a) de Salud

A Community Health Worker (also known as a Promotor(a) de salud) is a trusted member of the community who empowers their peers through education and connections to health and social resources.



Source: <https://mhpsalud.org/our-chw-initiatives/community-health-workers/>



Emerging issues faced by Latino and MSAWs:

Mental health



What's a Mental Illness?

A mental health condition that has a negative effect on the way an individual...



thinks



feels



and behaves

Statistics

- Research from the Midwestern United States suggests that 20%–40% of farmworkers have elevated symptoms of poor mental health.
- Commonly experienced MH disorders among MSAW (Mora et al., 2016):
 - Depression
 - Anxiety
 - Substance Misuse
- Other known issues leading to mental illness
 - Acculturation
 - Trauma
 - Domestic Violence
- Increase in depression among latino/hispanic youth



SOURCES

¹<https://www.census.gov/quickfacts/fact/table/US#>

²Substance Abuse and Mental Health Services Administration (SAMHSA)'s public online data analysis system (PDAS)

³<https://www.census.gov/data/tables/time-series/demo/popest/2010s-total-cities-and-towns.html>

CHW & Community Trust

- Percentage (%) of medical physicians that are hispanic/latinos
 - 5 % of all doctors identify as Latino/Hispanic
 - 1% of all psychologist practitioners identify as Latino/Hispanic
- Shortage of U.S. psychologist practitioners
 - Projected shortage by 2025
- CHW's are from the community for the community
 - They know the language
 - They understand the culture
 - They assist and help patients navigate the healthcare system
 - Act as liaisons between medical professionals and their community
- CHW quote- The communities trust allows us to address the delicate issues of emotional well-being which can also include uncomfortable discussions.



Addressing mental health through education in the MSAW community

- Linguistically and literacy-level appropriate materials
 - Culturally sensitive health education and outreach
 - Easy to read and comprehend
- Reduces stigmas
 - Encourage others to understand
 - Empathy
 - Superstition
 - brujeria
 - mal de ojo
 - Common push back
 - Son nervios (I am just nervous)
 - Esta chiflado (they are just spoiled)
 - No estoy loco (I am not crazy)
 - Ya se le pasara (dont worry, its just a phase)
- Allows for progress
 - The community can express their concerns in a safe space
 - They can get people early care, reducing the negative impacts experienced by the individual, their family, and the community.

1. <https://www.ruralhealthinfo.org/toolkits/community-health-workers/2/manager>
2. <https://mhpsalud.org/mental-health-chw-led-programs-show-promise-in-latino-communities/>
3. <https://2ow7t71bjuyu4dst8o28010f-wpengine.netdna-ssl.com/wp-content/uploads/edd/2015/10/Salud-Para-Todos-Manual-English.pdf>
4. <http://www.ncfh.org/mental-health.html>

Providing support on mental health to the MSAW community

- Group sessions
 - Clinic
 - Outreach
 - Social media
- Social isolation and exclusion
 - Different culture, language, beliefs, social norms
 - Unfamiliar place, faces
 - Far away from loved ones
 - Depression and loneliness
- Translate and insure patient understand what is needed
 - lack of access to information and services in spanish can prevent many MSAW members from seeking care
- Screening
 - shortage on doctors
 - CHWs can provide lower levels of care to patients with less intensive needs while mental health professionals provide a higher level of care to patients with more severe symptomatology

Offering resources to the MSAW community

- Transportation
 - transportation to and from their homes/ area of work
 - portable medical records and case management
 - mobile medical units
- Substance abuse
 - Aside from anxiety and depression, substance abuse ranked third on the survey list of mental health issues
- Referrals for assistance
 - Increasing collaboration with other agencies serving migrant populations
- Lack of information about healthcare coverage options
 - Confusing eligibility requirements
- Inform workers of their rights/ OSHA complaints





Best practices

- Things to keep in mind
 - Keep cultural in mind
 - Meet the client in a comfortable environment
 - Listen! Listen! Listen!
 - Provide clear information
 - Ask opened ended questions
 - Treat people with respect



SALUD PARA TODOS

IMPLEMENTATION GUIDE



Salud para Todos

This guide is a comprehensive tool for Promotores de Salud (Community Health Workers), or other peer educators, to prepare and implement community education sessions on mental health topics. The Implementation Guide provides the information, session plans, and other materials needed to facilitate educational sessions on the topics of mental health, stress, domestic violence, substance abuse, and the relationship between chronic disease & mental health.



Emerging issues faced by Latino and MSAWs:

Diabetes



A metabolic disease in which the body's inability to produce any or enough insulin causing elevated levels of glucose in the blood.



What
is
diabetes?

A SNAPSHOT

DIABETES IN THE UNITED STATES



DIABETES

29.1
MILLION

29.1 million
people have
diabetes



That's about 1 out of every 11 people



Currently, at least 1 out of 3
people will develop the disease
in their lifetime



1
OUT
OF 4

do not know they
have diabetes

In adults, type 1
diabetes accounts
for approximately

5%

of all diagnosed
cases of diabetes

Types of Diabetes

❖ Type 1- Juvenile diabetes or insulin dependent diabetes

- It is inherited- appears in children and young adults
- Less common than type 2 diabetes
- 5 – 10 % of people with diabetes have type 1

➤ Risk Factors

- Genetics-if you are from a high risk race/ethnicity
- Your body produces very little or no insulin
- The pancreas is attacked by your immune system

➤ Symptoms

- Frequent urination
- Extreme hunger, thirst or fatigue
- Unintended weight loss or weight gain

➤ Treatment

- Take insulin shots/wear insulin pump
- Manage blood sugar levels
- Exercise/ be physically active
- Manage stress

❖ Type 2- Insulin resistance

- More than 34 million Americans have diabetes (1 out 10)
- 90 – 95% of people with diabetes have type 2
- Usually suffered by older people

➤ Risk Factors/ Causes

- Obesity is the prime risk factor
- Results of poor lifestyle, dietary and exercise habits
- Your body becomes resistant to your insulin

➤ Symptoms

- Symptoms can take years to manifest
- Blurred vision
- Poor wound healing

➤ Treatment

- Medication to help manage blood sugar, cholesterol and blood pressure levels
- Exercise/ be physically active
- Manage stress
- May get insulin prescribed

Types of Diabetes

❖ Pre-Diabetes- impaired glucose tolerance

- If left untreated, can turn to type 2 diabetes
- 1 out of 3 Americans suffer of it
- Approximately 88 million people in the USA have it,

➤ Risk Factors/ Causes

- Being overweight
- Parent or sibling has type 2 diabetes
- If you are from a high risk race/ethnicity
- Your body becomes resistant to your insulin

➤ Symptoms

- Same symptoms as type 2 diabetes
- Frequent urination
- Extreme hunger, thirst or fatigue
- Unintended weight loss or weight gain

➤ Treatment

- It is reversible
- Eating healthy foods
- Exercising/ at least 3 times a week
- Lose weight

❖ Gestational diabetes

- Appears in pregnant women
- Usually in the 3rd trimester
- 50% of women with gestational diabetes go on to develop type 2 diabetes

➤ Risk Factors/ Causes

- High levels of glucose due to insulin resistance

➤ How it affects your baby

- Being very large (9 pounds or more)
- Induce early child birth
- Increases the chances your child will develop type 2 diabetes later in life

➤ Symptoms

- Doesn't have any symptoms, a test is needed

➤ Treatment

- Attend all your prenatal appointments
- Check your blood sugar
- Follow a healthy eating plan
- Be active
- May get insulin prescribed

Community Health Worker

Preventing Diabetes

1. Disseminating Educational material
 - Culturally appropriate
 - Handouts and flyers
2. Providing Support
 - Needs assessment
 - Outreach
 - Building capacity
 - Coaching and Social support
 - Care coordination
 - Navigation of medical system
3. Offering Resources
 - Health referrals
 - Non-health referrals
 - Advocacy
4. Screening and Assessment of clients n
 - Needs
 - Health



Community Health Worker Managing Diabetes

Education

Nutrition

Physical Activity

Smoking Cessation

Managing Diabetes & Preventing
Complications

Resources

Health literacy



1. <https://mhpsalud.org/our-chw-initiatives/community-health-workers/>
2. <https://www.thecommunityguide.org/findings/diabetes-management-intervention-engaging-community-health-workers#:~:text=Interventions%20engaging%20community%20health%20workers%20for%20diabetes%20management%20aim%20to,physical%20activity%2C%20or%20weight%20management.>



Best Practices

- Prediabetes Risk Test
- Health literacy tests
- Suggest cut backs, but don't deny
- Stigmas
- Readiness of change scale
- Remember to provide to participants everything that is needed for them to succeed
- Weight scale, measuring cups, pedometer,
- Benefits of managing your diabetes
- Patient engagement is key!



Prediabetes Risk Test

NATIONAL
DIABETES
PREVENTION
PROGRAM

1. How old are you?

Younger than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)

Write your score in
the boxes below

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column.
(0 points)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



Readiness of Change



MHP Salud Resource

The purpose of this guide is to assist health centers and partners in identifying the roles of CHWs in addressing diabetes. This guide will provide access to information that will facilitate the identification of CHWs in their Health Centers and their roles in addressing diabetes self-management and prevention in their communities.

Available in english and spanish

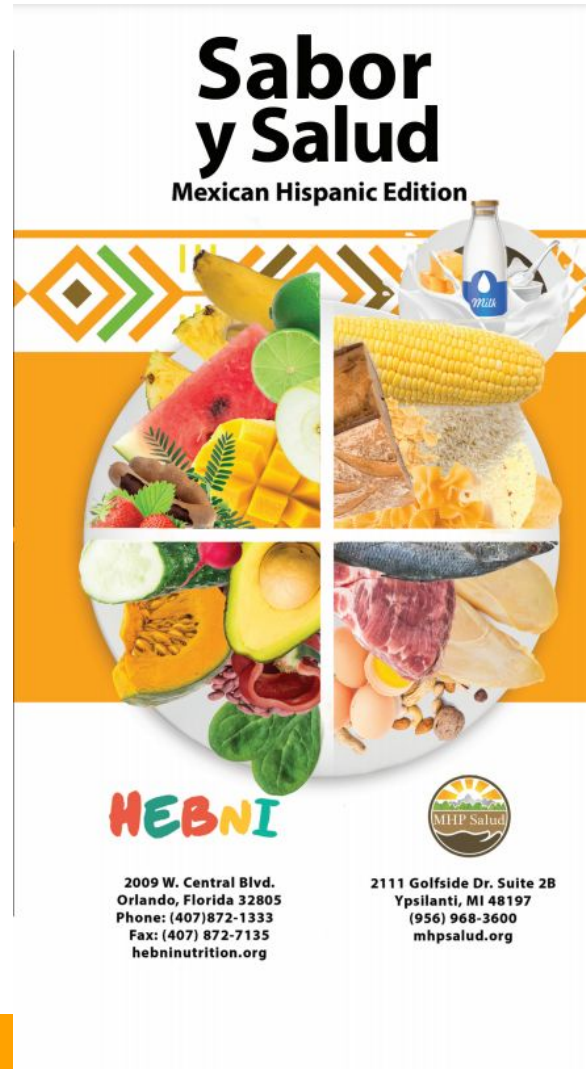
Link: <https://mhpsalud.org/portfolio/the-role-of-community-health-workers-addressing-diabetes/>



The Role of **CHWs** in Addressing Diabetes



Sabor y Salud: Latino and Hispanic Healthy plate Brochure





Emerging issues faced by Latino and MSAWs: Social Determinants of Health (SDOH)



Social Determinants of Health (SDOH)

Examples of SDOH include, but are not limited to:



Financial Security



Housing and Utilities



Transportation



Food



Literacy and Language



Education



Health care

CHW's & SDOH

- Lead a community needs assessment and collect data that could aid in the selection of final SDOH domains
- Provide referrals to a service for a community member to address SDOH needs. For example, a family facing food insecurity can be referred to a local food bank
- Attend an appointment with a community member or provide transportation to one
- Provide ongoing communication and/or case management services
- Provide follow up through phone call, home, or office visits

MHP Salud & SDOH

CHWs from **MHP Salud's initiatives** have used the Social Determinants of Health model to address and overcome critical needs in communities across the country :



CHWs in our **Healthy Living Initiative** provide support with chronic disease management and disseminate health information in the Hispanic communities, known as **colonias**, along the Texas southern border.



In this same region, CHWs in our **Connect to Care Initiative** locate families and individuals who may qualify for health insurance and provide the assistance they need, in Spanish, to fill out the necessary applications and verify they have the proper documentation.





In our **Life Stages initiative**, CHWs provide education and activities that strengthen the mental agility and physical ability of older adults, they provide breastfeeding education and support to new and expecting mothers, and they organize safe spaces for youth to discuss sexual health.



CHWs in our **Healthy Relationship Initiative** in Hillsborough County, Florida, provided social support and connections to resources to survivors of sexual assault, domestic violence, and intimate partner violence (IPV).



MHP Salud Resource



Community Health Workers
Improving Social Determinants of Health:
A Model for Use by Community-based Organizations

1 / 9

- <https://mhpsalud.org/portfolio/chws-social-determinants-of-health/>



**COMMUNITY HEALTH WORKERS AND
THE SOCIAL DETERMINANTS OF HEALTH**

1 / 10

- <https://mhpsalud.org/portfolio/chws-social-determinants-health/>

MHP Salud Resource

Community Health Workers Data Collection and Documentation: Community-based and Clinical Settings



OUTCOMES-DRIVEN
EXPERIENCED
INNOVATIVE

- <https://mhpsalud.org/portfolio/chws-data-collection/>

Starting a Community Health Worker Program?

Topics

- Organizational Conceptual Fitness
- CHW Program Readiness Checklist
- A Guide to Hiring Qualified Supervisors for CHW Programs
- Finding Qualified Candidates: How to Hire Community Health Workers
- CHW Pre-Hiring Checklist

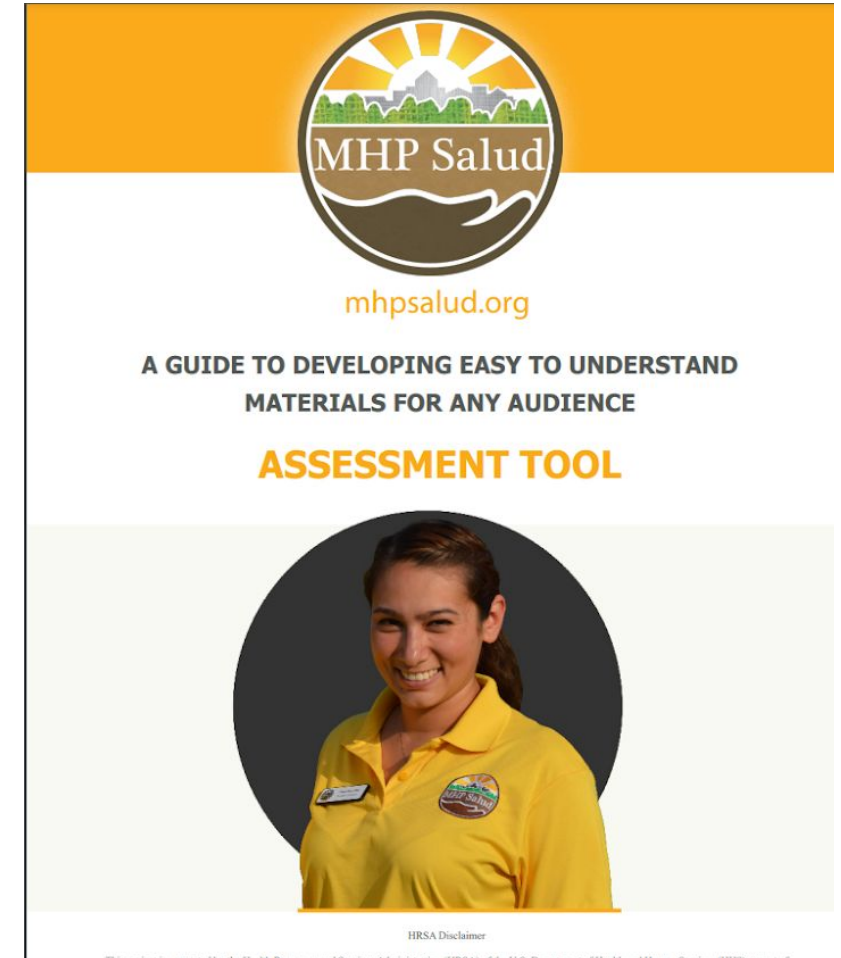
<https://mhpsalud.org/starting-a-chw-program/>



MHP Salud Resource

This guide provides organizations with an **overview of practical tools used to create and/or improve written materials**. It includes information, tips, and resources on readability, writing style, layout and design, and how to adapt writing documents to different audiences.

Link: <https://mhpsalud.org/portfolio/a-guide-to-developing-easy-to-understand-materials-for-any-audience/>





MHP Salud
Free Resources / Recursos Gratis

COVID-19

<https://mhpsalud.org/online-resources/covid-19/>

Bilingual Resources / Recursos Bilingües:

<https://mhpsalud.org/portfolio/>



Upcoming TA Calls

Strengthening Aging Services for Hispanic Older Adults Technical Assistance Call

Wednesday, Sept 15th, 2021, 2:00 PM - 3:00 PM (Eastern)

Our Strengthening Aging Services for Hispanic Older Adults program is holding Virtual Technical Assistance calls **bi-monthly** on the **3rd Wednesday of the month**, beginning on **September 15th at 2pm EST**. Reserve your seat by clicking [here](#) to register. See below for upcoming call dates:

- September 15, 2021
- November 17, 2021
- January 19, 2022
- March 16, 2022
- May 18, 2022
- July 20, 2022



Upcoming TA Calls

CHW Virtual Technical Assistance

Thursday, Oct 21st, 2021, 1:00 PM - 2:00 PM (Central)

MHP Salud will host bi-monthly virtual TA calls for Community Health Workers (CHWs), program managers, and health center leadership on emerging issues for Latino and Migrant Seasonal Agricultural Worker community. These calls are anticipated to last a total of 60 minutes each. Reserve your seat by clicking [here](#) to register. See below for upcoming call dates:

- October 21st, 2021, 2:00 PM -3:00 PM, (Central)
- December 16, 2021, 2:00 PM -3:00 PM, (Central)
- February 17, 2022, 2:00 PM -3:00 PM, (Central)
 - April 21, 2022, 2:00 PM -3:00 PM, (Central)
 - June 16th, 2022 2:00 PM -3:00 PM, (Central)



Registration Form- <https://mhpsalud.wufoo.com/forms/qt655fd050arzo/>

Feedback Form



Emerging Issues for Farmworkers TA Feedback

Thank you for attending MHP Salud's bi-monthly Emerging Issues for Farmworkers Virtual Technical Assistance Call. We ask that you please respond to this short survey to let us know how we can improve future sessions. This survey should take less than 5 minutes to complete. Thank you in advance for your participation!

Link: <https://mhpsalud.wufoo.com/forms/emerging-issues-for-farmworkers-ta-feedback/>



HRSA Disclaimer

This virtual technical assistance call is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$753,959.00 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government. For more information, please visit www.HRSA.gov

Q & A and Open Discussion

EDUCATION & TRAINING

*** *Desplácese hacia abajo por el texto en español a continuación*

**The 2022 Western Forum for Migrant and Community Health
will be held in-person February 14–16, 2022 in Portland, Oregon***



We are currently planning to hold the 2022 Western Forum for Migrant and Community Health in-person and are looking forward to seeing you in Portland, OR next February! This will be a traditional – slightly scaled-back – in-person event, with plenty of opportunities to reconnect with peers and colleagues. We're optimistic about the upcoming year, however, we are prepared should we need to transition to a virtual event.

**So mark your calendars for
Monday, February 14 – Wednesday, February 16, 2022!**

Interested in Presenting?

We are now accepting abstract applications for consideration to present at the 2022 Western Forum for Migrant and Community Health! We are looking for presentations that appeal to our attendees with creative ways to connect and engage with their peers. Abstracts should examine current programs, practices, and/or policies related to addressing disparities in health and health care experienced by Migrant Seasonal Agricultural Workers, farmworkers and/or other vulnerable populations. The topics we are especially interested in include (though are not limited to):

- Access to Care for Medically Underserved Populations
- Policy & Environment
- Behavioral / Mental Health Integration
- Chronic Disease Prevention & Management
- Community Collaborations & Coalition Building
- Community Health Worker / Promotora Models
- Culturally / Community Responsive Care Practice
- Emergency Preparedness
- Enabling Services Innovation & Integration
- Environmental & Occupational Health
- Health Center Governance & Administration
- Health Equity & Social Determinants of Health
- Improving Health Outcomes
- Patient-Centered Medical Home
- Team Based Primary Care Models
- Technology, Data & Telehealth
- Trauma-Informed Care
- Universal screening tools & Data Collection
- Workforce Development & Grow Your Own Models

Click the button below for the full details on presenting, and to complete your submission.

[Learn More & Submit an Abstract »](#)

Submit your abstract by Friday, September 3, 2021.

**Should it be necessary due to conditions regarding the pandemic, this conference will be moved to a virtual experience.*

2021 Training and Technical Assistance Needs Assessment - NACHC

The 2021 Health Center Training & Technical Assistance Needs Assessment portal is now open!

Needs Assessment is **open August 12-October 1, 2021** and can be accessed via the NACHC website at: [2021 Training and Technical Assistance Needs Assessment - NACHC](#)

- Health Center CEOs will receive a personalized email from NACHC this week, however ALL health center professionals can provide input via the portal linked above. This assessment opportunity will be advertised in many venues over the next 8 weeks. You can help by raising awareness to colleagues within your health center networks about this opportunity for all health center staff.



Thank you for your time!
May you have a pleasant rest of
the day.

For questions, comments or concerns, feel free to reach out to us via email at:

Capacity Building Assistance Program: programming@mhpsalud.org

Monica Garcia: mogarcia@mhpsalud.org

Hansel O. Ibarra: Hibarra@mhpsalud.org

End of Presentation