





# You are EPIC!

**Welcome and thank you for joining us!** The 2019 Community Health Worker Conference will be an engaging two days of interactive learning sessions focused around best public health practices. This year's conference theme is, *"You Are EPIC - Equitable, Passionate, Invested, and Collaborative."*

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 40 unique presentations, nearly 20 exhibitors and approximately 500 attendees. With that much knowledge and expertise under one roof, we hope you feel how truly *EPIC* you and your colleagues are. Enjoy the conference!

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# Planning Committee

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MHP Salud

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WA Department of Health

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**Robert Hunter**  
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WA Department of Health

**Maribel Navarro**  
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**Norma Owens**  
Coordinated Care

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**Sharon Weinhold**  
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Safety Network

**Mary Jo Ybarra-Vega**  
Quincy Community Health  
Center

**Giselle Zapata-Garcia**  
Latinos Promoting Good Health

**Amy Zook**  
Wellness House

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

# Sponsors & Exhibitors

**SPONSORS** Thank you to our 2019 sponsors!



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## EXHIBITORS

**2018 CHW Task Force**

**Molina Healthcare of WA**

**Action Health Partners**

**National Network of Libraries of Medicine**

**Amerigroup**

**Office of Secretary of State**

**Comagine Health**

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**Washington Medical Commission**

**Fostering Washington**

**Washington State Community Health Worker Association**

**Honoring Choices Pacific Northwest**

**Washington State Labor and Industries**

**Kaiser Permanente**

**WA State Department of Health**

# General Information

## MENU THURSDAY, APRIL 11

**Breakfast: Waffle House Buffet**— Waffle, Turkey Sausage, Scramble Eggs

**Lunch: Baked Potato Bar Buffet**—Seasoned Ground Meat, Grilled Walla Walla Onions, Steamed Broccoli, Cheddar Cheese Sauce, Sour Cream & Chives, Vegetarian Red Bean Chili, Shredded Cheddar, Green Salad, Fresh Baked Roll

## MENU FRIDAY, APRIL 12

**Breakfast: Sunrise Buffet**—Veggie, Eggs, Bacon, and Breakfast Potatoes

**Lunch: Hot Soup and Sandwich Buffet**—Chicken Noodle, Ciabatta, Turkey, and Green Salad

Coffee, tea and water will be provided all day on the 11th and 12th

**FREE WIFI** is available. The password is “wcenter”.

**INTERPRETATION SERVICES** are available in Spanish and English through Ms. Flower’s Interpreters and Translation. Staff with green ribbons can help ensure an interpreter is at your session.

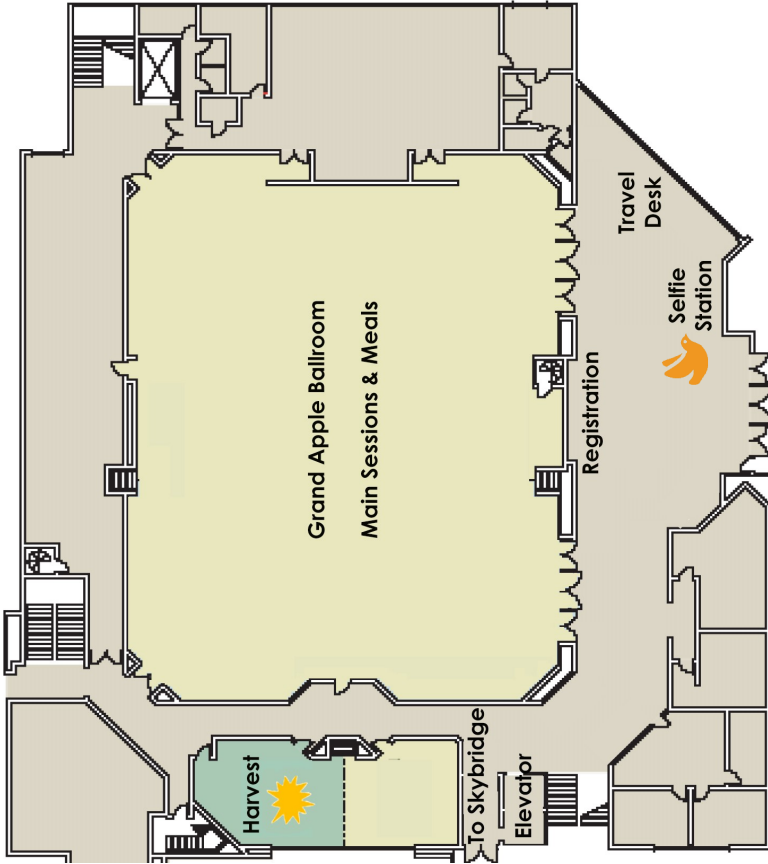
**BREASTFEEDING SPACE** is available in the Coast Wenatchee Center Hotel. Please contact conference staff wearing a green ribbon for assistance.

**SHARE YOUR CHW STORY** 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. Recordings will be used to share the encouraging stories and successes of your valuable work. This video will be available on Department of Health webpages.

**SELFIE STATION**, 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.

**FEEDBACK**, use the notecards available on tables in the general session room to provide feedback about the conference at any time. Submit your thoughts in the secured feedback boxes.

# Upper/Main Level



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





Awareness  
Selfie Station










# Lower Level



- |   |                        |  |                 |
|---|------------------------|--|-----------------|
|  | Wellness               |   | Health Equity   |
|  | Healthy Lifestyle      |   | Emerging Issues |
|  | Community Partnerships |   | Training        |
| <b>Also on this level:</b>  | Exhibitors             |  | Training        |

<b>THURSDAY, APRIL 11TH</b>							
7:00-7:50	Registration & Exhibiting						
7:00-7:50	Breakfast-- Table Talk Discussion						
7:50-8:00	Opening Prayer						
8:00-9:00	Welcome and Introductions						
9:00-10:00	<b>When the Hurricane Comes in a Pill: How Community Health Workers can Address the Opioid Epidemic</b>						
<i>Track:</i>	Emerging Issues 	Healthy Lifestyle 	Community Partnerships 	Health Equity 	Training 	Training 	Wellness 
10:10-11:10 <b>Session 1</b>	Substance Abuse in African American Communities	Buddhist-Inspired Approach to Addiction Recovery	Chat with Promotors	What is Advocacy?	Flu Vaccine	Blood Pressure Self-Measurement Support	Yoga and Meditation for Health
11:10-11:30	<b>Break</b>						
11:30-12:30 <b>Session 2</b>	High THC Marijuana	Transforming Anger	Cancer Prevention CHW	Older Adults with HIV	Health, Economic, and Social Justice for All Families		Women of Color are Beautiful and EPIC!
12:40-1:40	<b>Lunch-- Washington State CHW Association</b>						
1:50-2:50 <b>Session 3</b>	Team Approaches to Reducing Health Disparities	Wisdom Warriors	Suicide Prevention	Social Justice and Policy Advocates for Women			<i>Quiet Room Available</i>
3:00-4:00 <b>Session 4</b>	Vapor Products in WA State	Exercise and Addiction	Impact of CHWs	Incarceration as a Public Health Crisis	CHWs in WA State	Impact of Diabetes in WA State	Zumba
4:10-4:30	<b>Wrap-Up</b>						

## FRIDAY, APRIL 12TH

7:00-8:00							Registration													
7:00-7:30							Exhibiting													
7:30-8:00							Breakfast-- Welcome													
8:00-8:30							Vaccine Hesitancy: What You Need to Know													
8:30-9:30							Community Health Worker Success Stories													
<i>Track:</i>							Emerging Issues 		Healthy Lifestyle 		Community Partnerships 		Health Equity 		Training 		Quiet Room 		Wellness 	
9-10:40 Session 5							CHW and Pathways into Opioid Treatment		Douglas Latinas for Diabetes Prevention *Presented in Spanish*		Cultural Wisdom and Visioning 7 Generations		Disparities in Tobacco		Inspire Change		Quiet Room Available		Guided Walk	
10:50-11:50 Session 6							Enhancing the Role of a CHW <i>Reyneth Reyes Morales, Ashley Martinez</i>		Become a Tobacco Cessation Champion <i>Nick Fradkin, Shannon Beasley-Bailey</i>		Foundational Community Supports in WA <i>Chelsea Coblenz</i>		Tailoring Evidence-Based Programming <i>Rahel Schwartz, Sally Sunderland</i>		Inspire Change		Quiet Room Available		EPIC Pregnancy Resources	
12:00-1:00							Lunch-- Continued Table Talk Discussion Guided Walk at 12:30													
1:10-2:10 Session 7							Youth Substance Abuse		Pathways to Wellness		How to Build a Successful Coalition of CHWs		CHWs: Social Justice and Policy Advocates		Be the Way to Justice		Quiet Room Available		Put a Little Play in Your Day	
2:20-2:30							Wrap-Up													

# General Sessions

## THURSDAY, APRIL 11

**OPENING PRAYER, Stanley Andy — Yakama Nation**

### **MORNING KEYNOTE, *When the Hurricane Comes in a Pill: How Community Health Workers Can Address the Opioid Epidemic***

From 1999 to 2017, some 700,000 persons died from drug overdoses. Actions illustrating the conference themes will show how CHWs can help communities impacted by drug and opioid related overdoses and deaths. Listeners will be challenged to separate myths from trends; beliefs from fact; and to fight stigma with compassion.



**Mary Catlin, BSN, MPH, CIC** is an Institutional Nurse Consultant with the Washington State Department of Health. She began her career in complex emergencies in Asia and Africa where Community Health Workers managed immunization campaigns, food distribution, connecting persons to higher level of care, distribution of food and water, and surveillance to assess morbidity and mortality.

### **LUNCH KEYNOTE, *Washington State CHW Association***

Celebrate the amazing advancements within the Washington State CHW Association and hear about what is possible with the dedication, perseverance, patience, and wisdom of CHWs. Learn how statewide CHWs/Promotores moved from small group meetings to a formal structure and strategic plan.

# General Sessions

**FRIDAY, APRIL 12**

**MORNING KEYNOTE, *Vaccine Hesitancy: What You Need to Know***



**Leslie Rodriguez, PhD** is a Lead Health Communications Specialist in the Health Communication Science Office for the National Center for Immunization and Respiratory Diseases (NCIRD), at the Centers for Disease Control and Prevention. She has been at NCIRD for almost 10 years. During that time, she has developed many different resources for healthcare professionals, patients, and parents about immunizations.



**Lacy M. Fehrenbach, MPH, CPH** serves as Assistant Secretary of Prevention and Community Health in the Washington State Department of Health (DOH). She supports partners and stakeholders across Washington to enhance the health of individuals, families, and communities and to eliminate health inequities.

**PANEL PRESENTATION, *Community Health Worker Success Stories***

*"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."* – Lou Holtz

Join us and hear the testimonies of various CHWs on why their role and work is EPIC. Learn about the experiences that impacted them and how they will continue to commit their passion to this field that is more than just work, but a calling.



**Patria Alguila, CCHW** is the Senior Director of Training and Curriculum for MHP Salud. She oversees the development of CHW Curriculum developed within the organization and provides capacity-building assistance to Migrant and Community Health Centers, nonprofits, health departments, and other agencies developing CHW/Promotor(a) programs.

She recently updated MHP Salud's L.E.A.D. CHW curriculum to align with National CHW Core Competencies.

# Session Descriptions

## Session 1 (10:10am-11:10am)

### Welcome to My Neighborhood: Innovative Approaches to Addressing Substance Abuse Issues in the African/African American Communities

Welcome to My Neighborhood: As we visually walk through the African/African American neighborhoods, we will see the tobacco and marijuana related disparities and learn innovative and culturally relevant approaches to mobilize and educate communities and work on policy, system and environmental changes that ensure healthy behavior changes.

**Janelle Okorogu, MS, MPH** is the Program Director at the Center for MultiCultural Health and has worked in tobacco prevention and control for the past 11 years. Janelle works to eliminate health disparities in the African/African American communities by creating and implementing culturally appropriate strategies that directly address the needs of the community.

### Refuge Recovery: A Buddhist-inspired Approach to Recover from Addiction

Not everyone wants to participate in a 12-step program. Refuge Recovery is another option. Refuge Recovery is a Buddhist-inspired program for recovery from drug, alcohol and process addictions. In this workshop, learn about the program of Refuge Recovery and participate in a short, guided meditation.



**Charnay DuCrest, BA** is a Community Health Promotion Specialist for the Tacoma-Pierce County Health Department in Tacoma, WA. In recovery herself, she has the privilege of working in treatment services with the clients from the methadone program.

# Session Descriptions

## ▲ Chat with Promotores

Promotores from North Central WA will discuss training, supervision, and scope of practice with the migrant seasonal and immigrant populations. The panel will share how their work has inspired them to become advocates, improved their personal and in some cases, their educational endeavors.



**Mary Jo Ybarra-Vega, MS, LMHC** is an Outreach/Behavioral Health Coordinator for Quincy Community Health Centers and co-founder of the WA State CHWs/Promotores Network. She attended Gonzaga University and Central Washington University as a Patricia Harris Fellow. She has a Master’s in counseling psychology and is a licensed mental health counselor and minority mental health specialist.



**Lourdes Lopez** is a native of Quincy, WA, and works as a CHW with the Maternity Support Services- First Steps Program at Quincy Community Health Center. She works to connect pregnant women in Grant County with medical and social services. She is an active volunteer in her community.



**Priscilla Tovar** has been a Promotora de Salud at Quincy Community Health Center for nine years. She began as a volunteer at the clinic while in high school. Priscilla also enjoys doing outreach with migrant farmworkers in the community. She has a “heart of service”, and her work ethic and concern for her community is unprecedented.



**Lupita Espinoza** has served as Promotora De Salud in Wenatchee, WA, since April 2005. She graduated as an Accounting Assistant from Kelsey Jenny College. Lupita is the Access to Baby & Child Dentistry Coordinator for Chelan-Douglas-Okanogan counties and lead for the Children & Youth With Special Health Care Needs Program.

# Session Descriptions

## What is Advocacy?

What is advocacy? What does it look like? What is a Health Advocate? We will learn about successful stories in community health, along with how to be a good ally. Participants will have a chance to identify other CHWs with shared advocacy interests.



**Chris Paredes, BA** has worked in community health since 2012 in urban settings, suburbs, and rural areas. He is a member of the WA State Community Health Workers Association and WA State Health Advocates Association. Chris has been involved with advocacy at city, county, state, and national levels, as well as internal organizational advocacy efforts.

## Flu Vaccine: Why It's Essential to Recommend, Offer, and Discuss

To best protect ourselves and our community, a multi-staged approach needs to be understood of just how important the yearly flu vaccine is to protect the lives of Washingtonians. This presentation will improve on ways to communicate, help understand the importance of vaccination, and explore vaccine options for pregnant women.



**Barry Iverson, BA** is a flu health educator with the WA State Department of Health and focuses on overcoming vaccine hesitancy. He runs yearly flu campaigns and co-facilitates the Health Plan Partnership of Washington, a partnership to increase youth immunization rates with all major health plans.



**John Merrill-Steskal, MD, FAAFP** is a Family Physician in Ellensburg. He educates his community about vaccines through radio, a medical blog, and provider education. He completed the American Academy of Family Physicians sponsored Vaccine Science Fellowship, and was awarded the 2018 WA CDC Childhood Immunization Champion.

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# Session Descriptions

## ● Training: Blood Pressure Self-Measurement Support

This training provides hands-on experience, essential information, and teaches skills so you can help community members accurately measure their blood pressure. You will better understand what the numbers mean, how to support people in improving their blood pressure, and resources that people need to support their heart health.



**Sara Eve Sarliker, MPH** earned her Master's in Public Health from the University of California, Northridge, with an emphasis in Community Health Education. She has worked in public health in Washington since 2004, and currently serves as the Heart Disease and Stroke Prevention Consultant in the Heart Disease, Stroke, and Diabetes Prevention Unit at the WA State Department of Health.

## ☾ Yoga and Meditation for Health

Mindful breathing, yoga, and meditation are helpful in everyday life. This session covers breathing techniques and simple yoga poses that relax the mind and body. Yoga modifications and props are offered. Participants are invited to participate in a meditation at the end of practice. Wear comfortable clothing!

**\*Limit 50 Participants**



**Alyssa Auvinen, BS** is a yoga instructor and encourages any and every body to practice mindful breathing and movement. She completed training at True Self Yoga in Olympia in 2017 and has been teaching there ever since.

# Session Descriptions

## Session 2 (11:30am-12:30pm)

### ■ The Higher the Potency, the Higher the Risk: High THC Marijuana

THC potency, the mind-altering chemical in marijuana has more than doubled, creating a greater risk for impairment and a higher risk of addiction. This presentation will give up-to-date information and looks at how THC affects brain chemistry, cognitive function as well as mental and physical health.



**Karla Banda** is a longtime community advocate who has dedicated over 20 years working to eliminate health disparities among Latinos and other marginalized populations. Karla is the Program Manager at CARE Coalition a Substance Abuse Prevention Coalition. She lives in Las Vegas, NV with her husband of twenty-seven years, one college age daughter, and a fur baby.

### ◆ Transforming Anger into Compassionate Connection

Learn new ways of understanding and relating to the feelings of anger and how to practice new ways of relating to yourself and others. We will discuss 10 steps to help clients or people in the community transform anger and get to the “heart of the matter.”



**Nina Helfrey** is an Integrative Nutrition Health Coach whose mission is to help facilitate healing for others on mental, emotional, physical, and spiritual levels through holistic means. She decided to become a health coach after curing her own “dis-eases” through subtle dietary and lifestyle changes. She leads informative well-being workshops to empower and inspire others to do the same.

# Session Descriptions

## ▲ Developing, Measuring, & Sustaining: The Journey of the Cancer Prevention Community Health Worker

This session will share best practices and lessons learned for implementation of a cancer prevention project. The panel will provide tangible strategies from a Cancer Prevention Community Health Worker, evaluation and measurement tools, and the evidence based interventions guiding the strategy.



**Jesse Gritton, MPH** joined the American Cancer Society in 2017 as the Primary Care Health Systems Manager for Washington State. She received her Master's in Public Health in the Community-Oriented Public Health Practice Program at the University of Washington in 2012. During that time, she had the great pleasure of working in the Community Health Worker Unit at Public Health Seattle & King County.



**Tamara Clough, CHW** joined Peninsula Community Health Services in 2017 as the first Community Health Worker. She is a Cervical Cancer Survivor and passionate advocate of cancer prevention. She has lived with MS since 2005. When she's not bringing awareness to cancer, she enjoys reading, blogging, and learning how to cook less food because she's recently joined the empty nesters club.



**Jennifer Johnson-Joefield, BSN, RN, OHCC** joined Peninsula Community Health Services as the Quality Director in May 2014. She tracks, manages, and works to improve multiple facets of providing high quality care. Jennifer is passionate about healthcare access for all people as a basic human right and is proud to have spent her career, thus far, serving underserved populations in the non-profit healthcare sector.

# Session Descriptions

## ◆ **Becoming Visible: Addressing Stigma Experienced by Older Adults Living with HIV**

Did you know that over 50% of people living with HIV in Washington State are over 50? This presentation will discuss interventions to address stigma and ageism within this population, including Community Health Workers (Peer Navigators), Social Support Programs, and the global campaign, “Undetectable=Untransmittable”.



**Chris Wukasch, MPA** works in the Office of Infectious Disease at the WA State Department of Health as the Peer Navigation Coordinator in HIV Community Programs. He worked as a medical case manager for 3 years, drawing from his own experience living with HIV. Chris recently completed his MPA at the Evergreen State College.



**George Fine** is a Community Health Worker/Peer Navigator at the Kitsap Public Health District. George is a long-term survivor of 33 years living with HIV.

## ♥ **Health, Economic, and Social Justice for All Families**

Under the “Gig” economy American families are working more than ever and yet the average American family is more in debt than ever. This economic instability exerts significant stress over the health of the family unit. This workshop will provide a theoretical background for understanding how economic systems stress the families.



**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. His theoretical orientation is integrative, which incorporates an interpersonal approach to Cognitive Therapy, Acceptance & Commitment Therapy, and Motivational Interviewing. He uses a multicultural lens to promote valued living.

# Session Descriptions

## ● Training: Blood Pressure Self-Measurement Support (continued)

*This is a continuation of a two-part training session on Blood Pressure Self-Measurement Support, from Sara Eve Sarliker, MPH. See page 14 for session description and Sara Eve's biography.*

## ☾ Women of Color are Beautiful and EPIC

This presentation will reframe and give new understanding of the strength, resilience, contributions, and achievements of women of color in community health work and our greater society. While the emphasis of this presentation is for women of color, all are welcome to attend and participate.



**Michelle Osborne, AB, JD** is the Race and Social Justice Manager for YWCA Seattle|King|Snohomish. A former prosecutor and trial lawyer, her work has long explored racial equity and social justice issues, including prevention of violence against women and children, the pervasive nature of state-sanctioned violence against people of color, societal and cultural roles for women, and leadership development for girls and women.



**Me'Kyel Bailey, BA** is the Program Manager of CareerWork\$ Medical, a YWCA Economic Empowerment program which trains and prepares adults for careers in healthcare administration. Me'Kyel's interests include health, social equity, community, and economic development. A former CHW, she has experience building organizations, systems, and programs to support, educate, and empower community. Me'Kyel is a graduate student in Seattle University's Master of Public Administration program.

# Session Descriptions

## Session 3 (1:50pm-2:50pm)

### ■ Team Approaches to Reducing Health Disparities: Collaborative Efforts toward Equity

Public Health Seattle and King County will share stories from the field on how they help reduce the burden of King County's most vulnerable communities via internal structures and systems and how data plays a critical role in the development of projects. CHWs play a vital role in delivering these efforts.



**Norilyn de la Peña, BS, CHES** provides technical assistance, training, and resources to organizations who serve people who are disproportionately affected by tobacco use. She is a Mayo Clinic-Certified Tobacco Treatment Specialist and is passionate about providing service and education to increase access to cessation.



**Michelle Di Miscio, MSW** works as a Latina CHW for Public Health's Asthma Program. She volunteers in her community and South Park neighborhood to help amplify the diverse voices. She partners with and supports Promotor and Community Health Worker Networks. She enjoys spending time with her 20-year-old daughter; traveling, eating, de-cluttering, and jamming in the car.



**Joyce McCraney, AAS, MA, CHW** has worked for Public Health Seattle and King County for 13 years. In 2014, she began working as a CHW conducting home visits and clinical based asthma research to reduce asthma health disparities. She also works with the King County Housing Authority Weatherization Program. Joyce is a mother of 5 girls and has 15 grandchildren.



**Jodi Olson, MPH** is the Program Manager for Breast, Cervical, and Colon Health Program at Public Health Seattle and King County and has almost 40 years of experience in health education. Jodi has developed partnerships with multiple agencies and found best practices for working with  
2019 Community Health Worker Conference

# Session Descriptions

## ◆ Wisdom Warriors: Using Evidence-based Tools to Heal Indigenous Communities

Wisdom Warriors is an Indigenous program designed to utilize tools learned in Chronic Disease Self-Management Education and encourages traditional foods, Indigenous activities, and healthy tribal traditions with community and peer support. The outcomes have been life changing for many of the participants.



**Becky Bendixen** is the Tribal Specialist for the Northwest Regional Council and Wisdom Warrior T Trainer. She works with many tribal elders in Washington and Oregon to create, collaborate, and share the Wisdom Warriors program. Becky was born in King Cove, Alaska, and lived there for over 40 years before moving to WA State.

## ▲ Suicide Prevention: What We Know and What Works

Community health workers are uniquely positioned to intervene and connect people to suicide prevention resources. Learn how to ask someone about suicide, available resources, suicide prevention programs and policies, and best practices when working with men. Review the work of the Safer Homes Coalition and the agriculture industry pilot project.



**Brett Bass** has volunteered his time for the Safer Homes Coalition for several years. Brett recently joined the Forefront staff to do direct outreach for the Safer Homes, Suicide Aware campaign. He is a firearms instructor for Bellevue Gun Club with a number of professional certifications. Brett has also served in the U.S. Marine Corps Reserve as a military policeman since 2006.



**Reese Holford** worked as a CHW with persons experiencing homelessness and co-occurring disorders for seven years in Spokane. She joined the Department of Health in September 2017. She is a member of the Eastern Washington Community Health Worker Network.

# Session Descriptions

## ◆ Promotoras: Social Justice and Policy Advocates for Women

Latinx lay health promoters are primarily women (Promotoras de Salud) who play an important role in their communities by promoting individual and population health. This presentation will highlight the results of a study that examined Promotoras' lived experiences in Washington and explored factors influencing their self-identity, sense of purpose, confidence, collective efficacy, social consciousness, civic engagement, and pursuit of education.



**Sandra Huber** is the Multicultural Community Engagement Liaison for Verdant Health Commission. She previously managed the Familias Unidas Program at Lutheran Community Services. She has worked as a Community Health Worker since 2013 and was recognized with the 2015 Health Champion Award from the WA State Public Health Association and the 2015 Providence Institute Agency Change Maker Award.



**Jody Early, PhD, MS, MCHES** is an Associate Professor at the University of Washington. Jody has been involved with prevention and community health work for over two decades, and primarily within Latinx communities. She began her career as a lay health breast educator, public school teacher, and later as a HIV volunteer educator. Her most recent scholarly projects examine lay-health promotion models relative to Latinx health, sexual harassment in agriculture, and the integration of community health workers into formal health systems.



# Session Descriptions

## ♥ What's Happening with CHWs in WA State?

What's happening with WA State CHWs? Join this session to find out about CHW training, the WA State CHW Association, Networks, and much more!



**Debbie Spink, MA** began her career in the early 90s as a CHW connecting pregnant and parenting teens to resources so they could complete high school. For the last seven years, she has been the senior trainer for the WA State Department of Health CHW Training Program. Debbie brings her deep understanding of the Culture of Poverty, incorporation of Pedagogy of the Oppressed and use of popular education to her work.

## ● The Impact of Diabetes in Washington State

This presentation will be a summary of the “Understanding Diabetes Management and Prevention for Community Health Workers (CHWs)” Training. We will go over basic information about diabetes and how it impacts our communities in Washington State. We will also go over resources that CHWs can use to help connect community members to prevent or better manage diabetes.



**Alexandro Pow Sang, BS** is the Diabetes Consultant with the Heart Disease, Stroke, and Diabetes Prevention Program at the WA State Department of Health. He is a very passionate individual who has supported community education work since 2008. His current work focuses on diabetes management and prevention to reduce the burden of diabetes in WA.

## ☾ Quiet Room Available

Need a break? Visit the Wellness room Orchard Exhibit Hall North for a quiet space to rest, check emails, or just absorb all the information available at the conference.

# Session Descriptions

## Session 4 (Thursday, 3:00pm-4:00pm)

### **The Vaping Epidemic: The Evolution of Vapor Products in WA State**

Vapor products continue to evolve and are undermining over 50 years of progress in tobacco prevention. High-tech, youth-appealing devices have increased youth use. CHWs can help by educating parents and youth-serving adults on emerging trends in vapor product use to prevent a new generation of young people addicted to nicotine.



**Angela Boyer, MPH** received her MPH with an emphasis in health equity from University Colorado Denver. Angela has seven years' experience working in public health and tobacco prevention at the local, state, and international levels. She currently works in the tobacco prevention program at the Tacoma – Pierce County Health Department focusing on tobacco and vapor products, community engagement and health equity.



**Stacia Wasmundt, BA** is the Youth Tobacco and Vapor Product Prevention Consultant at the WA State Department of Health. Stacia previously worked as a coordinator for a substance abuse prevention coalition in Tenino, WA. She received her BA in criminal justice from Saint Martin's University in Lacey, WA and has ten years' experience working in various aspects of the juvenile justice field.

# Session Descriptions

## ◆ Exercise and Addiction: Community Prevention and Individual Recovery

Impact your community and support individuals in recovery. Effective referrals to team sports or group exercise programs can help reduce substance abuse, dependence, and addiction in the community. Exercise has a proven positive benefit for both mental health and recovery support. We will discuss pitfalls, barriers and benefits.



**Coach Lisa Stuebing, CPT, MES, SFS** established Mud Puddle Fitness, a Medical Exercise practice with an emphasis on brain health, chronic pain management, movement disorders, and falls prevention over nine years ago. She trained as a CHW and is an advocate and activist on behalf of her clients. Lisa is a popular speaker and health journalist who speaks nationally.

## ▲ Let's Hear It! Stories of the Impact of CHWs

In this panel discussion, we turn the table: CHWs ask a panel of community partners: How has working with CHWs changed your work? How have CHWs impacted your organization and encouraged equity? This panel is an opportunity to celebrate and explore collaboration, as CHWs take the lead on asking community partners about the value of their work.



**Brandi Williams** and **Dominique Horn** have both been part of the Vancouver, WA community for over two decades. Brandi and Dominique are co-leads for the Rose Village community health worker team and have been CHWs with the Healthy Living Collaborative of Southwest WA (HLC) for the past four years.

*Panelists: **Andy Silver, JD**, Housing Health Innovation*

***Molly Haynes, MPH**, Kaiser Permanente*

***Roxanne Wolfe, MPH, MPA**, Clark County Public Health*

***Kachina Inman, MPH**, SWACH*

# Session Descriptions

## 🏠 Addressing Incarceration as a Public Health Crisis

Learn about the impact of mass incarceration on public health and the overall effects of incarceration on the physical and emotional wellbeing of those who are incarcerated and the community as a whole.



**Carmen Pacheco-Jones** is a state certified trainer in diversity and social cognition, a certified Peer Counselor, and Masters Candidate at Gonzaga University. She is a Spokane Regional Law and Justice Council member, and Chair of the council's Racial Equity Committee. Carmen also serves as a board member of Spokane Neighborhood Action Partners,

Community Health Worker Task Force and Vice President of the Spokane chapter of NAACP.

## ♥ What's Happening with CHWs in WA State? (continued)

*This is a continuation of a two-part session on CHWs in WA State, from Debbie Spink, MA. See page 22 for session description and Debbie's biography.*

## ● Training: Prediabetes/Diabetes (continued)

*This is a continuation of a two-part training session on Prediabetes and Diabetes, from Alexandro Pow Sang. See page 22 for session description and Alexandro's biography.*

# Session Descriptions

## Be EPIC by Making Zumba Fitness Accessible to All

Come dance with the We Move to Give Team and learn how to successfully outreach and connect with the community thru fitness programs like Zumba Fitness. At the end of this session you will truly feel EPIC and energized to connect back with the communities you serve.



**Melissa Blanco Bless, BA** is a Utilization Data Analyst for the Sea Mar Managed Care Department. She coordinates outreach and enrollment campaigns using enterprise class notifications. Melissa also coordinates outreach events through the Zumba program. She has a BA in Industrial Psychology with a minor in Arts and Clinical Psychology from the Universidad del Sagrado Corazon Puerto Rico.

the Universidad del Sagrado Corazon Puerto Rico.

TELL US ONE  
THING YOU HAVE  
LEARNED AT THE  
#CHWConference



# Session Descriptions

## Session 5 (Friday, 9:40-10:40am)

### ■ Implementing CHW and Pathways into Opioid Treatment

Come learn about how Pierce County implemented Pathways into an opioid treatment program. We will describe our journey from Pathways training to implementation. You will learn about challenges and successes in working with clinical staff and developing documents and processes to ensure clear boundaries and scopes of work. We will also present a patient profile.



**Alisa Solberg, MPA** has been involved in HIV care and prevention since 1989. She started as a volunteer during the height of the HIV epidemic and worked for Point Defiance AIDS Projects and the Tacoma Needle Exchange for 23 years. Alisa received her Master of Public Administration at Evergreen State College in 2013 and is currently the Program Manager for Methadone Treatment Services at the Tacoma Pierce

County Health Department.



**Charnay DuCrest, BA** is a Community Health Promotion Specialist for the Tacoma-Pierce County Health Department in Tacoma, WA. In recovery herself, she has the privilege of working in Treatment Services with the clients from the Methadone Program.

# Session Descriptions

## ◆ Strengthening the Latino Womb: Doulas Latinas for Diabetes Prevention

Do you know that a doula can influence better birth and health outcomes of mothers and babies? Have you heard that the epidemic of diabetes is inequitably affecting communities of color? Let's become agents of change by finding answers and create collective knowledge to dismantle social oppression!



**Sandra Hernandez, PhD, MEd** is a doula and director of Doulas Latinas International. She develops culturally and linguistic professionals to serve Latino mothers and babies. As a Popular and Experiential Educator, she has presented at the Oregon Community Health Workers Association, Washington Students of Color, and other conferences since 1995.



**Linda Bennett** is a retired midwife. She has stayed active in the healthcare field as a Medical Assistant Instructor, Doula, and a Community Health Worker. Linda currently supports the community-based work of Doulas Latinas Internacional as a Doula Mentor. She is a grandmother to twin boys, and mother of 3.



**Maria Antonia Sanchez** has been a CHW in since 1988. She primarily conducts outreach and education with Native Americans and Latino farmworkers. She began working in health care as a small child, assisting her godmother (the village healer) collect medicinal herbs to treat the sick in Mexico. She is co-founder of Doulas Latinas program and the Spect-Actors Collective.

# Session Descriptions

## ▲ Cultural Wisdom and Visioning Seven Generations

We will tell the story of how tribal/urban Indian health leaders responded to the infant mortality rate disparity by incorporating tribally-driven solutions and community wisdom while working for health equity for current and future generations.



**Jan Ward Olmstead, MPA** (Barbareno, Chumas) currently leads the public health policy and project work of the American Indian Health Commission for Washington State. She brings an understanding of evidence-based public health from working with tribal communities and 35 years of public sector experience.



**Cindy Gamble, MPH** (Tlingit) is a Tribal Public Health Consultant leading the WIC and MIH work of the American Indian Health Commission. Her experience as a Tribal Health Director and Community Health Educator includes working as and with CHA/CHR/CHWs.

## ◆ Community Forces Driving Down Disparities in Tobacco

Learn how culturally appropriate tobacco cessation can best be promoted through CHWs and why promotion of cessation is critical for patients with diabetes, cardiovascular disease, respiratory disorders, and other conditions associated with tobacco use.



**Samroz Jakvani, MPH** is the Health Equity and Policy Consultant for the Washington State Tobacco and Vapor Product Prevention and Control Program. Samroz works to reduce disparities in tobacco use and advance equity in related policies .



**Ubah Warsame-Aden** is a proud Somali American with over 20 years of experience working with immigrant communities. Ubah works as a CHW and health coach, counseling patients in various settings on chronic diseases such as high blood pressure, high cholesterol, and diabetes.



# Session Descriptions

## ♥ Inspire Change

CHWs inspire change through many methods. This session focuses on using a variety of proven educational techniques to promote health equity in any community. Learn real-world applications that you can use in your communities immediately.



**Kim Kreber, Med** is a Public Health Educator at Spokane Regional Health District for the Breast Cervical & Colon Health Program and CHW program. Her passion involves helping all community members in Eastern Washington through education, networking, advocacy, and connection to community resources.



**Ghazal Meratnia, MPH** became a CHW in 2016 while working on her Master's Degree in Public Health from Eastern Washington University. She has a passion for community and health equity that can be seen in being a Farsi interpreter, nutrition educator, and patient advocate.

## ● Quiet Room Available

Need a break? Visit the Wellness room (Fuji 3/4) for a quiet space to rest, check emails, or just absorb all the information available at the conference.

## ☾ Guided Walk

Enjoy a break from presentations and join this guided walk to explore the natural beauty of Wenatchee, WA, and the Columbia River, led by nature enthusiast and photographer, Dr. Cheryl Farmer. The walk will be at a leisurely pace and suitable for most abilities.



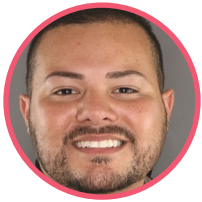
**Cheryl Farmer, MD** is the Program Manager of the Heart Disease, Stroke, and Diabetes Prevention team at the Washington State Department of Health. She has over 15 years of experience working in public health, health systems, and clinic environments. In her spare time, Cheryl loves to be in nature taking pictures and discussing the biology and beauty of pinecones and other organisms.

# Session Descriptions

## Session 6 (Friday, 10:50am-11:50pm)

### Enhancing the Role of the Community Health Worker

Pierce County Accountable Community of Health (ACH) has launched Pathways to carry out a community-based coordination that provides continuum of care for Medicaid recipients in Pierce County. Pathways incorporates the role of the Community Health Worker in providing whole person care, ensuring that clients are supported to achieve healthy outcomes.



**Reyneth Reyes Morales** is the Program HUB Manager, for Pierce County ACH. In the past 9 years, he has served in a variety of roles providing case management services for underrepresented minorities in the LGBTQ and Hispanic/Latino communities. He sees value in every aspect of his work and knows how to showcase the works of every single

individual.



**Ash Martinez** is the Pathways Community Health Worker for HopeSparks. Ash graduated from Texas A&M University-San Antonio in 2014, magna cum laude with a BA in English and Women's Studies. She is passionate about helping people in the community, breaking down barriers, and empowering people.

# Session Descriptions

## ◆ Become a Tobacco Cessation Champion

Tobacco use is the leading preventable cause of disease and death, disproportionately impacting several already-marginalized populations. This session will cover basic information about tobacco, best practices for cessation and Cessation Pathway implementation, free cessation resources available to CHWs and clients, and a cessation counseling demonstration.



**Nick Fradkin, MPA, MPH** is the Tobacco Cessation Consultant and co-instructor of the Tobacco Cessation CHW module. Prior to joining DOH, Nick was a Tobacco Studies Program Scholar at the University of Washington, a Research Assistant for the International Quitline Institute, and a Youth Activism Fellow with Truth Initiative.



**Shannon Beasley-Bailey** is a Community Health Worker who specializes in tobacco cessation and helping clients live well with chronic conditions and chronic pain. She is also certified by the American Lung Association to help people quit smoking.

## ▲ Foundational Community Supports in Washington—Supported Employment and Supportive Housing

The Foundational Community Supports program helps eligible Medicaid recipients obtain and maintain housing and employment. Come learn about opportunities for CHWs and the knowledge important to supporting an individual's health and well-being through FCS employment and housing supports.



**Chelsea Coblentz, MHA** has over a decade of experience helping clients and working on process improvement programs. She is a trained CHW and now proudly supports the Amerigroup Washington Foundational Community Supports TPA to help eligible clients obtain and maintain housing and employment through the Medicaid Transformation demonstration.

# Session Descriptions

## 🏠 Tailoring Evidence-Based Programming for Impact and Relevancy in South King County

Evidence-based health programming does not always adequately account for or respond to community needs. To respond to these shortcomings, the YMCA of Greater Seattle hired 10 Community Health Liaisons from communities experiencing barriers in south Seattle and South King County. This presentation will share successes, challenges, overall lessons learned so far, and next steps moving forward.



**Rahel Schwartz, MPH** is the Health and Wellness Director of Meredith Matthews YMCA. She has been working for the YMCA since 2011 and is certified in teaching the Diabetes Prevention Program, Actively Changing Together, Livestrong & Lose-to-Win programs. She also teaches Zumba and hip-hop classes. Her hope and desire is to work in her community to achieve health equity, and eliminate health inequities and disparities.



**Sally Sundar, MA** is the Director of Health Integration for the YMCA of Greater Seattle and WA State Alliance of YMCAs. She oversees partnership building between health care systems, public health agencies, health plans, and the YMCA in an effort to create clinic-to-community linkages that make health-promoting resources more accessible and relevant for community members' everyday lives.

## ♥ Inspire Change (continued)

*This is a continuation of a two-part session from Kim Kreber and Ghazal Meratnia. See page 30 for session description and Kim and Ghazal's biographies.*

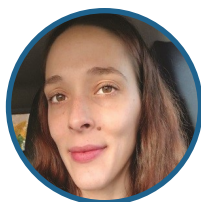
## ● Quiet Room Available

Need a break? Visit the Wellness room (Fuji 3/4) for a quiet space to rest, check emails, or just absorb all the information available at the conference.

# Session Descriptions

## EPIC Pregnancy Resources

This session will provide education on pregnancy resources including pregnancy loss, abortion, and where to get help keeping the members of our community mentally and physically healthy. The presentation includes information on how to collaborate with existing resources to provide the best care for families.



**Tananda Richardson** is a subject matter expert with the Healthy First Steps pregnancy program and has been a field CHW for the past four years. For her, community health work has been, by far, the most rewarding. She finds the ability to be compassionate to an individual's place in life is paramount to her work.



**Mandy Herreid, RN, CCM** is a Boise State University trained labor and delivery nurse who is passionate about family planning education and population level pregnancy health. She is currently the Maternal Child Health Program Coordinator for United Healthcare Community and State in Washington. She is currently attending Capella University to earn her Master's Degree in Nursing with a focus on Care Coordination.

# Session Descriptions

## Session 7 (Friday, 1:10pm-2:10pm)

### How Can You Play a Role in Addressing Youth Substance Abuse

Illicit drug use among adolescents rose to 28.3% in 2017. Some youth respond, “What’s the big deal? Everyone is doing it.” This presentation explores why and how youth get involved, strategies for talking to and treating adolescents, and how to best support parents facing the 'big deal': adolescent substance use.



**Jared Papa, PA-C, MPAS** is a Pediatric Physician Assistant (PA) with Treasure Valley Pediatric Clinic in Ontario, Oregon. He has been caring for kids for over 15 years and is passionate about helping them achieve their bright futures. Jared also enjoys teaching the next generation of health care providers as a Clinical Assistant Professor for the Idaho State University (ISU)

PA Program.

# Session Descriptions

## ◆ Pathways to Wellness: Community Lifestyle Medicine

In this session, panelists will discuss *Pathways to Wellness*, a Lifestyle Medicine program created by a team of health care clinicians and YMCA lifestyle and wellness coaches. Emphasis will be placed on how social determinants of health influenced curriculum development, program coaches training, and ongoing efforts to address barriers, and ensure equitable access for all participants.



**Nicole Manus** is the Community Health Director for the YMCA of the Inland Northwest. She oversees programs related to chronic conditions, and partnerships linking the medical community to the YMCA's Evidence Based Health Interventions.



**Keri Smith, RD** is the lead dietitian at CHAS Health in Spokane, WA. At CHAS Health, she helps oversee and support their team of registered dietitians and works in the clinics seeing patients individually and in group settings for chronic conditions, including diabetes, hyperlipidemia, hypertension, HIV, increased BMI, and more.



**Deanna Stark** is the Health Equity Manager at CHAS Health and supports a dynamic team of CHWs. Deanna believes that recognizing the value and dignity of each employee and client is the key to healthier communities. She combines her years of social service and community health work to shape the role of CHWs in healthcare.



**Tamera Dingey** has worked in multiple positions at CHAS Health for the past 15 years. In 2015, she became a Lay Leader to bring the Stanford Healthy Living Programs to the Spokane region. Last year, she received her Master Trainer certification, allowing her to train future leaders. As a CHW, she recently joined the leadership team for Pathways to Wellness.

# Session Descriptions

## ▲ How to Build a Successful Coalition of CHWs

The Community Health Workers Coalition for Migrants and Refugees will be sharing their experience in coalition building. Highlighting the importance of working together with different partners to speak up about the factors, barriers and issues affecting their communities to reduce health disparities and improve public policy.



**Ileana Maria Ponce-Gonzalez, MD, MPH**, is the Executive Director of the Community Health Worker Coalition for Migrants and Refugees. Her areas of expertise include: health and educational curriculum development for CHWs, preventive medicine, health services research and more.



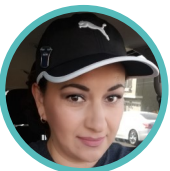
**Carlos Mejia Rodriguez** was born in Honduras and has been a family physician for 17 years. He moved to the US in 2002 and currently works for Molina Healthcare in Community Engagement, and as a Medical Officer for CHWCMR.



**Anna Gottlieb** is the Executive Director of Cancer Pathways. Cancer Pathways provides free programs for those undergoing cancer treatments, survivors, and the families of those affected by cancer. They strive to create places of education and hope for those undergoing cancer treatments.



**Omar Aguirre** is a University of Washington graduate who engages the LGBTQ2 Latinx community in wellness, knowledge and empowerment. In his current role at Entre Hermanos he helps bridge the gaps between community, resources and knowledge.



**Jacqueline Estrada**, originally from Mexico City now lives in Tacoma where she helps members of her community live well and eat healthy through various programs at the Pierce County Family Support Center.



# Session Descriptions

## 🏠 Community Health Workers: Social Justice and Policy Advocates for Community Health

This session explores the historical roots of community health work in communities of color to address social determinants of health, specifically racism, through a social justice lens and equity frameworks. We discuss ways Community Health Workers play vital roles supporting community members' access to cultural, economic, social, environmental, and political rights.



**Ophelia Noble** has 10 years of experience as a Community Organizer working throughout Southwest Washington. She has worked as a Community Health Worker in Southwest Washington for two years and CHW Coach for two additional years.



**Sarah Chivers, PhD** has 15 years of experience as an organizer, sociology instructor, and Social Justice researcher in Oregon and Southwest Washington.

## ♥ Be the Way to Justice: Finding More Ways to Ensure Equity for Those in Your Community

This workshop will give you everything you need to take with you into the community to help clients secure legal help, find the tools they need navigating the legal system on their own (pro-se) and outline dos and don'ts of this work, and more.



**Crystal L. Brand AAS, CPC** is a QLaw (LGBTQIA) volunteer and receptionist for PAE Contracting where she refers clients to community partners. She previously worked with the Spokane County Unified Family Court Facilitator to help clients involved with the juvenile dependency system reestablish custody and the Parents for Parents program, an ally group working with parents involved in the dependency system.

# Session Descriptions

## ● Quiet Room Available

Need a break? Visit the Wellness room (Fuji 3/4) for a quiet space to rest, check emails, or just absorb all the information available at the conference.

## ☾ Put a Little Play in Your Day

Come play with us and experience the wonderful world of self-care through a variety of activities. Participants will learn self-care theory and best practices as well as participate in self-care activities. Session will include large group discussion, small group work, large group games and a culminating creative project. **\*Limit 50 participants**



**Debbie Spink, MA** began her career as a CHW and went on to teach theater for 12 years. She is now the senior trainer for the WA State DOH CHW Training Program. Her unique background, deep understanding of the Culture of Poverty, Pedagogy of the Oppressed, and popular education are a perfect recipe for exploring the value and need for play in our

lives.



# Notes



# *Notes*



# Notes



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