



NACHW

NATIONAL ASSOCIATION OF
COMMUNITY HEALTH WORKERS

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Interpretation

Agenda for Today:

- **Introduction to Learning Collaboratives: 10 minutes**
- **Grounding exercise with Monique Castro**
- **Join break-out groups: 60 minutes**
- **Come back together as a group and share learnings/goals: 20 minutes**

Agenda para hoy:

- **Introducción al aprendizaje colaborativo: 15 minutos**
- **Ejercicio de puesta a tierra con Monique Castro**
- **Únete a grupos de trabajo: 50 minutos**
- **Volver a reunirse como grupo y compartir aprendizajes/metás: 20 minutos**

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Rx FOUNDATION

FUNDING HEALTHCARE INNOVATORS



**LEARNING
COLLABORATIVES**



LEARNING COLLABORATIVES

What are the Learning Collaboratives?

- Space for CHW NACHW Members to come together around a focus issue or identity.
- Space where NACHW will offer capacity building and integrate your voices into our priorities
- These groups will meet quarterly.
- These groups will be for members, by members. Members will set the goals and agenda

¿Qué son las colaborativas de aprendizaje?

- Espacio para que los miembros de CHW NACHW se reúnan en torno a un tema o identidad de enfoque.
- Estos grupos se reunirán trimestralmente.
- Estos grupos serán para miembros, por miembros. Los miembros establecerán las metas y la agenda y serán apoyados por el personal de NACHW.



LEARNING COLLABORATIVES

**Mental Health
(Salud mental)**

**Immigrants and Refugees
(Inmigrantes y refugiados)**

**Spanish Speaking/
Promotor(e)s**

**CHW Organizational Leaders
(Líderes organizacionales de CHW)**

**Community Health Representatives (CHRs)
(Representantes de salud comunitaria)**

CHW Leadership and Capacity Project

- December 2020, NACHW recruited ten CHW Leaders from across the country
- Leaders created group norms and assigned project roles
- Leaders have created a National Survey in English and Spanish on CHW Leadership and Capacity
- Leaders have done a series of internal and external trainings

Liderazgo y Proyecto de capacidad

- Diciembre de 2020, NACHW reclutó diez líderes de CHW de todo el país
- Los líderes crearon normas de grupo y asignaron roles de proyecto
- Los líderes han creado una encuesta nacional en inglés y español sobre liderazgo y capacidad de los CHW
- Los líderes han realizado una serie de capacitaciones internas y externas.

CHW Leaders

LEADER	LOCATION	AREA OF EXPERTISE
Danina Battle	Georgia	Patient Advocacy
Dean Jones	Connecticut	Community Engagement and Support
Lucy Nguyen	Texas	Community Engagement of Asian and Immigrant Population
Nikki St. Germain	New Jersey	Patient Advocacy and CHW Support
Lucia Colindres	New York	CHW Organizing and Hospital System Navigation
Rosa Perez	California	Community Engagement of Spanish-Speaking Populations
Andrea Krotzer	Michigan	Community Engagement of Human Trafficking Populations and CHW Certification Trainer
Gary Ringer	Michigan	22 Year Firefighter Veteran and Peer Advocate
Phillip Cooper (Change Agent Cooper)	North Carolina	CHW with lived experience and advocacy around Mental Health & Substance Use
Maria Ortiz	Texas	US Border Immigrant and Farmworker Rights and Empowerment

The Facilitators/ Los facilitadores

CHW Leaders	Guest Facilitators	Break-out Group:
Nikki St. Germain	Dr. Ileana Ponce (CHW Coalition for Migrants and Refugees)	CHW Organizational Leaders
Lucia Colindres and Rosa Perez	Venice Ceballos (University of New Mexico) and Edna Hutchison (Presbyterian)	Promotor(e)s
Lucy Nguyen	Theanvy Kuoch (Khmer Health Advocates)	Immigrants and Refugees
	Monique Castro (Indigenous Circle Wellness)	Community Health Representatives
Danina Battle	(National Latino Behavioral Health Association)	Mental Health

Group Norms | Normas del grupo

Listen with **EMPATHY**.

Bring a **LEARNING MINDSET** instead of an expert mindset.

Make **SPACE**, take space.

Embrace a **SAFE SPACE** – *What's said here stays here. What's learned here leaves here.*

Be cognizant of **POWER AND PRIVILEGE**.

Bring your **WHOLE SELF**; *we welcome kids, chaos and furry friends.*



Escucha con **EMPATÍA**.

Ten una **MENTALIDAD DE APRENDIZAJE** en lugar de una mentalidad experta.

Haz **ESPACIO**, toma espacio.

Adopta un **ESPACIO SEGURO**: *lo que se dice aquí se queda aquí. Lo que se aprende aquí se va de aquí.*

Se consciente del **PODER Y EL PRIVILEGIO**.

Trae **TODO tu YO**; *damos la bienvenida a niños, caos y amigos peludos.*



Question Bank:

- Introduce Yourself
- Questions:
 - What is supporting your wellness at this time?
 - What does self-care mean to you?
 - What are you feeling you need more of or support with?
 - How does your cultural affect your work life?
 - How do you know when you're distressed?

Banco de preguntas:

Preséntate

Preguntas:

- ¿Qué está apoyando su bienestar en este momento?
- ¿Qué significa para ti el autocuidado?
- ¿Con qué sientes que necesitas más o apoyo?
- ¿Cómo afecta tu cultura a tu vida laboral?
- ¿Cómo sabes cuándo estás angustiado?

Please join your breakout groups!

We will come back together

10 past the hour.

¡Únase a sus grupos de trabajo!

Volveremos juntos 10 minutos

después de la hora.

Sharing Learnings from Breakout Groups

<p>CHW Organizational Leaders</p>	<p>What self-care means, self-care means seeing ourselves happy and resetting in what and where we need to be, incorporating music, meditation, how our cultural plays a part in self-care, colonizer values, identity issues, worth it as organizational leaders, "you can't pour from an empty cup"</p>
<p>Promotor(e)s</p>	<p>Meditation and eating healthy, also relying on faith (el fe), how stress manifests in your body, impacted their bodies, watching telenovelas y escaping from reality, for promotores/Latinos you have to be creative in how you rely on mental health services, community violence affecting mental health</p>
<p>Immigrants and Refugees</p>	<p>Focus on the Immigrant and refugee population, these communities have anxieties and trauma from their experiences, CHWs feel a responsibility that they are safe and provide a safety for them, help them feel welcomed, this can cause burn out and guilt for being burnt out, responsibility to keep moving forward, "empathy doesn't know a language" you can still do the work across cultures, for so many it's embedded in those lived experiences, exercising, eating right, being vulnerable, overwhelmed, how to get more support, language support to feel more connected to those groups, mental health, stress anxiety and trauma, how to make sure things are culturally aligned</p>
<p>Community Health Representatives</p>	<p>Boundaries, how do we honor our boundaries, how to create those boundaries, helping them with their wellness, journaling, solitude time for themselves, environment that they are in, self-care, right now that helping them, separation/solitude, acupuncture, maybe getting off social media, learning how to say "no", culturally, be very passive don't want to hurt families feelings, take care of yourself first, you cannot give to others if you have nothing else to give, each one is unique, :If you don't take time for your wellness, your body is pushing itself for illness". We have to realize we have two lives, the time when your starting the second one is when you realize you only have one Need to revisit the ones we have before</p>
<p>Mental Health</p>	<p>Primarily spoke about, health and wellness spoken out by our employers, do this line of work, the toll that it takes on us as CHWs, mental health and wellness, talk to our employers, take a minute, work through this, client, situation your going through, aspect of this work, alot of support with your employer, contribute to your wellness, making sure her home is conducive to relaxation, doesn't like to work at home, that's her relaxation, have to find other places, coloring and drawing meditation music, colors in the coloring book, relax their mind, spiritual work to refocus his mind and help his relax, contribute to mental health stays in tact, physical activity, staying hydrates, healthy mind and a healthy spirit, eating, exercising, and everything is working together, debrief once a week with their employers, counselor or therapist or someone you trust, thankful to get the feedback,</p>

Thank you for attending!

Follow-Ups

[NACHW New Member Webinar](#)

Thursday, February 10th from 4-5pm EST/1-3pm PST

- [Join the Learning Collaboratives Slack page!](#)