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CCHD Certified CHW Instructors (from left to right): Letty Gutierrez, Aracely Garibay, Julie St. John, Gabby Robinson, Paula Saldana and Dinorah Martinez

## Department of State Health Services (DSHS) certified Community Health Worker Training Programs

CCHD has been involved in training community health workers (CHWs)/*promotores* in assorted different programs since 2001. In that year, we first began working with and training CHWs/*promotores* during the Integrated Health Outreach Systems (IHOS) Project funded by the Robert Wood Johnson Foundation (2001-07) in South Texas, which included training on health education, promotion, outreach, and partnership development and facilitation. As part of the Women's Health Improvement Network (WIN) and *SABEMOS: Por Respeto, no se fuma aquí* (WE KNOW-Out of respect, do not smoke here), CCHD has also trained *promotores* in service coordination, case management, communication, interpersonal skills, organization, and advocacy. In 2008-2009, two additional training modules—Safe Drinking Water and Solid Waste Disposal—were developed as part of the *Colonias Sanas y Seguras* (CSS) (Healthy and Safe *Colonias*) environmental project. CCHD has also provided trainings on research methods for *Comida Saludable y Gente Sanas en el Sur de Tejas*—a program directed by Dr. Joe Sharkey.

Since the IHOS project, CCHD has continued to develop its CHW/*promotora* training program through additional projects and has now evolved into being a CHW/*Promotora* Training Program through the Texas Department of Health Services, which makes it a certified CHW and CHW instructor training center. In order to become a DSHS CHW training center, a program must have the following core principles:

- 1) appropriate educational level and cultural background for the learner;
- 2) bilingual, culturally sensitive instructor;
- 3) interactive and engaging curricula;
- 4) curricula designed to benefit the community where the learner will practice;
- 5) a variety of participatory teaching methods based on inquiry and discovery;
- 6) matched skills and trainings to meet community and employment needs;
- 7) experienced local instructors;
- 8) a supportive, accepting and caring social environment;
- 9) convenient, non-threatening locations;

*Continued on page 2...*



The Center for Community Health Development is a member of the Prevention Research Centers Program.

This newsletter was supported by Cooperative Agreement Number 1U48 DP001924 from the Centers for Disease Control and Prevention. The findings and conclusions in this newsletter are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

- 10) learner-centered objectives for each competency area;
- 11) maintenance of respect, sensitivity, flexibility, cost, and relevance for the learner; and
- 12) an evaluation component.

Curricula goals must assure successful mastery of knowledge and skill competencies, provide a local, holistic approach to meeting community health needs, link learning to employment opportunities, and meet state certification requirements. In order to become a DSHS certified training center, an applicant agency must have a DSHS certified CHW Instructor. Additionally, to meet requirements for state certification, certification course curricula must focus on a minimum of 160 hours of instruction and training with at least 20 clock hours in each of the following eight core competencies: communication; service coordination; advocacy; organization; interpersonal skills; capacity-building; teaching skills; and knowledge base on specific health issues.

CCHD has achieved DSHS-certification in all four areas through multiple steps and phases. To date, CCHD has 26 certified CEU CHW training modules and one certified CHW instructor CEU module, providing 111.5 CEUs, with an additional nine modules offering more than 60 CEUs in the process of certification and development. CCHD's CHW Training Program aims to:

- 1) train and equip CHWs and CHW instructors through providing certified DSHS training courses and CEUs;
- 2) develop additional CHW training modules;
- 3) assist CHWs in building community capacity; and
- 4) advocate on the behalf of CHWs and the residents they serve with the goal to improve health status.

For more information on the DSHS CHW Certification and Training Program, please visit <http://www.dshs.state.tx.us/mch/chw.shtm>.

Community Health Worker training in South Texas



## Dr. Marcia Ory Receives National WellCare Grant



Presentation of WellCare Grant Check (from left to right): Deb Kellstedt, Cindy Quinn, Marcia Ory and Frank Heyliger

The Program on Healthy Aging, directed by Dr. Marcia Ory, has been awarded \$100,000 as the first recipient of the WellCare Health Plans, Inc. community granting program. With over three million older adults in Texas, most of whom have at least one chronic disease, evidence-based, self-management programs are critical for helping seniors manage their diseases and live healthier lives.

The grant will be used to conduct outreach and engage approximately 400 adults in a series of *Better Choices, Better Health™* workshops in the greater Houston area. These workshops will use evidence-based practice protocols based on Stanford University's Chronic Disease and Diabetes Self-Management Program and will be facilitated by non-professional trained leaders, most of whom have a chronic condition themselves. They will be held in either community-based or clinical settings and target conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety and other ongoing illness.

This project will be conducted in partnership with the Neighborhood Centers Inc., Houston YMCA, Catholic Charities, Gateway to Care, East Texas Health and Human Services Coalition, Harris County Area Agency on Aging, Houston-Galveston Area Agency on Aging, and Texas Department of Aging and Disability Services Texas Healthy Lifestyles Program.

"This is one of the first of several initiatives that are going to help us identify social, behavioral and environmental factors that impact health and illness in older populations," said Pamme Taylor, WellCare's vice president for advocacy and community-based programs. "By understanding these factors, we will be able to design multi-level intervention programs that will help individuals and families adopt healthier behaviors, prevent disease and postpone the onset of disability."

(Article courtesy of Rae Lynn Mitchell)



## CCHD Welcomes New Graduate Assistants



Monique Ingram has recently joined the CCHD team and will be working on community collaboration efforts. Originally from Fort Worth, Texas, Monique began her collegiate career at Xavier University of Louisiana and completed it at the University of Arizona, where she received a Bachelor of Science degree in Health Sciences. Monique's interest is in community health education, minority health disparities, and program coordination. While working at CCHD, Monique hopes to learn more about the process of program planning at the community level and gain insight into community coalitions and how they function to improve the health status of communities.



Marianela Dornhecker recently joined the CCHD team and will be working as a Graduate Assistant on the standing-desk project. Marianela obtained her Bachelor of Arts in Psychology and Sociology at Baylor University and is currently a Ph.D. candidate for Counseling Psychology in the College of Educational Psychology. Marianela's research interests include minority health disparities with a specific focus on mental health among immigrant populations. While working at CCHD, she hopes to gain insight in conducting health disparities and public health research and also wants to learn how interventions transition from research studies to community wide implementation.

## Staff and BVHP Members Attend Conference

Members of the Brazos Valley Health Partnership (BVHP) Board of Directors and staff from the Center for Community Health Development (CCHD) recently attended the Community-Campus Partnerships for Health (CCPH) Conference, which was held in Houston, Texas on April 18-20. The CCPH Conference focused on promoting strategies for social justice through community-campus partnership interactions. More than 500 participants from across the United States, Canada, and other countries came to advance their skills, knowledge, and connections related to partnerships.

While at the CCPH Conference, a CCHD group presented a poster entitled, "Evaluating Capacity Building and Sustainable Partnership: Brazos Valley Health Partnership." The authors of the poster included Whitney Garney, Heather Clark, Angie Alaniz, Dr. Monica Wendel, Camilla Viator, and Britt Allen. The poster won first place for the Viewer's Choice Award, out of over 70 poster submissions.



Staff and Community Partners at the conference (from left to right): Monica Diep, Heather Clark, Angie Alaniz, Vicky Jackson, Britt Allen, Whitney Garney, Pam Finke, Camilla Viator, Dean Player and Albert Ramirez.

## Community Screenings of Weight of The Nation Documentary

The Brazos Valley Health Partnership (BVHP) and the Center for Community Health Development (CCHD) are collaborating to conduct community screenings for the documentary "Weight of the Nation" (WON) in the seven-county Brazos Valley Region. The community screenings include a viewing of the WON documentary, a community discussion about obesity, and an evaluation. The WON documentary is designed to increase awareness about the obesity epidemic in the United States and to encourage community members to take action to combat obesity in their communities.

Through a venture called the Physical Activity and Community Engagement (PACE) Project, the Brazos Valley Health Partnership is in the process of implementing initiatives in four of the seven Brazos Valley Counties to increase access to physical activity for rural residents. The PACE Project aligns with the goals of the WON documentary and will be emphasized through the community screenings as one of the opportunities available to fight obesity in the Brazos Valley.



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## Congratulations Graduates!



Monica Diep has been a graduate research assistant with the Center for Community Health Development since June 2011. Last month, she graduated from SRPH with her Master's in Public Health degree in the Social and Behavioral Health Department. Since commencement, Monica has moved back to Dallas with her fiancé and has accepted a position as an associate health professional with Compass Professional Health Services. She plans on applying what she learned at CCHD to help improve access to care and increase community capacity in the surrounding Dallas areas.



Whitney Garney has recently joined the full-time staff of the Center for Community Health Development as the Brazos Valley Regional Manager. Whitney recently graduated from the School of Rural Public Health with a Master's in Public Health degree. She will be working with Angie Alaniz on community engagement activities in the Brazos Valley, as well as assisting with the Brazos Valley Health Partnership, which is the CCHD's community advisory board.