



**Building Healthy
Communities**

mhpsalud.org

SUPPORTING THE SELF: WHOLE PERSON SELF-CARE FOR PATIENTS



OUR PURPOSE

MHP Salud embraces the strengths of our communities to empower more individuals and families to live full, healthy lives.

Deeply embedded in the communities we serve, MHP Salud works to develop trust among our neighbors, understanding that it's up to all of us to create a strong, healthy foundation for today ... and tomorrow. Leading the Community Health Worker model, we believe in serving communities in which we live, work and play and we believe stronger tomorrows come through stronger collaboration.

When we come together to share education, resources, and support, we can remove the barriers threatening to interfere with health, well-being, and joy

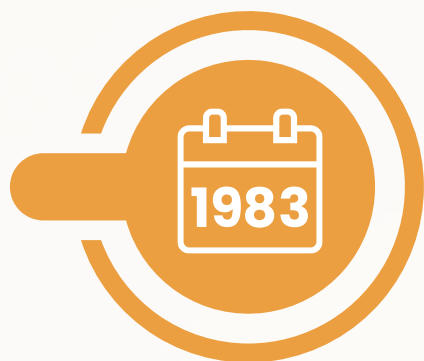
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OUR LEGACY

OUR IMPACT

Founded by Catholic sisters in Michigan to increase health care access for migrant farmworkers.



Began expanding to serve the Rio Grande Valley, reaching underserved individuals and families in isolated border communities and colonias.



Began evolving and growing to meet community needs, offering additional services to help older adults and families.



Launched national training and technical assistance to support health centers, community-based organizations and others, strengthening and growing the CHW profession while improving care to the underserved.



Expanded into Florida and developed the state's first certified CHW certification and apprenticeship program, training and equipping the next generation of CHWs to serve our communities.



123,000
individuals reached annually



7,000+
participants find hope and access to mental health and healthcare, nutrition, parenting education and support, older adult well-being and connections, *and more.*



50+
training and technical assistance sessions impacted hundreds of health centers and organizations



Nearly **100**
Community Health Workers trained through the certification and apprenticeship program

A Four-Session Small Group Training

Tues, 3/12/2026

Session 1:

Understanding
Screening Gaps:
Identifying Barriers
and Best Practices

Tues, 3/26/2026

Session 2:

Supporting the Body:
Cancer Pain
Management and
Integrative Care

Tues, 4/9/2026

Session 3:

Supporting the Self:
Whole Person Self-Care
for Patients

Tues, 4/23/2026

Session 4:

Supporting the Mind:
Journaling and
Emotional Healing



**YOU ARE
HERE**

Small Group Training Expectations

Attendance:

- We kindly ask that you attend all four sessions.
- If you can't make it, please invite a colleague from your health center to join in your place, as it's important that everyone has a voice.

Engagement:

- Be present and engage actively; your insight matters!
- Please keep your cameras on to foster a sense of connection.
- Feel free to ask questions and participate through chat, by raising your hand, or unmuting to share your thoughts.
- Let's respect and support one another throughout our discussions.

Thank you for being a part of this small group learning experience!

Facilitators



Kyraneshia Coleman,

MPA, CCPI

Program Director



Monica Calderon,

LMSW, CCHW/I

Health Strategy Specialist

Objectives

By the end of this session, participants will be able to:



Understand how self-care supports healing and well-being during cancer treatment



Identify daily habits that support physical and emotional health



Use Spanish-language resources to guide patients in self-care practices



Support patients in developing realistic self-care strategies

Dinamica

Gratitude Reflection

Share something from Quarter 1 (Jan-Mar) that makes you feel grateful.

What are you looking forward to in Quarter 2 (Apr-Jun)



Supporting the Self

Cancer affects more than just the body.

Patients may experience:

- Emotional stress
- Fatigue
- Changes in appetite or sleep
- Feelings of isolation
- Difficulty maintaining daily routines

Supporting the whole person means helping patients care for themselves physically, emotionally, and socially.



Why Self-Care Matters During Cancer

Self-care can help patients:

- Improve energy and physical strength
- Reduce stress and anxiety
- Support recovery during treatment
- Maintain quality of life

Even small daily habits can make a meaningful difference in how patients feel and function

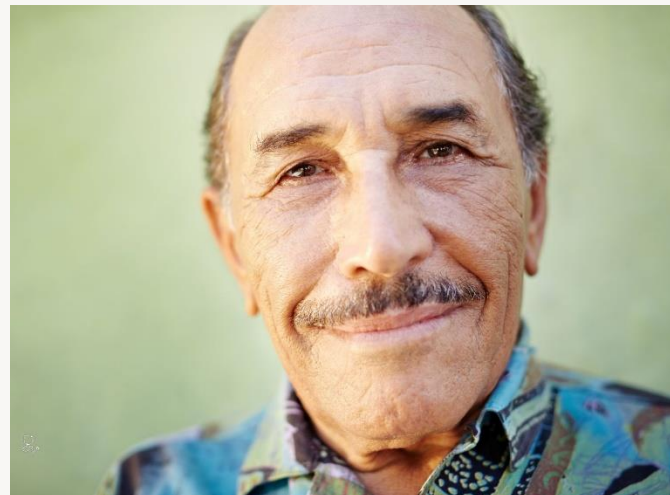


The CHW Role in Supporting Self-Care



CHWs help patients by:

- Helping patients understand simple self-care practices
- Encouraging realistic and achievable health habits
- Connecting patients with resources and support systems
- Listening and validating patient experiences



CHWs help patients build confidence in caring for their own health.

Why Spanish- Language Resources Matter

Many patients feel more comfortable receiving health information in their preferred language.

Accessible resources help patients:

- Understand how daily habits affect health
- Feel more confident making lifestyle changes
- Share information with family members and caregivers



Expanding Access Through Partnership

To address this need, MHP Salud partnered with the Healing Works Foundation to expand access to cancer care resources for Spanish-speaking communities.

Through this partnership:

- Cancer care resources are translated into Spanish
- Materials are reviewed to reflect the experiences and needs of the communities served
- Resources are shared with Community Health Workers and health centers

These efforts help ensure that patients and families have trusted, understandable information during the cancer journey.



Healing Works Foundation Approach to Holistic (Integrative) Cancer Care

Core Principles:

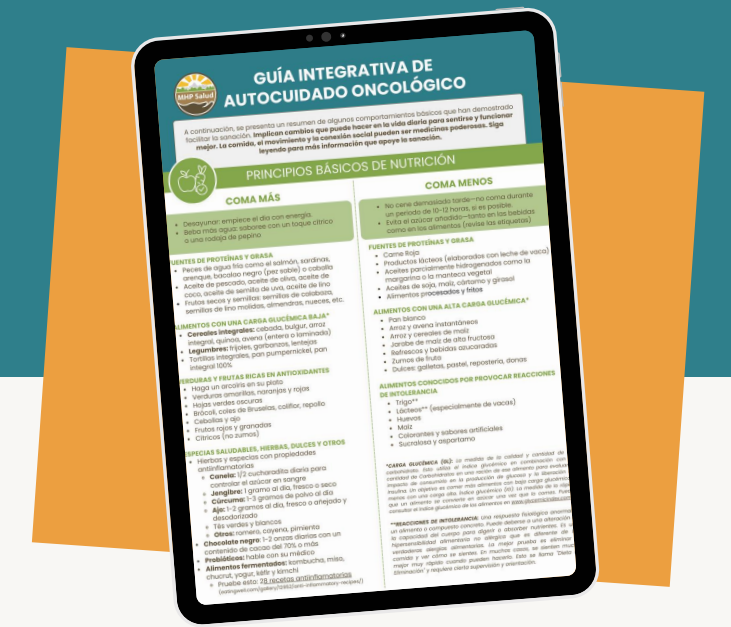
- Whole-person care: *physical, emotional, social, spiritual*
- Evidence-informed, safe practices
- Patient-directed, personalized care plans
- Integrated with conventional medicine
- Focus on quality of life & symptom relief

Examples of Therapies:

- Mind-body: *meditation, guided imagery, relaxation*
- Body-based: *massage, yoga, acupuncture*
- Nutrition & supplements (safety first)
- Functional/natural medicine

Guía Integrativa de Autocuidado Oncológico

Integrative Oncology Self-Care Guide



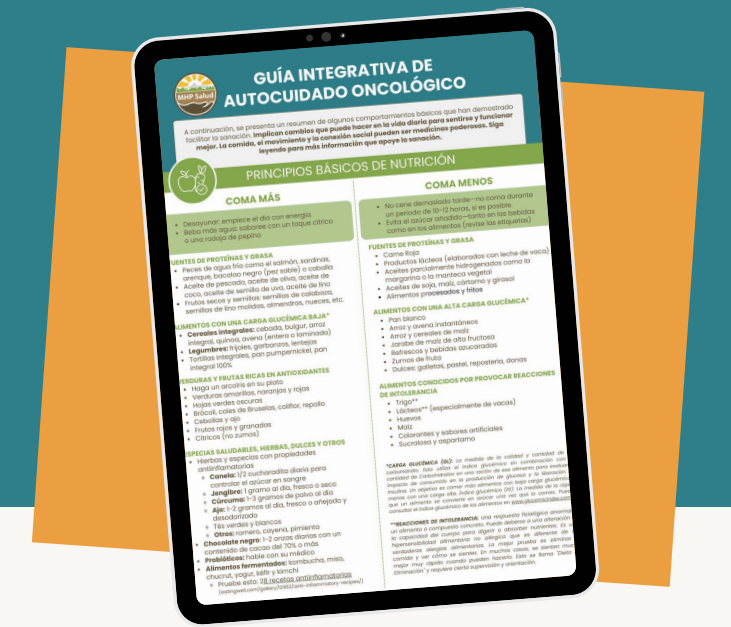
This guide highlights simple daily habits that support healing and well-being, including:

- Nutrition
- Physical activity
- Stress management
- Sleep
- Social connection

Small lifestyle changes can help patients feel stronger and more supported during treatment.



Nutrition



Healthy eating can support the body during cancer treatment.

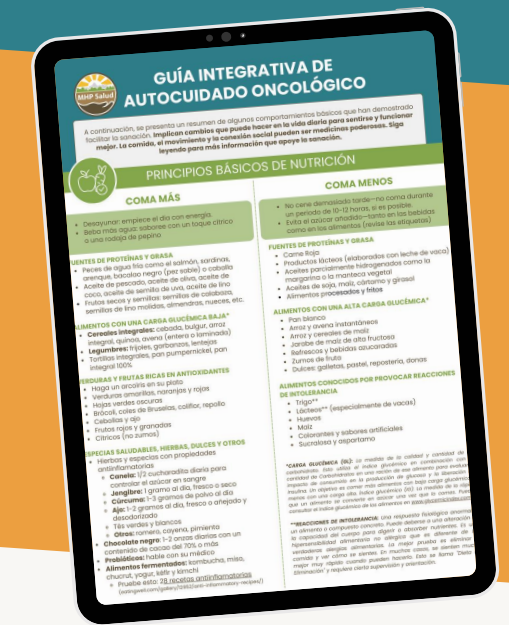
The guide encourages:

- Eating whole foods such as fruits, vegetables, and whole grains
- Including healthy fats and protein sources
- Drinking plenty of water

Some foods may also help reduce inflammation and support overall health.



Other Health Promoting & Healing Behaviors

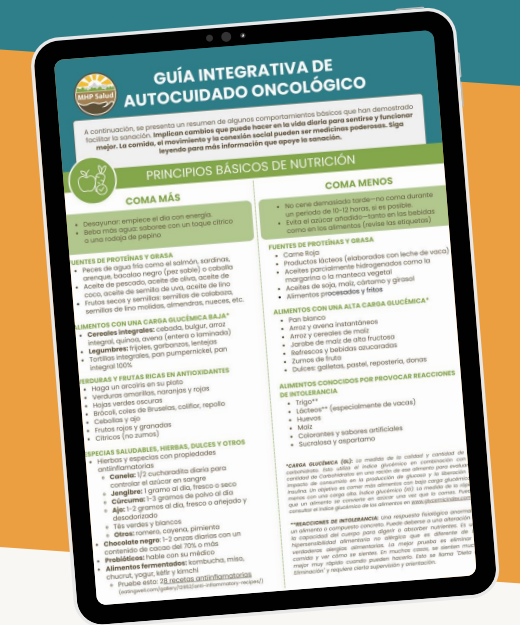


Self-care includes daily habits that support both physical and emotional well-being:

- Exercise/Physical Activity
- Social Connection
- Behavior Management
- Supplements

These habits work together to support the body, mind, and overall quality of life during cancer treatment

Healthy Mind & Stress Management



The goal is to learn how to induce the “relaxation response” for 20 min, 1-2 times a day.

- Guided Imagery
- Meditation/Mindfulness
- Journaling
- Sleep

These practices can help trigger the body’s relaxation response, which supports healing and emotional well-being.



How CHWs Can Use This Resource

Community Health Workers can use the guide to:

- Start conversations about healthy daily habits
- Encourage small, achievable self-care goals
- Help patients identify habits that work for their lifestyle
- Share practical strategies that support healing

Walking through the guide together can help patients feel supported and motivated.

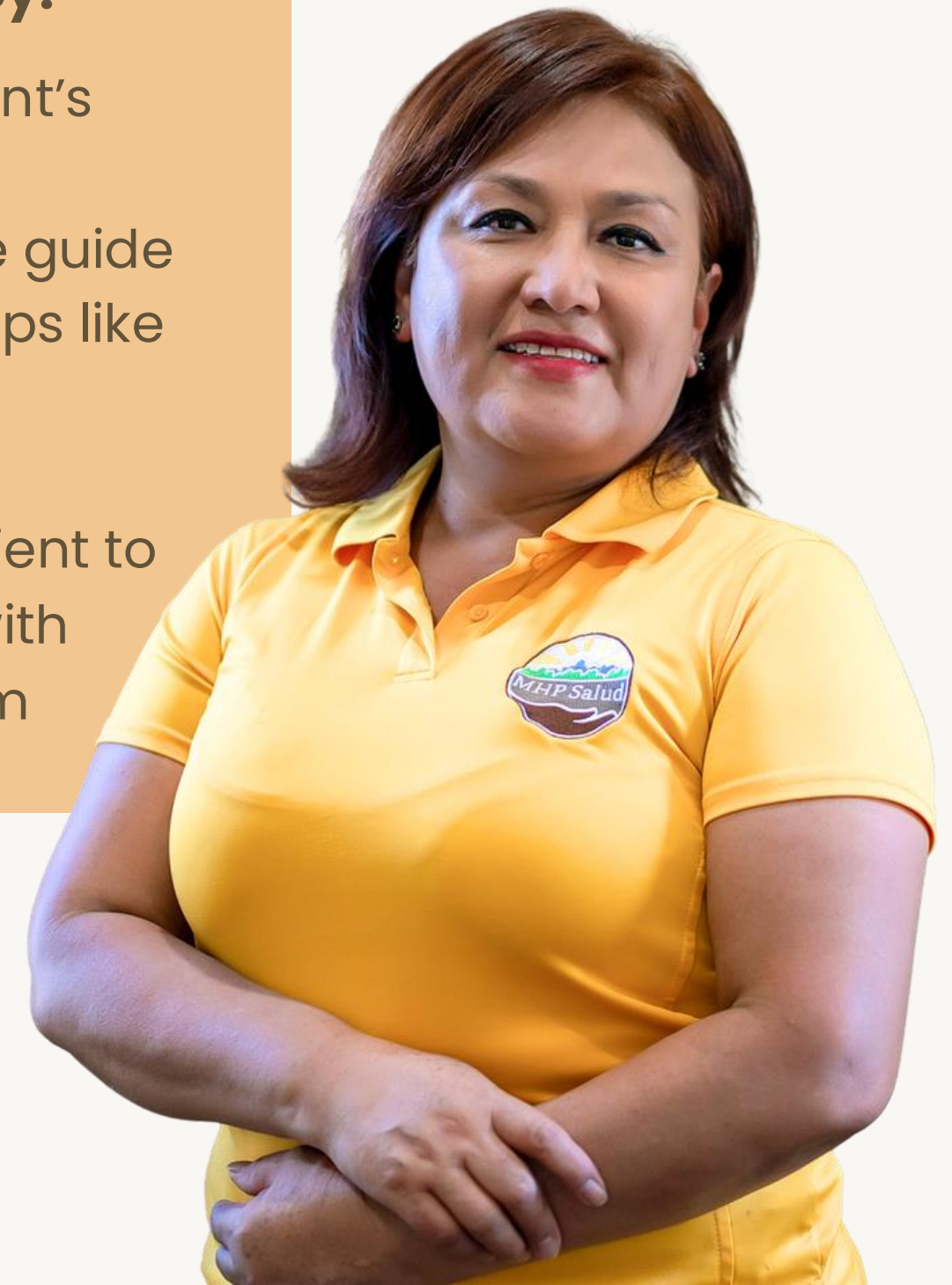
Example Scenario

Imagine a patient receiving cancer treatment who says:

“I feel tired all the time and I don’t know what to do to feel better.”

A CHW might respond by:

- Listening to the patient’s concerns
- Sharing the self-care guide
- Suggesting small steps like gentle movement, hydration, or rest
- Encouraging the patient to discuss symptoms with their healthcare team



Discussion

- What self-care challenges do patients commonly face during treatment?
- What strategies have you seen work well for patients?
- How might this resource support your conversations with patients?



Key Takeaways



- Self-care plays an important role in supporting healing during cancer treatment
- Healthy daily habits can improve both physical and emotional well-being
- Spanish-language resources help patients access and understand self-care guidance
- Community Health Workers can help patients build sustainable self-care habits



Questions



Free Resources for CHWs and Health Centers

mhspalud.org/free-resources/



Additional cancer care resources in partnership with Healing Works & more...



HRSA NTTAP

MHP Salud is a HRSA-funded National Training & Technical Assistance Partner (NTTAP).

Through this work, MHP Salud provides training and technical assistance to FQHCs and look-alike programs to build or enhance Community Health Worker (CHW) programs to better serve agricultural workers.

A HRSA Health Center Resource Clearinghouse.

For training or technical assistance, please contact: nttap@mhpsalud.org

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Thank you!

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