

Building Capacity Through Training

Since the Brazos Valley Area Agency on Aging (BVCAA) first received a grant to implement the Stanford Chronic Disease Self-Management Program (CDSMP) in the Brazos Valley, the Center for Community Health Development (CCHD), with assistance from BVCAA and many other community organizations, has been working to expand the program into the far reaching rural corners of the Brazos Valley.

CCHD Executive Committee

Principal Investigator
Kenneth R. McLeroy, Ph.D.

*Center Director and
Co-Principal Investigator*
James N. Burdine, Dr. P.H.

Associate Director
Monica L. Wendel, M.A., M.P.H.

Center Coordinator
Heather R. Clark, M.S.P.H.

*Principal Investigator,
Diabetes Prevention and
Management Project*
Marcia G. Ory, Ph.D., M.P.H.

*Co-Principal Investigator and
Director, Diabetes Prevention
and Management Project*
Jane Bolin, Ph.D., J.D., R.N.

Director of Evaluation
Craig Blakely, Ph.D., M.P.H.

Director of Communication
Alicia M. Dorsey, Ph.D.

Director of Training
Amber Schickedanz, M.P.H.

Director, TxHAN
Joseph Sharkey, Ph.D.,
M.P.H., R.D.

Brazos Valley Regional Director
Angela Alaniz, B.A.

South Texas Regional Director
Julie St. John, M.A., M.P.H.

*Project Manager, Diabetes
Prevention and
Management Project*
Kerrie Hora, M.S.

In the past year, CCHD has hosted two workshops to train new leaders for the CDSMP. These workshops included 23 community members from 16 different organizations. In addition to these workshops, five leaders were sent to Austin for a separate week-long Master Training workshop to become certified to train more leaders within the Brazos Valley. Two of these Master Trainers are bilingual in English and Spanish, which allows them to teach classes for both language groups.

These self-management classes fit into the greater mission of the Center's research objectives – assisting in disseminating evidence-based initiatives



CDSMP class participants in Navasota.

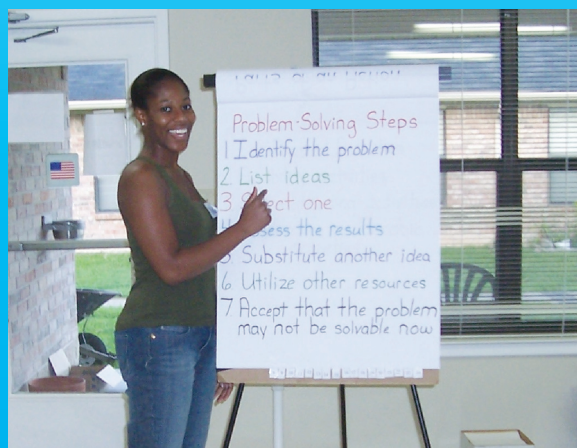
into the community setting. The Brazos Valley community has demonstrated a need for resources to meet the needs of individuals with chronic conditions. Historically,

few resources have been available to rural residents, especially any related to self-management. Local physicians want to help; however, their time with each patient is limited.

CCHD's Master Trainers train local lay leaders who subsequently deliver the six-week training course to patients. This process ultimately builds local capacity to address the burden of chronic disease. The CDSMP classes teach participants the necessary skills and knowledge to take an active role in managing their own health. Many times

individuals with chronic disease see their life as being controlled by their disease, but the class teaches them to see themselves as being in control of the management of their disease.

As the Brazos Valley continues to add to its pool of community leaders, opportunities abound to expand the program into much needed areas. Three classes were taught in the past year in Madisonville and Brenham, and three more are underway this summer in Bryan, Navasota, and Brenham. Plans are underway for hosting several classes in Bryan and College Station this fall.



NaShaine Dees, graduate student and CDSMP leader, trains a group in Navasota.

Community Health Worker Resource Center

Known as promotores, lay health advisors, community health representatives, peer navigators, and community health advocates, community health workers (CHWs) are employed in a variety of settings across the United States and internationally. These indigenous leaders provide access to populations that are often difficult to reach through traditional mechanisms of health service delivery systems. Community health workers fulfill a wide variety of roles including: health educator, outreach worker, patient advocate, case manager, translator, community development facilitator, and liaison between residents and the health and human services systems.

The Center for Community Health Development (CCHD), through its regional office in the Lower Rio Grande Valley, is in the process of developing the National Community Health Worker Resource Center. The resource center will train CHWs from across the country, offering a broad range of curricula and continuing education (CE) courses that can be used in communities nationwide.

Basic curriculum will include that required for CHW certification in Texas (communication, interpersonal skills, service coordination, capacity building, advocacy, teaching, organization, and knowledge), and advanced modules will include specialized skills in community organizing, facilitation, leadership, and population and disease specific

areas. Unlike other training programs, our local team of promotores will serve as co-instructors, providing substantial expertise and insight in the application of the curriculum content.

The curriculum will be packaged in a way that other organizations across the country can either purchase it or have their community health workers trained by our trainers on location or in South Texas. Through strategic partnerships, the Center will also work to create clear career pathways for community health workers interested in advancement. Contingent on funding, CCHD plans to begin offering courses in 2008.



Food for Thought

Based on feedback from community partners and local residents the Center provides a variety of training and educational opportunities.

One such opportunity, lunch and learn seminars, is proving to provide a diverse range of topics. The Center plans to host several seminars a year and is open to topics of interest suggested by partners, community members, and CCHD staff. Many of the seminars are led by staff with experience or expertise in a particular field – often personal interests that further enhance the research topics of the Center. The most recent lunch seminar was presented the week of Mother's Day by

Ms. Cathy Liles, a CCHD staff member and expert in the field of breastfeeding. The seminar entitled *The Power of Breastfeeding* provided attendees with an increased understanding about the importance of breastfeeding. Attendance included a local audience of 35 people and was broadcast via TTVN to 15 people at SRPH's South Texas Center. The next lunch and learn seminar will be held in September.

Grant Writing Seminar in South Texas

The Center for Community Health Development (CCHD) hosted a two day training event in McAllen, Texas at the South Texas Center on April 19th and 20th. Ms. Monica Wendel, CCHD Associate Director, conducted the training entitled *Identifying Funders & Writing Successful Proposals*.

The training targeted two audiences – health and human service organizations and civic organizations and was well-attended with over 50 people being trained. The seminar covered the elements of logic modeling and grant writing. Those in attendance expressed a desire for additional training opportunities and hands on experience with grant writing. Center staff plan to host a grant writing institute in the spring of 2008 at the South Texas Center. The institute will consist of an intensive series of classes and assignments that will allow participants the opportunity to develop a proposal throughout the process. The institute is in the early planning phase and will be further developed based on survey responses from recent seminar participants.

Inaugural Practicum Fair

CCHD hosted the first ever practicum (internship) fair for students at the School of Rural Public Health (SRPH) on March 31st.

The event was designed to offer both community partners and students a setting to discuss available opportunities. M.P.H. students at SRPH are required to complete a practicum prior to graduation. CCHD, in keeping with its training agenda, hosted the event to assist in placing students with CCHD's local partners to provide hands on experiences in public health. The event was well-attended with approximately 45 students and 20 organizations at the event. CCHD surveyed attendees following the event and are incorporating the suggestions into the next practicum fair to be held this fall.



Students meet with community organizations about possible practicum opportunities.



THE CENTER FOR
COMMUNITY HEALTH DEVELOPMENT
Texas A&M Health Science Center
School of Rural Public Health

1266 Texas A&M University
College Station, Texas 77843-1266
Phone: (979) 458-0937 • Fax: (979) 862-8371
E-mail: cchd@srph.tamhsc.edu
Website: <http://www.cchd.us/>
Editor: Amber Schickedanz, MPH