



**Building Healthy  
Communities**

[mhpsalud.org](http://mhpsalud.org)

**Sustaining and Creating Opportunities for  
Professional Growth**

# Facilitators



**Kyraneshia Coleman,**

MPA, CCPI

*Program Director*



**Monica Calderon,**

LMSW, CCHW/I

*Health Strategy Specialist*



# OUR PURPOSE

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MHP Salud embraces the strengths of our communities to support 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

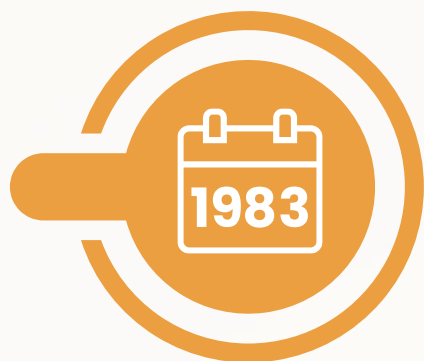
[mhpsalud.org](https://mhpsalud.org)



# OUR LEGACY

# OUR IMPACT

Founded by Catholic sisters in Michigan to increase health care access for Migratory and Seasonal Agricultural 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



# HRSA NTTAP

MHP Salud is a HRSA-funded National Training & Technical Assistance Partner (NTTAP) and Health Center Resource Clearinghouse TA partner.

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 Migratory and Seasonal Agricultural Workers.

**For training or technical assistance, please contact: [nttap@mhpsalud.org](mailto:nttap@mhpsalud.org)**

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# A Four-Session Small Group Training

**Thurs, 9/11/25**

**Session 1:**  
Community Health  
Worker Career  
Pathways

**Thurs, 9/25/25**

**Session 2:**  
Exploring  
Apprenticeship  
& Training  
Programs

**Thurs, 10/9/25**

**Session 3:**  
Professional  
Development Support

**Thurs, 10/25/25**

**Session 4:**  
Sustaining and  
Creating Opportunities  
for Professional Growth



**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!**

# Objectives

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

- ❑ **Objective 1:** Evaluating your career goals
- ❑ **Objective 2:** Managing career and personal changes
- ❑ **Objective 3:** Integrating wellbeing into the workforce

# Dinamica

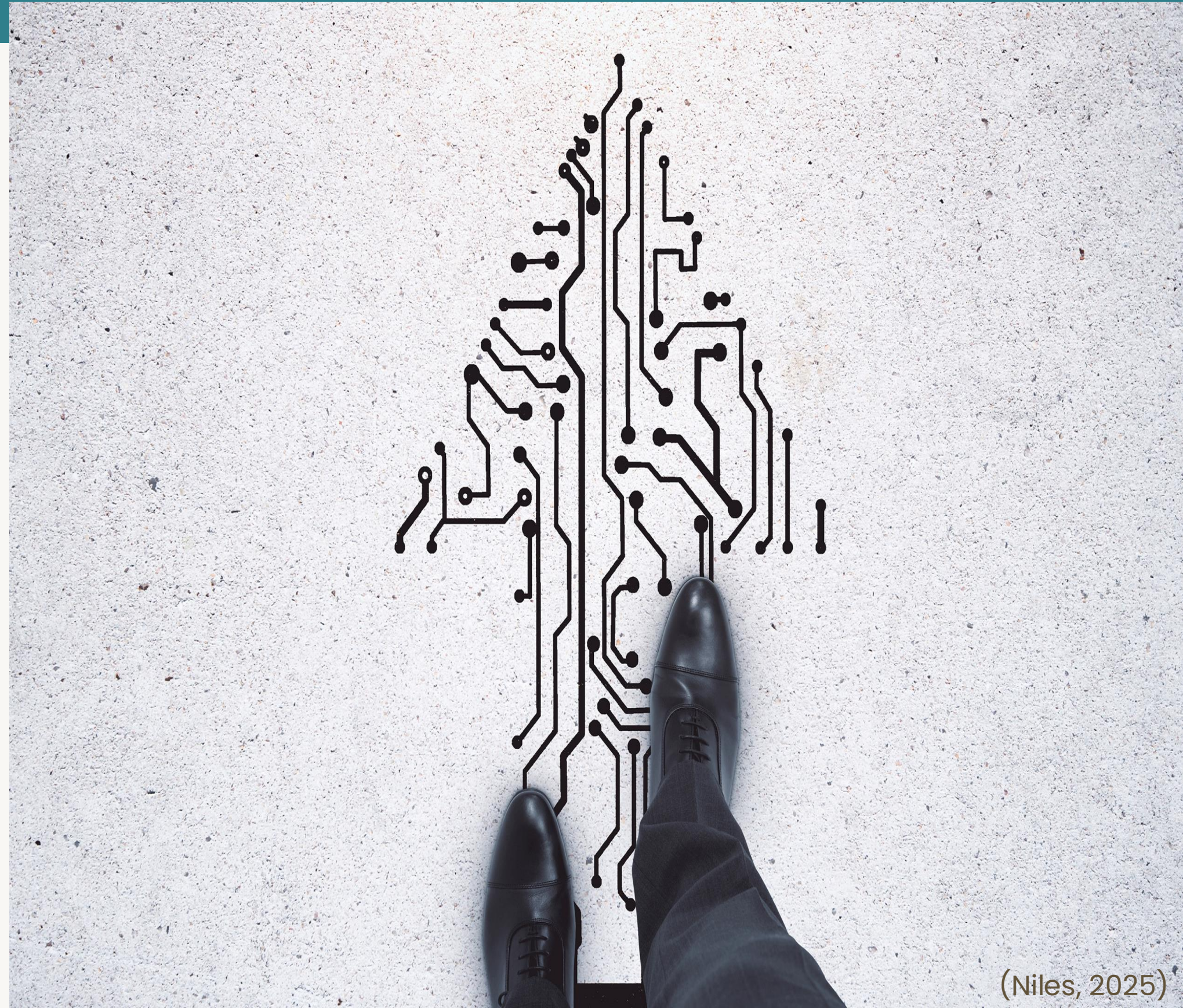
## Gratitude Reflection

Share something that makes you feel grateful.



# IMPORTANTANCE of SELF EVALUATION

- Provide long-term meaning and fulfillment
- Reduce burnout & improve decision-making
- Guide choices in job search & career planning



# Identify Your Career Goals and Values



1

## Self-Reflect

- Schedule time alone
- Be honest & intentional

2

## Journal

- Identify areas of interest
- Identify personal values

3

## Explore Opportunities

- Engage with mentors & peers
  - Utilize workforce assessments
  - Utilize digital technology
- 



# Navigating Career Options

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- Workforce
- Share goals with leadership
- Explore dual work opportunities
- Volunteer or Shadow



# Workforce Well-Being

Balances physical,  
emotional, social and  
mental health.



# Healthy well-being includes four dimensions



# Boundary- Setting for Well-Being

Healthy boundaries  
protect energy and  
reduce stress

- Clarify limits (workload, time, availability)
- Communicate respectfully & consistently
- Model balance for your team
- Support others' boundaries

A person is shown in a meditative pose, sitting cross-legged on a light-colored mat. Their hands are held in a mudra, with the index and thumb fingers touching. The person is wearing a white long-sleeved top and light-colored pants. The background is softly blurred, showing warm, golden light, possibly from a window or a lamp. In the top left corner, there are some out-of-focus bokeh lights in shades of orange and yellow. The overall atmosphere is calm and serene.

## **Micro-Practices for Well-being**

**Small steps, significant  
impact:**

- **2-minute breathing reset**
- **Step away/short walk**
- **Hydrate & stretch**
- **Gratitude pause**
- **“Single-tasking”  
moments**

# Discussion Point

## Moving Forward Together

### Self-Reflection

- What are five non-negotiables for any job of interest?
- What are 3 changes that will make staying in your current position viable?

### Group Dialogue

- What type of support does your health center have to evaluate career goal self-reflection
- What type of well-being initiatives does your health center have in place?

**What are your  
Key Take Aways?**

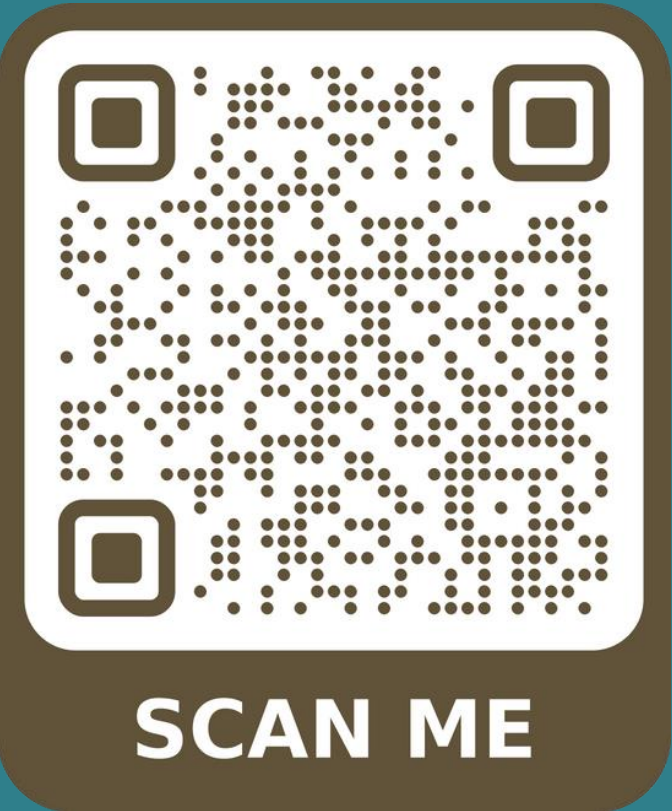




**Questions?**

# Free Resources for CHWs and Health Centers

[mhspalud.org/online-resources](https://mhspalud.org/online-resources)




**CHWs in Action: Building Community Connections**



Published On: January 3, 2025

*"This shows how we are all connected by having similar life or work experiences. It does not matter how far we live from each other; we are still connected in some form. It also shows a common denominator, which is the willingness to help others ... the fact that we are willing to help others can become a positive life changer for someone in need." — Monica Alvarez, CHW, MHP Salud, on using her favorite Dinámica, "Unity Web."*

**Building Healthy Communities: Community Health Worker Impact on Older Adults in Texas**




Impact Evaluation Study by MHP Salud  
August 2024

Published On: October 18, 2024

*A two-part article series that explores a CHW-driven community initiatives strategic response to identified mental health challenges that impact MSAWS*

**Person-Centered Mental Health Awareness**



# Thank you!

## Connect with us:

**Kyraneshia Coleman**

[Kyraneshia.coleman@mhpsalud.org](mailto:Kyraneshia.coleman@mhpsalud.org)

**Monica Calderon**

[Monica.Calderon@mhpsalud.org](mailto:Monica.Calderon@mhpsalud.org)

 [Mhpsaludinc](#)  [Mhp.salud](#)  [MHP Salud](#)



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# References

Niles, J. (2025, April 3). Values-based career decision making: Aligning your work with what matters most. University of Pennsylvania Career Services. <https://careerservices.upenn.edu/blog/2025/04/03/values-based-career-decision-making-aligning-your-work-with-what-matters-most/> Penn

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