Community Health Workers

In Housing:

A Cross Generational & Cross Cultural Approach to Healthy Communities
Panel Members

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No off label, experimental or investigational use of medications are discussed during this presentation.

I (we) have no interests of commercial services, products or support that requires disclosure.
Social Determinants of Health

Resources to meet daily needs
This means safe secure housing

Physical Determinants of Health

Built environment
This means community design, sidewalks, parks

Salishan provides the platform for building a healthy community because it provides for these needs.

• Social Determinants of Health: Healthy People 2020
  RWJ Foundation

• Why Housing? Sound Families (Building Changes, Seattle)
  Supportive Housing (CSH)
  Keeping Families Together (RWJF)
Spokane & Vancouver

• Both projects based on Community Assessments conducted by local Health Departments

• Projects are diverse from each other, but effective for their community

• They are continually learning more about how CHW’s can impact health of individuals and community

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Salishan-Tacoma Housing Authority

- HOPE VI Housing
- 886 households-mixed income/mostly low
- 2200 residents, 890 children

- Lister Elementary w/in Salishan
- Roosevelt ES & First Creek MS next door

- THA Family Investment Center
- Partnership with C.H.E.F.
Salishan-the Community
Some References

• A Summary of The National Community Health Advisor Study: Weaving the Future

• Outreach to Residents of Public Housing: A Resource Tool Kit for Health Centers

• Addressing Chronic Disease through Community Health Workers: A Policy and Systems-Level Approach

• A full list with authors in back page of handouts
Salishan
Community Health Advocate Project

How it works...

✓ Outreach to housing community w/ variety of approaches

✓ Identify natural helpers/leaders in networks/groups

✓ Train selected candidates
  ✓ WA State Patient Navigator Training (see handout)
  ✓ WSU Extension Nutrition Program
  ✓ DV/Child Abuse Workshop
  ✓ Employment Skills & Leadership Skills-ongoing
Salishan CHAs - 1st Cohort
Train CHAs To:

- Provide outreach to community
- Connect neighbors/friends/family to resources & each other
- Provide prevention education-culturally appropriate & applicable
- Build community capacity through health activities
Participants master core competencies including:

- Assessment
- Confidentiality
- Documentation
- Case Presentation
- Cultural Competency
- Organization
- Communication
- Service Coordination

Registration Link  http://hcwcommunityhealthworker.org/

DOH website link  http://www.doh.wa.gov/CHWTS
COMMUNITY HEALTH ADVOCATE

**Health**
- CHA’s learn about H.E.A.L. & other health issues
- Learn how to change their own health behavior
- Learn how to educate/mentor/support others in making changes

**Community Building**
- CHA’s learn how to bring community together through events/activities
- Learn how to build capacity by mentoring leaders from others in community

**Leadership Skills**
- Mentoring and training each other
- Recruiting and training new CHA’s
- Mentoring new CHA’s in their roles
- Taking on more responsibility/ownership of project

**Employment Skills**
- Trainings and certificates
- Professional mentorship & relationships
- Learning new skills in data collection/technology
- Learning about health care field and new changes

**Community Health Advocates**
*Individual*
CHANGING HEALTH NORMS

This cycle is repeated as CHA’s encourage neighbors to help those in their circle of influence & as new CHA’s are hired/trained.
YEAR 2

• 2\textsuperscript{nd} Cohort of 8 CHAs recruited and trained Fall of 2012 by 1\textsuperscript{st} Cohort
• Strengthened relationships w/ THA, Health Dept and Comm Health Care
• Moved into office in CHC Tanbara Clinic-located in Salishan
• Secured funding for two new youth programs:
  – Youth bike clubs
  – Youth community kitchens
• Signed contract w/ Health Dept & trained to be In Person Assisters!
What does this mean?

CHAs are:

• trusted communicators-viewed as bridges
• Valued Partners
• Have an impact on the community
Cross Cultural
CHA’s at National Night Out in Salishan
Prevention across lifespan

• 18 CHAs from variety of backgrounds:
  – Vietnamese, Puerto Rican, Caucasian, African American, Kenyan, Cambodian, Thai.
  – Ages 16-70 years

Model of cross cultural/generational community work on healthy living
General Activities

• Focus on Healthy Eating & Active Living
  – Nutrition education at 13 events
  – Presentations at meetings
  – Neighbor to neighbor
    (diet/exercise/smoking/resources)
  – Smoke free housing data collection
  – Community Kitchens & Gardens
  – Youth programs
  – Senior bingo
Leadership & Ownership of CHA Project from day 1

- Develop identity, name, logo, work plans, criteria for accepting projects

Original CHAs recruited/trained/mentored 2nd cohort

- Spent 2 months planning specifically how
Leadership.....

• Each CHA given duties/responsibilities according to talents/strengths or requests
• Everyone helps run the meetings
• Bring community concerns to group, work together to problem solve
• Advocates help train each other
  – Example: Svetlana & Nutrition
Bike Club & Summer Bash 2013
Youth

• Incorporating youth into all activities/meetings-not a separate group
• Two teams of youth CHAs given projects to run
• Foster leadership and mentor youth while utilizing their unique skills
Benefits of Including Youth

• Energy
• New perspectives
• Help w/ outreach
• Focus on entire family (Lifespan)
• Visibility
• Promoting positive example of Salishan youth
Bike Club Model

Funding
• $5000 from McEachern Trust

Project Design
• Focus Group
• Develop activities
• Marketing

Implement
• Bike Derby-Kick Off!
• 4 Bike Trails
• Down-town to Defiance
• Repair Stations

Evaluate
• Celebration-Focus Group
• What they liked or didn’t
• What they want to do next year
Bike Club Results

• “Off The Chains” Bike Club of Salishan - July to Oct
  – 35 youth participated, many in several events
  – Bike Derby w/ obstacle courses, races and logo art contest
  – Downtown to Defiance event - 8 teens rode 14 miles
  – 4 trail rides in Swan Creek park (average 7-8 riders)
  – Downtown to Defiance event – 8 teens rode 14 miles!
  – 49 bike repaired thanks to 2nd Cycle Bike Shop!
Youth Community Kitchen

Funding
• $3,500 – Fuchs & Kilworth

Project Design
• Focus Group
• Develop calendar/recipes
• Marketing

Implement
• 711 Shopping
• 4-6 Kitchen/cook/nutrition
• Store field trips

Evaluation
• Focus groups
• Compare 711 receipts
Expansion/Replication

• Potential project in Hilltop
  – Partnership of Community Health Care/Tacoma Housing Authority/Mercy Housing/Health Dept/others
  – Based on Salishan model w/ modifications

• Other similar projects in the state using P2P model
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Resources

www.chef.org

– CHW White Paper
– Research on CHWs/policy/other health topics
– Other info you may need
“R” Street Garden