

## Keynote Speakers

- [The Well Child Exam \(PDF\)](#), Jared Papa, MPAS, PA-C

## Challenging Conversations

- [How You Can Play a Role in Suicide Prevention \(PDF\)](#), Neetha Mony
- [Harm Reduction: Building Relationships without Expectations \(PDF\)](#), Thea Oliphant-Wells, MSW
- [Motivational Interviewing Effectively Engaging in Change \(PDF\)](#), Josué Guadaramma, MA
- [Using Promotores\(as\) de Salud to Address Mental Health in Latino Communities \(PDF\)](#), Patria Alguila, CCHW
- [Taking Care of Your Mental Health \(A Review of Immigrant Mental Health\) \(PDF\)](#), Edgar Lopez
- In Their Shoes: Teens and Dating Violence, Kirstin McFarland and Leigh Hofheimer

## Partnering for Success

- [Pharmacies as a Community Healthcare Resource \(PDF\)](#), Jenny Arnold, Pharm.D, BCPS
- CHW Panel, facilitated by Cheryl Farmer, MD
- [Behavioral Health Peer Services 101 \(PDF\)](#), Pattie Marshall, CPC, BS, and Wanda Johns, BA
- [YMCA Blood Pressure Self-Monitoring Program \(PDF\)](#), Mattie Berry-Evans and Susan Buell
- CHW Panel, facilitated by Giselle Zapata-Garcia and Jesús Reyna, RN BSN
- [ACHs: Better Health Together and Care Coordination \(PDF\)](#), Alison Poulsen
- Faces of Peer Support: A Panel Discussion with Peer Counselors, Pattie Marshall, CPC, BS

## Client Support Resources

- [Integrating CHW Voice within System Transformation Efforts \(PDF\)](#), CHW Collaborative of Pierce County
- [Immunizations Across the Lifespan and Addressing Vaccine Hesitancy \(PDF\)](#), Columba Fernandez and Leigh Wallis, MPH  
[Immunizations Notes \(Word\)](#)
- [Childhood Injury Prevention \(PDF\)](#), Kathleen Clary-Cooke, JD
- [Building Relationship through Effective Communication \(PDF\)](#), Eze-Basil Chinwendu Oluo
- [Become a Diabetes Ambassador for Your Community \(PDF\)](#), Kelsey Stefanik-Guizlo, MPH
- [Trauma Informed Approaches to Child, Youth, Family, and Community Well-Being \(PDF\)](#), Tory Clarke Henderson
- [Breaking Barriers—Improving Health Access through CHWs \(PDF\)](#), Silvia Kennedy

## Cultural Diversity

- The Four Dimensions of Cultural Wisdom, Roberto Dansie, PhD
- LGBTQ Panel, facilitated by Sandy Quiroga
- [Strengthening American Indian/Alaska Native through Seven Generation Strategies \(PDF\)](#), Jan Olmstead and Cindy Gamble
- [Advocacy Ideas: Using Health Equity & Social Determinants Concepts \(PDF\)](#), Michael O’Neill
- [“I Will Hold the Stars for You”; The Precious Legacies of Self-Care by and for Women of Color \(PDF\)](#), Michelle Osborne, JD
- [Elder and Vulnerable Adult Neglect and Financial Exploitation: What CHWs Need to Know \(PDF\)](#), Amanda Froh, JD
- [The History of Promotoras of South Park \(PDF\)](#), Monica Duarte and Isabel Quijano

## Fostering Healthy Lifestyle

- [Oral Health and Social Determinants of Health \(PDF\)](#), Joseph Gillick
- [Wisdom Warriors \(PDF\)](#), Becky Bendixen  
[Wisdom Warriors Handout \(PDF\)](#)
- [Healthy Aging for Everyone \(PDF\)](#), Carolyn Ham and Ana Milhalcea, MD
- [Un Dia en los Zapatos De un Diabetico \(A Day in the Shoes of a Diabetic\) \(PDF\)](#), Luz Romero
- [Family Planning—How, What, Why, Who, and Where \(PDF\)](#), Dorothy McBride, FNP, WHNP  
[Family Planning Resources \(Word\)](#)
- [It Takes a Village: A CHWs Role in Supporting, Promoting, and Protecting Breastfeeding \(PDF\)](#), Michele Lord and Sandra Escalera, RN-BSN
- [Men’s Health—Living the Macho Man Way of Health \(PDF\)](#), Jared Papa, MPAS, PA-C

## Relaxation & Wellness

- [Building Community Relations through the Power of Dance \(PDF\)](#), Melissa Bless
- Yoga & Meditation for Health, Alyssa Auvinen
- [Strong Bodies: More than Strong Muscles \(PDF\)](#), Coach Lisa Stuebing
- [Tai Ji Quan: Moving for Better Balance \(PDF\)](#), Julie Cauthorn
- [The Food, Nutrition, Health and Wellness Workshop Series Project \(PDF\)](#), Juana Royster, PhD
- [Demystifying Eating Disorders \(PDF\)](#), Andrea Johnson Adams, MS, LMHCA
- [The Role of a Community Health Worker in Managed Care \(PDF\)](#), Karen Mandella, RN, Kari Tumbleson, RN, and Amanda Turner