



# *Community Health Worker Conference*

**THE POWER OF RELATIONSHIPS**

**APRIL 12-13, 2018**  
Lynnwood, WA



# *The Power of Relationships*

**Welcome and thank you for joining us!** The 2018 Community Health Worker Conference will be an engaging two days of connecting, energizing, and empowering attendees to best be able to support their communities.

According to the American Public Health Association, community health workers (CHWs) build individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, community education, informal counseling, social support, and advocacy. We recognize that not only do CHWs provide this value to our communities, but so do community health advocates, lay health advocates, promotoras, outreach workers, community health representatives, peer health promoters, peer counselors, peer educators, support workers, patient navigators, care coordinators, and health care aides.

This conference is designed to be beneficial for all the above professionals. It is our honor to bring people together from across the state to highlight the work of community health workers and other related professions, and to provide a forum for connecting, energizing, and empowering.

This year, we are proud to bring together over 30 exhibitors, over 40 unique presentations, and nearly 400 attendees. With that much knowledge and expertise under one roof, we hope you feel how truly valuable *The Power of Relationships* can be. Enjoy the conference!

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# Planning Committee

The Community Health Worker Conference  
would not be possible without the hard work of our  
Planning Committee. Thank you!

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**Sharon Weinhold**

Cowlitz Community Health &  
Safety Network

**Mary Jo Ybarra-Vega**

Quincy Community Health  
Center

# Sponsors & Exhibitors

## SPONSORS

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## EXHIBITORS

American Cancer Society

American Diabetes Association

Amerigroup

Asian Counseling & Referral Service

Bellevue Massage School

Benton Franklin Health District

Brain Injury Alliance of Washington

Center for Multicultural Health

Community Health Plan of Washington

Coordinated Care

Delta Dental of Washington

El Centro De La Raza

Kaiser Permanente

Molina

Northwest Kidney Centers

Pierce County ACH

Puget Sound Susan G Komen

Qualis Health

Shield Healthcare

SWACH

Statewide CHW Network

Tacoma Community College

United Healthcare

UW School of Public Health

WA State Department of Health,  
Various Programs

WIN 211

Within Reach

YMCA of Greater Seattle

# General Information

## MENU THURSDAY, APRIL 12

**CONTINENTAL BREAKFAST BUFFET:** Fruit; Blazing Bagels assortment and cream cheese, whole grain choices; Yogurt and house made granola; Hard boiled eggs, house made oatmeal; Preserves, peanut butter, honey; Coffee and tea.

**PLATED LUNCH:** Mediterranean roasted chicken breast (GF); Quinoa tabbouleh vegetable salad with sumac vinaigrette; Bread and assorted cookies.

**AFTERNOON SNACK:** Popcorn; Tim's Chips.

## MENU FRIDAY, APRIL 13

**CONTINENTAL BREAKFAST BUFFET:** Fruit; Blazing Bagels assortment and cream cheese, whole grain choices; Yogurt and house made granola; Hard boiled eggs, house made oatmeal; Preserves, peanut butter, honey; Coffee and tea.

**PLATED LUNCH:** Oven roasted chicken breast, sherry-cream braised mushrooms (GF), cheddar mashed potatoes, seasonal vegetables; Bread and assorted cookies.

**AFTERNOON SNACK:** Popcorn; Tim's Chips.

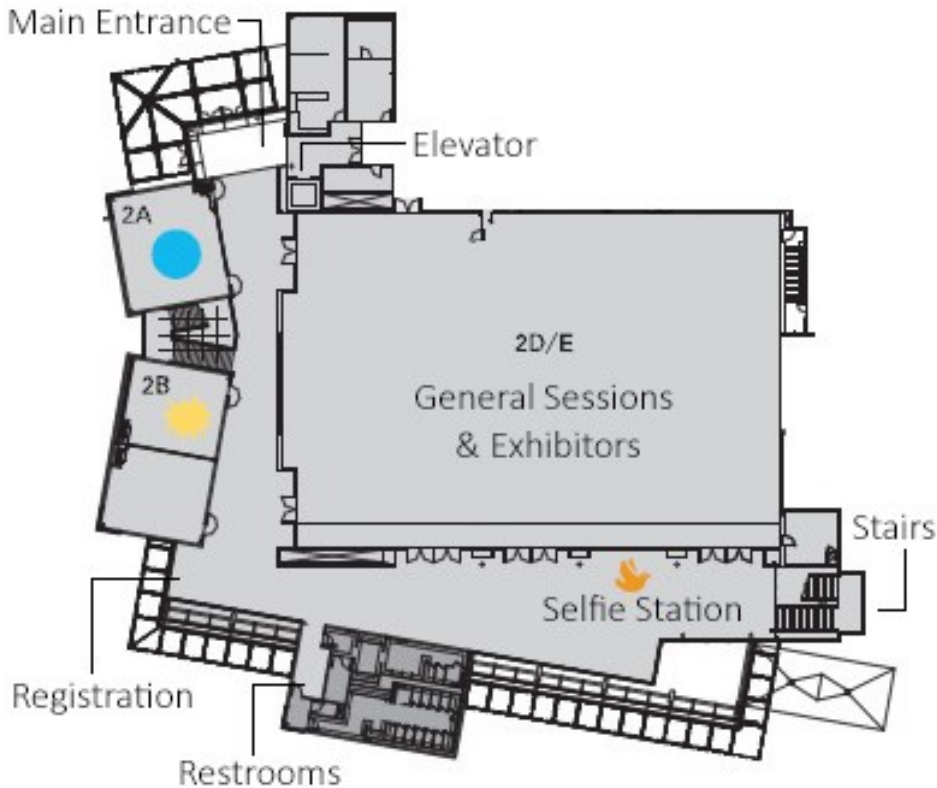
**VIDEO TESTIMONIALS**, this is an open time for attendees to record a short message about your passion for being a CHW, CHA, lay health advocate, promotora, outreach worker, CHR, peer health promoter, peer counselor, peer educator, support worker, patient navigator, care coordinator, or health care aide. Testimonials will be used to share the encouraging stories and successes of your valuable work. This video will be available on Department of Health webpages.




**INTERPRETATION SERVICES**, In Demand Interpreting, in Spanish and English, is sponsored by the Southwest Accountable Community of Health. Staff with green ribbons can help ensure an interpreter is at your session.

**SELFIE STATION**, we're excited to offer a new engagement feature to this year's conference! Come join the fun and show your CHW pride by taking a picture at the selfie station. We encourage you to use #CHWConference on any social media posts you make.

**RESOURCE WALL**, a new opportunity to share resources with one another! Visit the Resource Wall to discover new resources or share business cards, contact information, flyers, or brochures of your favorite resources.

# Upper/Main Level

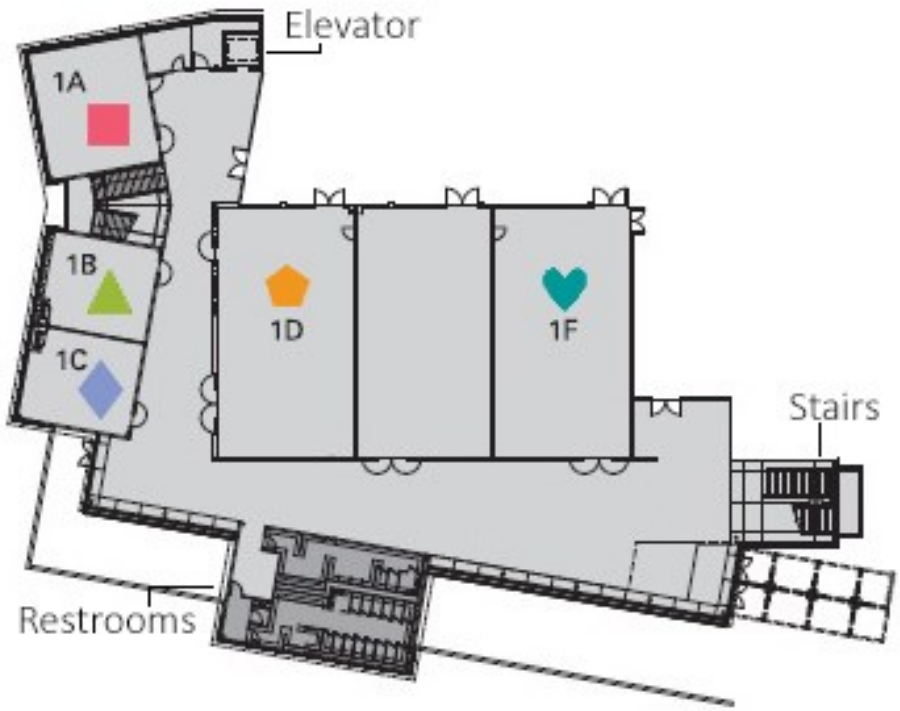





-  Partnering for Success
-  Awareness
-  Selfie Station

*Also on this level:*  
General Sessions  
Exhibitors  
Breakfast & Lunch



# Lower Level



-  Cultural Diversity
-  Client Support Resources
-  Fostering Healthy Lifestyle
-  Challenging Conversations
-  Relaxation & Wellness







## THURSDAY, APRIL 12TH

Registration & Exhibiting

Opening Prayer

Welcome







Working Breakfast – Community: Going Above and Beyond Yourself

	Challenging Conversations 	Partnering for Success 	Client Support Resources 	Cultural Diversity 	Fostering Healthy Lifestyle 	Relaxation & Wellness 
<b>7:00-7:45</b>	Registration & Exhibiting					
<b>7:45-8:00</b>	Opening Prayer					
<b>8:00-8:20</b>	Welcome					
<b>8:20-9:00</b>	Working Breakfast – Community: Going Above and Beyond Yourself					
<i>Track:</i>						
<b>9:15-10:15 Session 1</b>	How You Can Play a Role in Suicide Prevention	Pharmacies as a Community Healthcare Resource	Integrating CHW Voice within System Transformation Efforts	The Four Dimensions of Cultural Wisdom	Oral Health and Social Determinants of Health	Building Community Relations through the Power of Dance
<b>10:45-11:45 Session 2</b>	Harm Reduction: Building Relationships without Expectations	CHW Panel	Immunizations Across the Lifespan and Addressing Vaccine Hesitancy	LGBTQ Panel	Wisdom Warriors	Yoga + Meditation for Health
<b>12:00-1:00</b>	Working Lunch – Keeping Kids at the Top of Their Game: The Well Child Check					
<b>1:15-2:15 Session 3</b>	Motivational Interviewing Effectively Engaging in Change	Behavioral Health Peer Services 101	Childhood Injury Prevention	Strengthening American Indian/Alaska Native Through Seven Generation Strategies	Healthy Aging for Everyone	Strong Bodies: More than Strong Muscles
<b>2:30-3:30 Session 4</b>		YMCA Blood Pressure Self-Monitoring Program	Building Relationship Through Effective Communication	Advocacy Ideas: Using Health Equity & Social Determinants Concepts	Un Dia en los Zapatos De un Diabetico (A Day in the Shoes of a Diabetic)	Tai Ji Quan: Moving for Better Balance
<b>3:45-4:00</b>	Wrap Up and Further Direction					
<b>4:00-6:00</b>	Networking and Exhibitor Reception, Cultural Performance					

## FRIDAY, APRIL 13TH

### Registration and Exhibiting

#### Working Breakfast – Seeds of Hope

	Challenging Conversations 	Partnering for Success 	Client Support Resources 	Cultural Diversity 	Fostering Healthy Lifestyle 	Relaxation & Wellness 
<b>7:30-8:00</b>						
<b>8:00-8:45</b>						
<i>Track:</i>						
<b>9:00-10:00 Session 5</b>	Using Promotores(as) de Salud to Address Mental Health in Latino Communities	CHW Panel	Become a Diabetes Ambassador for Your Community	"I Will Hold the Stars for You": The Precious Legacies of Self-care by and for Women of Color	Family Planning – How, What, Why, Who and Where	The Food, Nutrition, Health and Wellness Workshop Series Project
<b>10:15-11:15 Session 6</b>	Taking Care of Your Mental Health (A Review of Immigrant Mental Health)	ACHs: Better Health Together and Care Coordination	Trauma Informed Approaches to Child, Youth, Family and Community Well-Being	Elder and Vulnerable Adult Neglect and Financial Exploitation: What CHWs Need to Know	It Takes a Village: A CHWs Role in Supporting, Promoting, and Protecting Breastfeeding	Demystifying Eating Disorders
<b>11:30-12:30</b>						
<b>12:45-1:45 Session 7</b>	In Their Shoes: Teens and Dating Violence	Faces of Peer Support: A Panel Discussion with Peer Counselors	Breaking Barriers – Improving Health Access through CHWs	The History of Promotoras of South Park	Men's Health – Living the Macho Man Way of Health	The Role of a Community Health Worker in Managed Care
<b>2:00-2:45</b>						
<b>2:45-3:00</b>						

#### Closing Presentation – The Healing Power of Social Support

Wrap Up and Thank You

# General Sessions

## THURSDAY, APRIL 12



**OPENING PRAYER, Councilwoman Marie Zackuse** is the first elected Chairwoman of the Tulalip Board and has served on the Tulalip Board of Directors since April 1990. Marie is a delegate to the Northwest Portland Area Indian Health Board, a member of the Indian Education Committee, and is chairwoman of the Pharmacy Board. She is actively involved in the Early Learning Advisory Council, established by the Washington State

Legislature. Her accomplishments include signing of a memorandum of agreement that encourages curriculum that includes tribal experiences, narrowing the achievement gap, and increasing understanding of tribal history, culture and government.



**BREAKFAST KEYNOTE, Patria Alguila, CCHW** is a Training Director for MHP Salud. She provides capacity-building assistance to Migrant and Community Health Centers, nonprofits, health departments, and other agencies developing community health worker (CHW)/Promotor(a) programs. She is currently updating MHP Salud's CHW training to ensure it aligns with National CHW Core Competencies.



**LUNCH KEYNOTE, Jared Papa, MPAS, PA-C** is a Clinical Assistant Professor and Service Learning Coordinator with the Idaho State University Physician Assistant (PA) Program. He received his Master's degree in Physician Assistant studies from Pacific University. As a National Health Service Corps Scholar he began his PA career in Quincy, WA, and now has over 14 years

experience in Family Medicine and Pediatrics. He is bilingual in Spanish and enjoys regular medical service missions to Peru, Belize, Haiti, and the Dominican Republic.

**EXHIBITOR & NETWORKING RECEPTION,** Please join us for an exhibitor and networking reception from 4-6 p.m., Thursday. With over 30 exhibitors and a cultural dance performance, the reception is sure to be an exciting close to the first day of our conference! Light appetizers will be served.

# General Sessions

## FRIDAY, APRIL 13



**BREAKFAST KEYNOTE, Roberto Dansie, PhD** is a clinical psychologist, Toltec Tribal member, cultural diversity expert, and 1981 Martial Arts World Champion. Through Cultural Wisdom, Roberto bridges the gap in culturally appropriate communication. Born to a healing tradition, his life service of healing trauma began when his grandmother introduced him to Toltec and Mayan medicines. These included methods for healing susto & espanto (shock & trauma) - the two key modalities of psychosocial narrative healing. Roberto has been a leader in CDC's Health Disparities Initiatives. He is the recipient of Humanitarian of the Year Award from The International Medical & Education Trust of Columbia Missouri University.



**LUNCH KEYNOTE, Representative June Robinson** has represented the 38<sup>th</sup> Legislative District since 2013. She currently serves on three legislative committees: Appropriations (Vice-Chair), Health Care & Wellness, and Agriculture and Natural Resources. Rep. Robinson served as a Peace Corps Volunteer in rural Jamaica where she worked as a public health nutritionist. She has held leadership positions at Migrant Health Promotion, Community Health Center of Snohomish County, and the Housing Consortium of Everett and Snohomish County. Currently, she works at Public Health Seattle & King County in the Chronic Disease and Injury Prevention Section.



**CLOSING KEYNOTE, Josué Guadarrama, MA** is a Counseling Psychology doctoral candidate at Washington State University and a former APA intern therapist at Marin County Behavioral Health & Recovery Services. A frequent expert panelist and former producer for the Cuerpo Corazón Comunidad, a psycho-educational Spanish radio program in San Rafael, CA. Josué has provided counseling services to college students. Josué enjoys traveling, spending time with friends, and helping others live to their full potential.

# Session Descriptions

## Session 1 (9:15am-10:15am)

### How You Can Play a Role in Suicide Prevention

Suicide is a preventable public health issue and everyone can play a role. With suicide rates in Washington increasing, there are steps each of us can take to help people who are considering suicide. This presentation will go over what we know from data and research, warning signs, how to talk about suicide, and referral options. We will also talk about what we're doing in Washington to reduce suicide.



**Neetha Mony** is the Program Manager for the Washington State Suicide Prevention Plan at the State Department of Health. She supports the Action Alliance for Suicide Prevention and co-leads an open community workgroup called the Mental Health Promotion/Suicide Prevention Workgroup. Neetha has a Master's of Social Work from the University of Michigan and a Master's of Forensic Psychology from John Jay College of Criminal Justice. She has also worked with nonprofit community organizations.

### Pharmacies as a Community Healthcare Resource

Pharmacists are the medication expert in the healthcare team, and nearly every community in Washington has a pharmacy. However, pharmacies continue to be an underutilized resource in healthcare. Dr. Arnold will review resources hiding in pharmacies, and discuss how to make the pharmacist part of your patient's healthcare team.



**Jenny Arnold, Pharm.D, BCPS** is the Director of Practice Development at the Washington State Pharmacy Association. She helps develop meaningful practice advancements for pharmacy practitioners and links them to community resources and initiatives. Dr. Arnold has practiced in hospital, long-term care, and community pharmacies. Jenny graduated from the University of Washington with her Doctor of Pharmacy degree in 2006.

# Session Descriptions

## ▲ Integrating CHW Voice within System Transformation Efforts

Ensuring that the voice of community health workers is incorporated in the development and implementation of quadruple aim and systems change efforts is vital to their success and sustainability. With Medicaid Transformation projects occurring across the state, how can we guarantee CHWs have a seat at the table?



**The Pierce County CHW Collaborative** works together to raise community voice. We aim to advocate for our CHW workforce as having a critical role in health reform, systems change, and community advocacy. To accomplish this goal we have a critical mass of local CHWs *accountable and committed* to the overall goal of us as a collective. We have our own identity validating the community out approach.

## ■ The Four Dimensions of Cultural Wisdom,

We will identify the essential factors of wellbeing, the power of relationships, and the transforming energy that community health workers bring to our world.



**Roberto Dansie, PhD** is a clinical psychologist, Toltec Tribal member, cultural diversity expert, and 1981 Martial Arts World Champion. Through Cultural Wisdom, Roberto bridges the gap in culturally appropriate communication. Born to a healing tradition, his life service of healing trauma began when his grandmother introduced him to Toltec and Mayan medicines. These included methods for healing susto & espanto (shock & trauma) - the two key modalities of psychosocial narrative healing. Roberto has been a leader in CDC's Health Disparities Initiatives. He is the recipient of Humanitarian of the Year Award from The International Medical & Education Trust of Columbia Missouri University.

# Session Descriptions

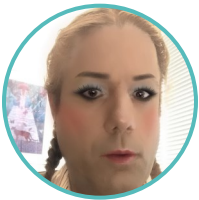
## ◆ Oral Health and Social Determinants of Health

In this session, we will present the data as a result of the Oral Health and Social Determinants of Health Spanish workshops administered across the state. The workshop addresses oral health, participant's perceptions of social determinants of health, and where to look for local resources.

**Joseph Gillick** is the lead Referral Specialist for DentistLink, an online dental scheduling and coordination tool supported by Arcora, the Foundation of Delta Dental of Washington. Joseph is responsible for DentistLink systems improvements, training and onboarding of referral partners, and co-designing program innovations. He holds a bachelor's degree in Popular Music from the University of London.

## ♥ Building Community Relations through the Power of Dance

Today we will share with the audience the success of the Zumba Fitness program at Sea Mar. We will go over how the Zumba Fitness program Classes have evolved to an outreach opportunity for the Health Education program to connect with patients, and for the Community Resource Navigators to connect with the members in the community.



**Melissa Blanco Bless** is a Utilization Data Analyst for the Sea Mar Managed Care Department. In her role she coordinates outreach and enrollment campaigns using enterprise class notifications. She also coordinates outreach events through the weekly Zumba program here at Sea Mar Clinics in conjunction with the Sea Mar Health Education Department. She has a

Bachelor of Arts in Industrial Psychology and a minor in Arts and Clinical Psychology from the Universidad del Sagrado Corazon in Puerto Rico.



# Session Descriptions

## Session 2 (10:45am-11:45am)

### 🏠 Harm Reduction: Building Relationships without Expectations

This presentation will explore some harm reduction principles and how we can apply them in our work with people with substance use disorders. In the age of the opioid epidemic it's more important than ever that we meet people where they're at, fight stigma, hold each other accountable, and celebrate any positive change. We will talk specifically about opioid use disorder, how to reduce harm and prevent overdose deaths, and treatment options currently available.



**Thea Oliphant-Wells, MSW** is in long-term recovery from opioid use disorder and has personal experiences with homelessness and criminal justice involvement. She has a Master's in social work from the University of Washington and works with people with behavioral health conditions in harm reduction programs.

Thea serves clients, both directly and through systems level advocacy, at King County's Public Health Needle Exchange program. She is a member of the King County Heroin and Opiate Addiction Task Force.

### ● CHW Panel, hosted by Cheryl Farmer, MD

Personal stories and successes of being a CHW, shared by the below panel participants.

**Jaime Castillo, CHW, UnitedHealthcare**

**Monica Davalos, Global to Local**

**Sharmane Joseph, Tulalip Tribe**

**Michelle McIntosh, AAS, Volunteers of America Hope House Shelter**

**Griselda Romero, Moses Lake Community Health Center**

**JoDee Savage, Rural Resources Community Action**

# Session Descriptions

## ▲ Immunizations Across the Lifespan and Addressing Vaccine Hesitancy

This course will cover immunizations across the lifespan by discussing vaccines needed at various ages and why vaccines are important. We'll introduce a new resource developed specifically for community health workers to help educate their adult clients about the importance of immunizations. We will also discuss how community health workers can address vaccine hesitancy in their communities.



**Leigh Wallis, MPH** is the Adult Health Educator for the Office of Immunization and Child Profile at the Washington State Department of Health. She has a Master's in Public Health from George Mason University and a Bachelor's in Health Sciences from James Madison University. She is passionate about global and community health, and the lifesaving role of immunizations.



**Columba Fernandez** is a Health Educator for the Office of Immunization and Child Profile at the Washington State Department of Health. She has a Bachelor's in Organismal Biology, Science, and Arts & Letters from Portland State University. She is passionate about CLASS standards, community health, and the lifesaving role of immunizations. Whenever possible, Columba likes to volunteer around her community.

## ■ **LGBTQ Panel**, hosted by *Sandy Quiroga*

LGBTQ advocates will have a panel discussion about the work of their organizations, available resources, and current issues for LGBTQ communities. Our panelists include:

**Alison Davison**, *Lifelong*

**Luis Fernando Ramírez Limón**, *Entre Hermanos*

**Caila Nickerson, MSW**, *Lifelong*

**Priscilla Salinas**, *Coordinated Care*

# Session Descriptions

## ◆ Wisdom Warriors

This session provides information about a tribal specific program called Wisdom Warriors. Wisdom Warriors uses the evidence-based tools taught in the Chronic Disease Self-Management Program and more importantly adapts those tools to incorporate tribal traditions, culture, food, and languages. We are currently working with the creators of the Chronic Disease Self-Management Program to make it more culturally relevant to indigenous nations.



**Becky Bendixen** is a Culture Bearer for the Unangax tribe, from the Aleutian Islands, and is now the Tribal Specialist for the Northwest Regional Council (NWRC), an Area Agency on Aging. NWRC has provided information or assistance to 20 of the 29 tribes in northwest Washington. Becky is one of the 3 creators of the Wisdom Warriors Program.

## ♥ Yoga + Meditation For Health

This session will cover simple yoga poses and breathing techniques to connect mind and body. Participants will also be invited to practice Yoga Nidra, a deep state of meditative relaxation.



**Alyssa Auvinen** is a yoga instructor and encourages any and every body to practice mindful breathing and movement. She received her training at True Self Yoga in Olympia in 2017, and has taught flow and yin-style classes. Alyssa also enjoys her day job as the Healthy Eating Coordinator for WA Department of Health where she works with farmers markets, grocery stores, and health clinics to make fruits and vegetables more affordable for families.

# Session Descriptions

## Session 3 (1:15pm-2:15pm)

### ◆ Motivational Interviewing: Effectively Engaging in Change

Motivational Interviewing (MI) is a client-centered communication style for eliciting behavior change. Compared with nondirective communication styles, MI is value-focused and goal-directed. Participants will learn assessment and communication skills that foster sustained behavior change by tapping into intrinsic motivation. There will be video examples and skill practice. Audience participation is highly encouraged.



**Josué Guadarrama, MA** is a Counseling Psychology doctoral candidate at Washington State University and a former APA intern therapist at Marin County Behavioral Health & Recovery Services. A frequent expert panelist and former producer for the Cuerpo Corazón Comunidad, a psycho-educational Spanish radio program in San Rafael, CA. Josué has provided counseling services to college students. Josué enjoys traveling, spending time with friends, and helping others live to their full potential.

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#CHWConference



# Session Descriptions

## ● Behavioral Health Peer Services 101

Peer support specialists can provide support in many settings; mental health, substance use, forensics, youth and family, housing, employment, and more. Each peer specialist brings a tool bag of rich life experiences. Hear about the current state of peer services and the recent changes that are helping build a strong recovery workforce and reduce stigma in our behavioral health communities. She will also explain the training process and core competencies in the Certified Peer Support Program.



**Pattie Marshall, CPC, BS** is the Peer Support Program Administrator at the Washington State Department of Social and Health Services. Pattie's 20-year career in human services includes peer support, housing, domestic violence advocacy, and youth violence prevention. She promotes recovery and wellness to reduce stigma and increase strength-based programs.



**Wanda Johns, BA** has personally struggled with serious mental health conditions and homelessness for many years. Wanda began working as a part-time supported employee for the Mental Health Division in 2008. She is now full-time as the Housing and Recovery through Peer Services (HARPS) program manager for the Division of Behavioral Health and Recovery.

## ▲ Childhood Injury Prevention

Injury is the number one killer of kids in the U.S. The majority of those injuries are preventable with simple precautions like proper use of car seats, wearing bike helmets and storing medications, poisons, and firearms safely. Safe Kids Coalitions help community health workers educate and inform families on the importance of child safety and help connect them to resources. Learn what you can do to keep kids safe and find resources in your area.



**Kathleen Clary-Cooke, JD** is a Health Educator for Injury Prevention at the Benton-Franklin Health District and the Coordinator of Safe Kids Benton-Franklin. She is a Certified Child Passenger Safety Technician-Instructor and has helped hundreds of families with their car seats. Kathleen has a Juris Doctor from the University of Tulsa College of Law.

# Session Descriptions

## ■ Strengthening American Indian/Alaska Natives through Seven Generation Strategies

The American Indian Health Commission's culturally-grounded Pulling Together for Wellness is a comprehensive framework that integrates Western and Native Epistemology. Presenters will discuss seven generation concepts to support Maternal, Infant, and Early Childhood Health; the historical role and current developments of CHWs in tribal and Urban Indian community settings; and the recent Tribal/Urban Indian Maternal, Infant, and Early Childhood Home Visiting Update.



**Jan Ward Olmstead (Barbareno Chumash)** leads the public health policy and project work of the American Indian Health Commission. Jan has over 35 years experience in health policy, public administration, and tribal and intergovernmental affairs. Jan has helped create Native approaches to public health work that draw on unique cultural resources, community vision, and the engagement of tribal elected officials.



**Pam James (Colville)** is the Co-Founder of *Native Strategies*, a non-profit training and technical assistance organization. She is a consultant to the American Indian Health Commission and the Native Action Network for Washington State to address issues impacting Native Americans and Alaska Natives.

**Cindy Gamble**, Cindy Gamble is a member of the Tlingit Tribe and *Kaa X'ooos Hit Taan* (Man's Foot Clan). As a tribal public health consultant, she works for the American Indian Health Commission as project lead for the WIC and Maternal and Infant Health projects. Cindy has worked with Tribal Health Organizations and communities in Alaska and Washington for many years as a Tribal Health Director and a Community Health Educator. Cindy has been married to husband, Jerry, for 30+ years; they have 3 adult children and 2 grandchildren.

# Session Descriptions

## ◆ Healthy Aging for Everyone

How can we help our community members live longer, healthier lives? This presentation will provide necessary tools for helping older adults improve brain health, prevent injuries, and stay independent. Learn about normal age-related changes, and what to look for when something goes wrong. Hear updates on the science of healthy aging that have direct benefits to your clients and yourself.



**Carolyn Ham** is the Older Adult Falls Prevention Specialist at the WA Department of Health. She leads the Washington State Falls Prevention Coalition and coordinates the development of Washington State's first Action Plan on Older Adult Falls Prevention. She has a Bachelor of Arts from the University of Puget Sound and is a Physical Therapist Assistant.



**Ana Mihalcea, MD** is the Medical Director of the Providence Geriatric Center of Excellence and developed the Providence Regional Fall Prevention Program. She is also the Medical Director of the Panorama Convalescent and Rehabilitation Center. Dr. Mihalcea is Board Certified in Internal Medicine and practices at the Providence Clinic at Panorama.

## ♥ Strong Bodies: More than Strong Muscles

A referral for physical activity may be more powerful than you think. Exercise not only promotes a healthy body but also a healthy outlook. Group exercise activities provide social connection. Regular workouts can build resilience and mental toughness. Fitness is linked to better outcomes in suicide prevention, cancer survivorship, Parkinson's disease, and pre-diabetes. Exercise is the ultimate ounce of prevention and pound of cure.



**Coach Lisa Stuebing** is a medical exercise specialist. Her emphasis is in brain health, chronic pain management, and movement disorders. In addition to seeing private clients in their homes, she teaches for the Brain Injury Alliance of Washington, serves on the Washington State Action Plan on Older Adult Falls Prevention Task Force, and contributes to 3rd Act Magazine.

# Session Descriptions

## Session 4 (2:30pm-3:30pm)

### ◆ Motivational Interviewing: Effectively Engaging in Change (continued)

*This is a continuation of a two-part session on Motivational Interviewing, from Josué Guadarrama, MA. See page 17 for session description and Josué's biography.*

### ● YMCA Blood Pressure Self-Monitoring Program

One in three American adults has high blood pressure, which puts them at risk for stroke and heart disease, two of the leading causes of death in the U.S. In response to this critical health issue, YMCA's Blood Pressure Self-Monitoring program offers personalized support as participants develop the habit of monitoring their blood pressure. Research shows that the process of recording blood pressure at least twice a month over a period of four months can lower blood pressure in many people with high blood pressure.



**Mattye L. Berry-Evans** has been a Resident Services Coordinator with Mercy Housing since 2011. She works to link seniors to services necessary for them to remain independent and in their home. Specifically, she ensures that residents have access to quality healthcare, health education, and prevention resources.



**Susan Buell** is the Association Director of Adult Healthy Lifestyles and Chronic Disease for the YMCA of Pierce and Kitsap County's Center for Community. Susan is responsible for the delivery and impact measurement of evidence-based chronic disease programs. Susan also serves as the Chair of the Washington State Diabetes Network Leadership Team. She is faculty for YMCA staff development both locally and for the YMCA of the USA.



# Session Descriptions

## ▲ Building Relationship Through Effective Communication

A relationship is the way in which two or more people or organizations regard and behave towards each other. Effective communication is the connecting rod that defines the relationship between points A and B. This workshop will show how community health workers can use effective communication to navigate their ever evolving work environment, and how building relationships can help deepen the impact of their work.



**Eze-Basil Chinwendu Oluo**, is an accountant, teacher, and community engagement specialist. He is a socio-economic and political rights crusader. He was the founding Administrator of Proud To Be Etche - a community based organization redesigning social constructs and economic and political inclusivity in Nigeria. He has worked with the Foundation For Healthy Generations, University of Washington Continuum College, Government of Rivers State of Nigeria, and Etche Local Government Council.

## ■ Advocacy Ideas: Using Health Equity & Social Determinants Concepts

Health equity explains why different people have different opportunities to lead healthy lives. The social determinants of health relates to health equity and explains why wellness is so much more than going to a doctor visit. This session will show how CHWs can use these concepts in their advocacy and community organizing work.



**Michael O'Neill** is passionate about growing the community health worker workforce in Washington State. Over the past five years Michael has worked to improve population health and create opportunities for CHWs. He has trained hundreds of people across the state on how toxic stress impacts people and communities. Michael is the Board Chair of Cowlitz Community Network, a local health and safety network that helps at-risk youth and families succeed.

# Session Descriptions

## ◆ Un Dia en los Zapatos De un Diabetico (A Day in the Shoes of a Diabetic)

*This session will be presented in Spanish. English translation will be available.*



**Luz Amanda Romero Salvador** nació y fue criada en Perú. En Abril del 2013 Luz fue diagnosticada con Diabetes, y después de unos meses fue diagnosticada de Cáncer en el seno. Su diagnóstico no la paralizó para continuar peleando por su Salud y mantener un pensamiento positivo, desde entonces Luz tomó un entrenamiento para facilitadora del Programa de MANEJO

Personal de la Diabetes y recién ha facilitado varios cursos de seis semanas donde enseña las herramientas que han hecho un cambio en ella y ahora en muchos de las comunidades rurales donde ella está viviendo.

**Luz Amanda Romero Salvador** was born and raised in Peru. In April 2013 Luz was diagnosed with diabetes, and a few months later diagnosed with breast cancer. The health diagnosis did not stop her from staying positive while fighting to regain her health. Since then, Luz has worked to become a Lay Leader and has co-facilitated MANEJO workshop in which many participants completed a six week class where she taught them the tools that she is using to make a difference in herself and her rural community.

## ♥ Tai Ji Quan: Moving for Better Balance

Evidence shows Tai Chi to be one of the most effective activities for improving strength, balance, and reducing falls. Learn about fall prevention, sample Tai Chi movements, and experience how Tai Chi can improve your physical and mental well-being.



**Julie Cauthorn** has been teaching movement classes for over 30 years. Julie is a physical therapist at Valley Medical Center in Renton. She specializes in balance training and fall prevention for older adults. Julie is passionate about teaching *Tai Ji Quan: Moving for Better Balance* community classes.

# Session Descriptions

## Session 5 (Friday, 9:00am-10:00am)

### ◆ Using Promotores(as) de Salud to Address Mental Health in Latino Communities

In this interactive session, participants will learn about the curriculum and outcomes from implementing this program in the Rio Grande Valley region of Texas. We will review the five modules of the *Salud Para Todos* curriculum: mental health, stress, intimate partner and domestic violence, substance abuse, and chronic disease and mental health. Through small group activities, participants will become familiar with the underlying concepts of the curriculum and the activities within it. The facilitator will share lessons learned from implementing this program and recommendations on how to adapt it to meet the needs of an agricultural worker community.



**Patria Alguila, CCHW** is a Training Director for MHP Salud. She provides capacity-building assistance to Migrant and Community Health Centers, nonprofits, health departments, and other agencies developing community health worker (CHW)/Promotor (a) programs. She trains CHWs on core competencies, such as scope of work, popular education, service coordination, communication, and cultural competence. She is currently updating MHP Salud's CHW training to ensure it aligns with National CHW Core Competencies.

# Session Descriptions

## ● **CHW Panel**, hosted by *Giselle Zapata-Garcia,*

*Jesús Reyna, RN BSN*

Personal stories and successes of being a CHW, shared by the below panel participants.

**Jose Fernando Mayorga, CHI**, Harborview Medical Center

**Lisa Gonzalez**, Benton-Franklin Health District

**Carlos Jimenez**, CHW Migrant and Refugee Coalition

**Silvia Kennedy**, Susan G Komen Puget Sound

**Natalie Kotar**, Mercy Housing

**Priscilla Tovar**, Quincy Community Health Center

## ▲ **Become a Diabetes Ambassador for Your Community**

During this session, you can complete the necessary training to be an American Diabetes Association (ADA) Ambassador. ADA Ambassadors serve as a bridge between their communities and the American Diabetes Association by connecting clients with diabetes related resources and information. Ambassadors also receive free webinar trainings on topics related to diabetes. Join the more than 80 current Ambassadors across Washington State as we work to improve the health of our families, friends, and neighbors!



**Kelsey Stefanik-Guizlo, MPH** is the Region Director of Community Health Strategies at the American Diabetes Association (ADA). In this role she manages key public health, health care, and community partnerships. Kelsey has a longstanding passion for diabetes care and loves meeting, brainstorming and working with the ADA's partners. Originally from Cleveland, Ohio, she has a Masters in Public Health from the University of Washington and a Bachelor's in Political Science from American University.

# Session Descriptions

## ■ “I Will Hold the Stars for You”: The Precious Legacies of Self-Care by and for Women of Color

This presentation will focus on the modern lessons that we can learn from the long history of self-care performed by women of color for their communities. Through stories, examples, and small group conversation, we will learn graceful and thoughtful ways to examine where we are in taking care of ourselves, and how to get to where we want to be – healthy, confident, and resilient. While the emphasis is on women of color, all are welcome.



**Michelle Osborne, JD** is the Race and Social Justice Manager at the YWCA of Seattle, King and Snohomish counties. Her work focuses on destroying racism and ending patriarchy through the critical examination of equity and social justice issues, leadership development for girls and women, and the prevention of violence against women and children. She is committed to serving and supporting all persons who work to end violence and racism through meaningful social justice work – no matter their racial, cultural, or class background.

## ◆ Family Planning: How, What, Why, Who, and Where

How can you help your clients reduce the risk of unintended pregnancy, and have healthier pregnancies? You will learn about easy-to-use tools to effectively help your clients clarify their reproductive goals. We will review services provided by the Family Planning clinics across the state, and how your clients can access them.



**Dorothy McBride, FNP, WHNP** is the Public Health Nurse Consultant for the Washington State Department of Health’s Family Planning Program. She provides clinical expertise both to DOH and to sub-recipient agencies related to a broad array of reproductive health related services. Dorothy is a women’s health nurse practitioner, and holds a Masters in Nursing from

Whitworth University.

# Session Descriptions

## ♥ The Food, Nutrition, Health and Wellness Workshop Series Project

Known originally as the Diabetes Awareness Education Project, *The Food, Nutrition, Health and Wellness (FNHW) Workshop Series* is held weekly at Central Area Senior Center, in Seattle, Washington. The free workshop series incorporates varied topics and activities in addition to diabetes matters. During this presentation we will discuss the genesis of the FNHW workshop series; a brief overview of topics and activities covered; and its significance to the community.



**Juana Royster, PhD** volunteers as a Community Health Education Specialist. A native of Detroit, Michigan, Dr. Royster received her bachelor's and master's degrees in home economics, from Wayne State University (Detroit) and her doctorate in higher education administration from the University of Washington (Seattle).

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THING YOU HAVE  
LEARNED AT THE  
#CHWConference



# Session Descriptions

## Session 6 (Friday, 10:15am-11:15am)

### ◆ Taking Care of Your Mental Health (A Review of Immigrant Mental Health)

What is Health? "The state of complete physical, **mental, and social** well-being" - World Health Organization. "Mental Illnesses refer to disorders generally characterized by dysregulation of mood, thought, and/or behavior" - Centers for Disease Control and Prevention.



**Edgar Lopez-Baez** has a Bachelor's in Computer Science from U de O from Sinaloa, Mexico, a Certificate in Food Nutrition and Health from University of Washington and is pursuing a MPH in global health. He has been working in private hospitals and community centers for almost 17 years. Edgar's personal interest is the wellbeing of others. He hosts a weekly radio show at El Rey

1360am called "La hora de la Salud."

### ● ACHs: Better Health Together and Care Coordination

Lessons learned for implementing Pathways Hub: Ferry County Pilot and Spokane County Pilot Launch.



**Alison Poulsen** has 20 years of nonprofit and leadership experience. Before Better Health Together, she served as Executive Director for six northwest nonprofit organizations, leading them through significant change processes to better meet community needs. Alison joined Better Health Together in June 2013. Alison has a business degree from Pacific Lutheran

University. When she isn't working to improve the health of her community she enjoys running, exploring her backyard in Valleyford and taking care of her two sheep, nine chickens, three ducks, two dogs, and her family.

# Session Descriptions

## ▲ Trauma Informed Approaches to Child, Youth, Family, and Community Well-Being

Trauma informed approaches can improve health and well-being for individuals and communities. They can be applied for ourselves, the people we work with and serve, and the organizations and communities we are a part of. Tory will provide a general overview of the Adverse Childhood Experiences Study, other trauma and adversity, self-care, brain science, and trauma informed approaches.



**Tory Clarke Henderson** is the Adverse Childhood Experiences Consultant for the Washington State Department of Health. She connects people, ideas, and resources to increase the capacity of communities to work together to prevent adversity and promote safe, stable, nurturing relationships and environments. Tory participates in the Essentials for Childhood Community

Stakeholder Education & Action Workgroup, and Department of Social and Health Services Behavioral Health Advisory Council.

## ■ Elder and Vulnerable Adult Neglect and Financial Exploitation: What CHWs Need to Know

Community health workers are on the front lines to recognize and report elder and vulnerable adult abuse, neglect, and financial exploitation. In this presentation, participants will learn about how the law defines elder and vulnerable adult abuse. We will explore the warning signs of elder and vulnerable adult abuse, the complicated relationship dynamics that often exist, and the type of information to be aware of and gather when abuse is suspected. We will also discuss the mandatory reporting laws and resources available to victims and their families.



**Amanda Froh, JD** is a Senior Deputy Prosecuting Attorney at the King County Prosecuting Attorney's Office (KCPAO). Though she has served in many deputy positions within the Criminal Division of the KCPAO since 2003, Amanda has specialized in the vertical prosecution of cases of elder abuse, neglect, and financial exploitation. She received her Bachelor of Arts in History from the

University of Virginia in 1992 and her Juris Doctor from Seattle University School of Law in 2003.



# Session Descriptions

## ◆ A CHW's Role in Supporting, Promoting, and Protecting Breastfeeding

How do we support breastfeeding mothers, babies, and families to ensure optimal infant nutrition, cost savings, and a healthy start to life? Who can I call if my client is struggling with breastfeeding? How can I help someone order a breast pump? In this session, we will discuss how CHWs can support breastfeeding in their community. We will share ideas, stories, and resources.



**Michele Lord** is the Breastfeeding Coordinator for the Washington State Department of Health. She manages the Breastfeeding Friendly Washington program. She coordinates the Department of Health Breastfeeding Workgroup to promote, support, and protect breastfeeding through policy, systems, and environmental changes.



**Sandra Escalera, RN-BSN** is a public health nurse at Yakima Valley Farm Worker's Clinic providing home visiting services to first time moms through the Nurse Family Partnership program in Yakima County since 2008. She is co-chair of the Yakima Valley Breastfeeding Coalition and involved in the La Leche League of Yakima.

## ♥ Demystifying Eating Disorders

The term "eating disorders" may carry misconceptions and misunderstandings around who, what, and how the relationship with food and body can become disrupted. During this session, we will go over basic information about the spectrum of disordered eating, including binge-eating disorder, and take a deeper look at the stigma against larger bodies, and how we can approach healthcare and our relationship with our clients from a weight-inclusive lens.



**Andrea Johnson Adams, MS, LMHCA** is a psychotherapist and nutritionist. She uses a holistic approach to working with disordered eating and long-term effects of childhood trauma. She is a Certified Body Trust Provider, with specialized training around weight-inclusive healthcare. Andrea is committed to increasing awareness around the harmful consequences of weight stigma.

# Session Descriptions

## Session 7 (Friday, 12:45pm-1:45pm)

### ◆ In Their Shoes: Teens and Dating Violence

In Their Shoes is a scenario-based training designed to help people understand the dynamics of unhealthy teen relationships from a teen's perspective. Participants will become teen characters, make choices about their relationships, and see what happens. This training provides a snapshot of unhealthy teen relationships and generates thoughtful discussion.

*\*Please Note: the people in these stories experience some troubling things. Participating in this activity can be upsetting.*

**Kirstin McFarland** has worked to end gender-based violence since 2003. Kirstin worked at a low barrier shelter for homeless women, advocating on behalf of domestic violence survivors within the legal system, and facilitating support groups. Kirstin continues to pursue her passion for advocacy within state government and currently manages the Rape Prevention and Education Program for Washington.

**Leigh Hofheimer** has worked as an activist and advocate for over 30 years in the domestic violence movement and for 23 years at the Washington State Coalition Against Domestic Violence. Leigh has fostered pragmatic approaches to overcoming the barriers that exist between domestic violence survivors and access to reproductive health services.

# Session Descriptions

## ● **Peer Counselors Panel**, hosted by *Pattie Marshall*

What makes a Peer Specialist unique is our lived experience and the power in our stories. Peer Counselors and Community Health workers are natural partners. Recovery and resiliency are the tools we use in our professions. Learn about the programs we work in, the peer specialist role, and what lessons we have learned. Join these remarkable panelists as they share their perspectives as peers, trainers, providers, and community advocates for Peer Support.

**Sarah Brooks**, *Everett Recovery Cafe*

**Wanda Johns**, *Department of Social and Health Services, Division of Behavioral Health and Recovery*

**Evelyn Maddox**, *Department of Social and Health Services, Division of Behavioral Health and Recovery*

**Kim Olander**, *North Sound Peer Bridger Program, Telecare Corp*

## ▲ **Breaking Barriers: Improving Health Access through CHWs**,

*This is a paid sponsorship session, from Puget Sound Susan G Komen.*

For many, breast cancer services are often inaccessible because of limited transportation options and a complex referral and authorization process. In addition, breast health facilities and providers may discriminate or be insensitive to the cultural needs of some groups of women, leading to mistrust of the health care system. Learn how CHWs serve as a bridge between health and social services, and the community to facilitate better access to breast cancer services and improve the quality and cultural sensitivity of care.



**Silvia Kennedy** is the Community Engagement Sr. Manager for Komen Puget Sound. Silvia has more than 12 years of experience building ongoing lasting relationships, meaningful collaboration and mutual trust in order to achieve long-term and sustainable outcomes. Silvia is the co-chair of the Latinos Promoting Good Health Statewide Committee; board member of the CHW

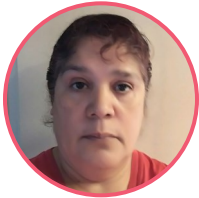
Migrants and Refugees Coalition, the Latino Health Board, the Leaders in Women's Health, and the Healthy King County Coalition.

# Session Descriptions

## **The History of Promotoras of South Park**

*This session will be presented in Spanish. English translation will be available.*

Promotoras of South Park in Seattle share the story of a group of 20 women whom came together in 2011 to change the status quo around their communities providing resources in Spanish. Promotoras of South Park prepares emerging women leaders who are able to organize and identify the issues of need. As a result, the program has received a variety of grants and has been recognized across King County.



**Monica Duarte's** passion is helping others, she helps the program by building community power for social and economic justice. She has participated in several projects such as forums for immigrant rights, women empowerment workshops, and presentations in mental health through art.



**Isabel Quijano**, originally from El Salvador, was a case manager at her hometown in Tonacatepeque. In 2011, Isabel started as a volunteer at the South Park Information and Resource Center Food Bank. She and two friends identified the limited resources available in Spanish and decided to create a group of female leaders focused on changing the status quo in their community of South Park.

## **Men's Health – Living the Macho Man Way of Health**

Most men think they are macho, but when it comes to caring for their own health, men are anything but macho. In this presentation, we will discover the top 7 forms of “kryptonite” to a man’s health. Come explore the choices a man makes to care for himself and leave with the knowledge to help men recognize what it takes to be a real “Macho Man” of health.



**Jared Papa, MPAS, PA-C** is a Clinical Assistant Professor and Service Learning Coordinator with the Idaho State University Physician Assistant Program. As a National Health Service Corps Scholar, he began his PA career in the rural community of Quincy, WA, and now has over 14 years experience in Family Medicine and Pediatrics.

# Session Descriptions

## ♥ The Role of a Community Health Worker in Managed Care

*This is a paid sponsorship session, from Molina Healthcare.*

Molina Healthcare will present a brief overview of managed care followed by a discussion of the CHW role within their organization. Examples of CHW assisting Molina members with social determinants will be highlighted. Molina leadership and a CHW from Molina will be present to address questions.



**Karen Mandella** has been a Registered Nurse for 32 years. She has 18 years of experience as a Home Health Case Manager. Karen has been working at Molina Health Care for the past five years and is the Manager of Medicare Case Management, Transitions of Care and Community Connectors.



**Kari Tumbleson, RN** has been a Registered Nurse for 26 years. She has experience working with patients at Harborview Medical Center and a free mobile medical clinic, many of whom were homeless with several social determinants concerns. She has been at Molina Healthcare for 10 years and currently is a supervisor working with Transitions of Care Nurses and Community Connectors.



**Amanda Turner** has been passionate about public health since she was a young teenager without access to healthcare. This is when she first recognized the enormous need for the advocacy and support that community health workers provide in our local communities. She earned her Bachelor's degree in Health Studies at University of Washington, Bothell. Amanda is currently a Community Connector at Molina Healthcare for Snohomish County.

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