

Engaging Community Health Workers (CHWs) in Self-Care

October 20, 2021
12:00 pm – 1:00 pm CT



CHW Solutions
Community Health Worker services made easy

Housekeeping

- We will be recording this webinar, and the link will be posted on the NRC-RIM website: <https://nrcrim.org/self-care-community-health-workers>
- Please stay on mute during the webinar
- Q&A will be at the end

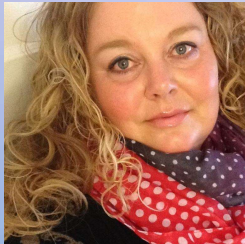
Today's Webinar Presenters



Syreeta Wilkins, Communications Strategist
National Resource Center for Refugees,
Immigrants, and Migrants
University of Minnesota
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Tell us about you!
Please put your name and organization in the chat box.

TODAY'S AGENDA

- INTRODUCTION FROM NATIONAL RESOURCE CENTER FOR REFUGEES IMMIGRANTS AND MIGRANTS
 - SYREETA WILKINS, NRC-RIM
- COMMUNITY HEALTH WORKER SELF-CARE CURRICULUM PILOT RESULTS
 - MEGAN NIETO, CHW SOLUTIONS
- CHW SELF-CARE CURRICULUM OVERVIEW
 - HELEN JACKSON LOCKET-EL, CONSULTANT, CHW SOLUTIONS
- Q&A

Download a PDF of the curriculum at:

<https://nrcrim.org/self-care-community-health-workers>

COMING SOON: Spanish translation and interactive web-based version

LEARNING OBJECTIVES

PARTICIPANTS WILL BE ABLE TO:

- ARTICULATE WHY COMMUNITY HEALTH WORKER (CHW) SELF-CARE IS IMPORTANT
- HELP CHWS ENGAGE IN SELF-CARE
- INTEGRATE CHW SELF-CARE INTO THEIR CHW TEAMS

Thank You to Our Expert Panel!!



Macaran A. Baird, MD, MS
Retired Family Physician and Family Therapist



Ron Jankowski, MD
Medical Director, CHW Solutions

Alexander Fajardo
Executive Director, El Sol
Neighborhood Educational Center



Dulce Lopez, Psy D
Consultant, Spanish-Speaking Licensed
Psychologist
Founder of Metamorfosis: Thru Love



Karen Jankowski, MD
Family Physician and Assistant Professor,
University of Minnesota Department of
Family Medicine and Community Health



Richard Oni, PhD
Director of Services and Training,
Progressive Individual Resources, Inc.

Check out more about their backgrounds and self-care ideas at:
<https://nrcrim.org/self-care-community-health-workers>

NRC-RIM BACKGROUND

ABOUT NRC-RIM

- NATIONAL RESOURCE CENTER FOR REFUGEES, IMMIGRANTS, AND MIGRANTS
- FUNDED BY THE CDC, HOUSED AT THE UNIVERSITY OF MINNESOTA
- GOALS:
 - SUPPORT HEALTH DEPARTMENTS AND CBOS THAT WORK WITH REFUGEES, IMMIGRANTS, MIGRANTS
 - STRENGTHEN PARTNERSHIPS BETWEEN HEALTH DEPARTMENTS AND COMMUNITIES

OUR PARTNERS

- CHW SOLUTIONS
- IDEO.ORG
- INTERNATIONAL RESCUE COMMITTEE (IRC)
- MIGRANT CLINICIANS NETWORK (MCN)
- MINNESOTA DEPARTMENT OF HEALTH (MDH)
- NATIONAL ASSOCIATION OF COUNTY AND CITY HEALTH OFFICIALS (NACCHO)

WHAT WE DO

- HEALTH EDUCATION AND RESOURCES
- ONLINE TRAINING
- BEST AND PROMISING PRACTICES
- TECHNICAL ASSISTANCE
- PILOT PROJECTS
- ADVOCACY

HOW TO REACH US



@NRC_RIM



WWW.NRCRIM.ORG



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NRCRIM@UMN.EDU



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CHW SELF-CARE PILOT

RESULTS FROM SURVEY 1 (PRE-CURRICULUM) AND SURVEY 2 (POST-CURRICULUM)



“I found this curriculum to be very helpful in terms of providing a diversity of information, readings, and ideas. It is a lot to consume, but great resources. Great list of potential activities to consider.”



“I think the wording could be on a more basic level, especially when sharing some of the tools with clients. The text should be broken up with pictures and videos.”



“Honestly, it just felt like more homework and more work. That’s the last thing I need after being at work and school all day.”

BACKGROUND



A Pilot Project of a CHW Self-Care curriculum was conducted August 17, 2021 - September 7, 2021



Read and review the draft curriculum and spend at least 6-8 hours completing the exercises over several weeks.



42 people completed the pre-survey and 35 completed the post-survey (Survey 2).



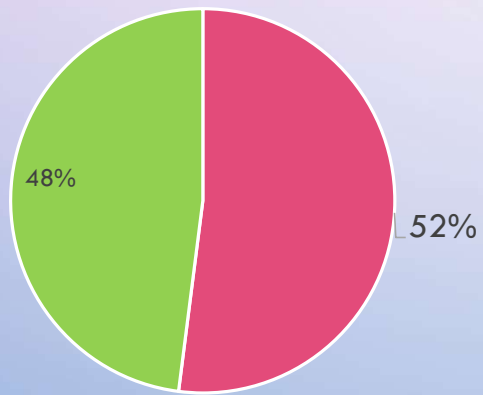
The surveys were anonymous, so pre- and post-tests were not matched to each other.

STRESS, GRIEF, AND LOSS

Strongly/Somewhat Agree	Survey 1	Survey 2
I know a great deal about dealing with stress, grief, and loss	83%	89%
I am able to practice self-care to overcome my own stress, grief, or loss	71%	91%
I am able to provide my clients/patients with information about dealing with stress, grief, and loss	90%	91%

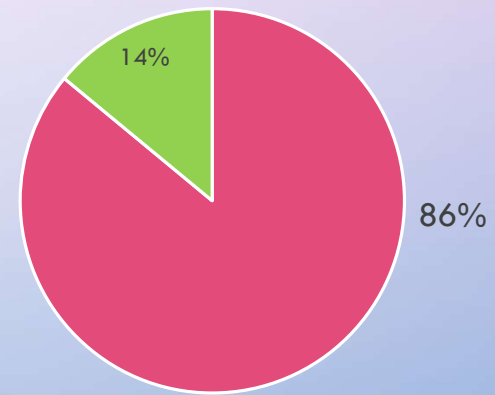
SELF-CARE PLAN FOR YOURSELF

Self-care plan: Survey 1



Yes No Maybe Don't know

Self-care plan: Survey 2



Yes No Maybe Don't know

**CURRICULUM
EVALUATED IN
THREE PARTS**

EXERCISES

WEBSITES

LINKS AND QUIZZES

**EXERCISES:
VERY OR
SOMEWHAT
HELPFUL**

Ex 1 Identify you're on empty: 91%

Ex 2 Identify you're running near empty: 91%

Ex 3 Deep breathing: 91%

Ex 4 Strengths from you culture: 82%

Ex 5 Identify a benefit: 89%

Ex 6 Identify 3 acutely stressful situations: 94%

Ex 7 Identify 3 chronically stressful situations: 94%

Ex 8 A memorial for a loved one: 80%

Ex 9 Action steps for self-care: 85%

Ex 10 Activities that bring joy: 97%

**WEBSITES:
I LOOKED AT
THIS LINK AND
FOUND IT
HELPFUL**

W 1 Mindful parenting: 46%

W 2 La Belle Society: 43%

W 3 Centre for studies on human stress: 74%

W 4 Simply psychology: 74%

W 5 El Sol Neighborhood Resource Center:
60%

W 6 Mental Health First Aid: 86%

LINKS AND QUIZZES: TOP 4 MOST HELPFUL ONES



Self-care activities daily checklist: 80%



“An action plan for self-care” article: 74%

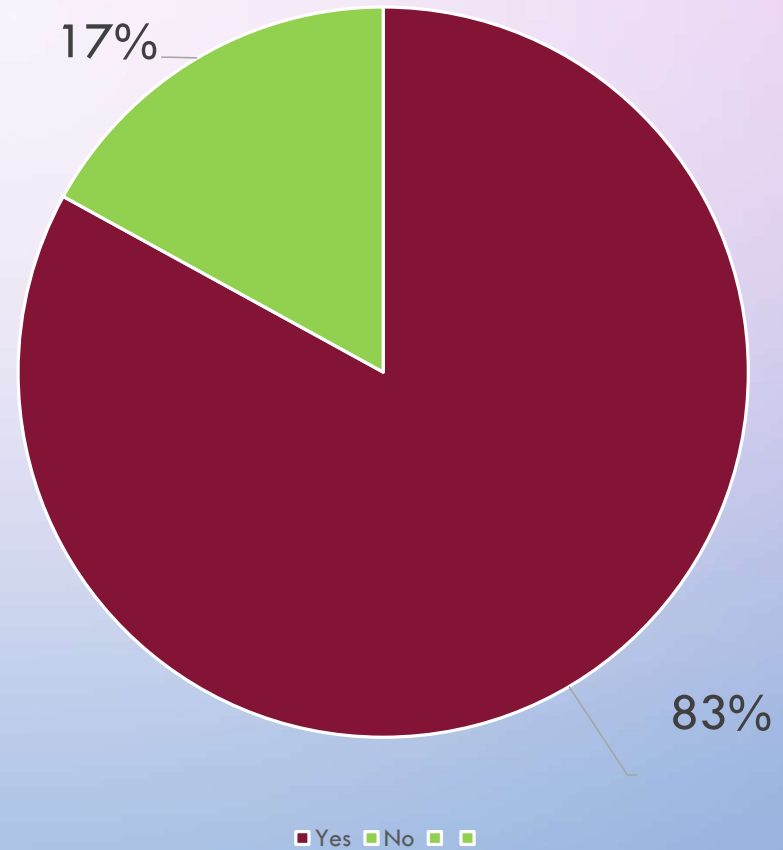


“Self-care Action Plan: #Staying in balance”: 71%

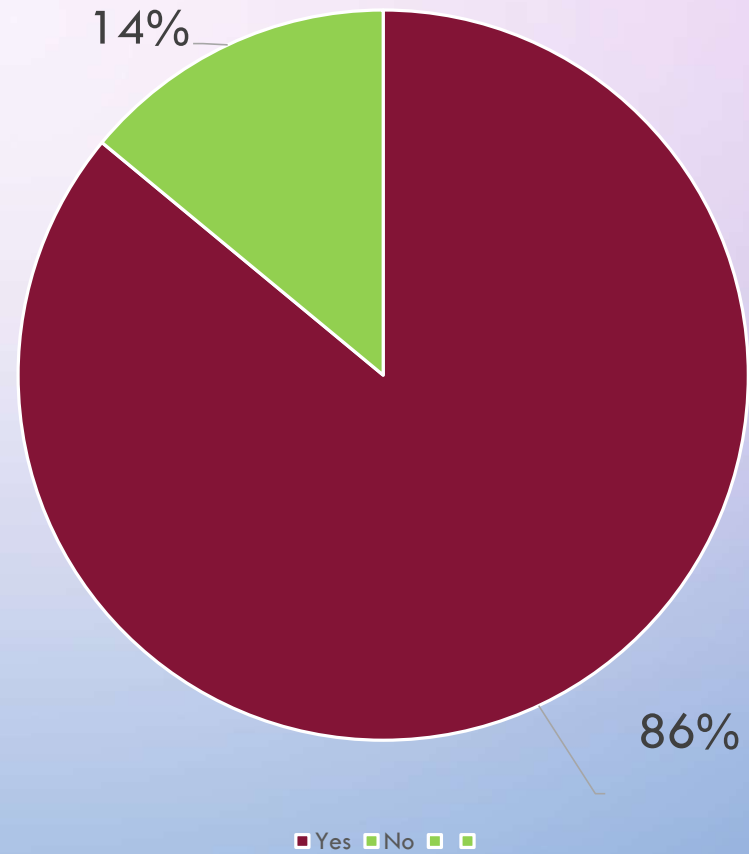


“22 Self-care plan checklists and printables for a happier and more productive you”: 71%

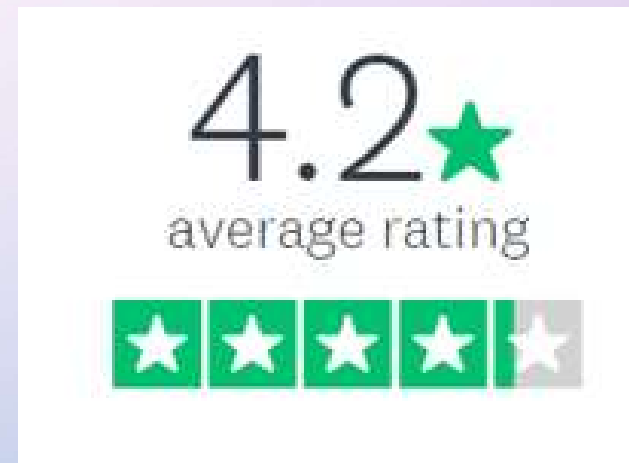
**HOW LIKELY ARE
YOU TO USE
ANYTHING YOU'VE
LEARNED IN THE
CURRICULUM FOR
YOUR OWN SELF-
CARE?
SURVEY 2**



**HOW LIKELY ARE
YOU TO
RECOMMEND THIS
SELF-CARE
CURRICULUM TO
OTHERS?
SURVEY 2**



**OVERALL, HOW
WOULD YOU RATE THIS
SELF-CARE
CURRICULUM?**





SELF-CARE

ENCOURAGE & INSPIRE COMMUNITY HEALTH WORKERS



*be good
to yourself*

HISTORY



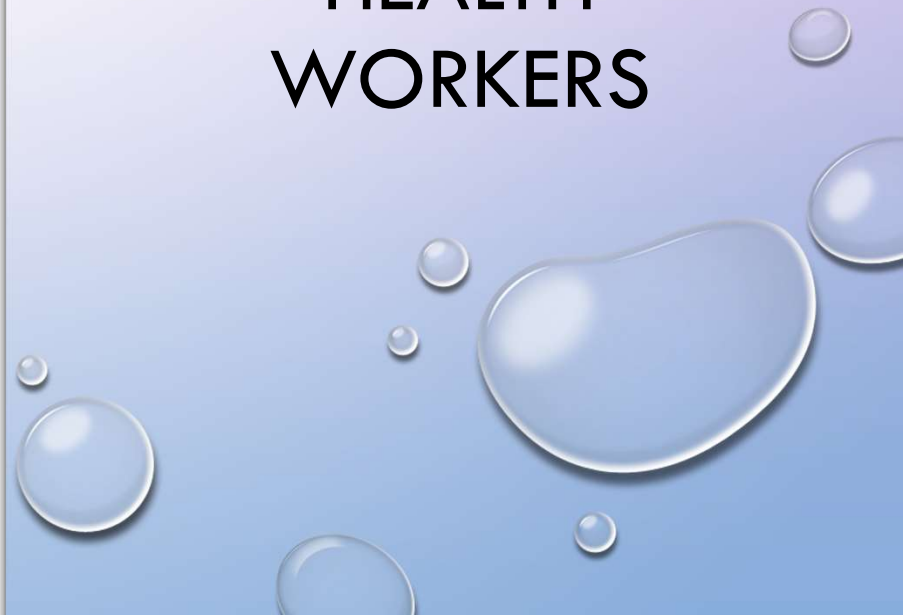
SELF-CARE

- NOT A SELFISH ACT
- AN INDIVIDUALIZED PRACTICE OF ACTIVITIES OR HEALTH MANAGEMENT FOR THE PURPOSE MAINTAINING LIFE, GOOD HEALTH, AND WELL-BEING
- SELF-INITIATED, INTENTIONAL, AND PURPOSEFUL
- FUEL FOR MIND & BODY





COMMUNITY HEALTH WORKERS





RACIAL INJUSTICE

- ONGOING STRESSORS FOR PEOPLE OF COLOR THAT ARE DISPROPORTIONATELY AFFECTED BY INEQUITIES

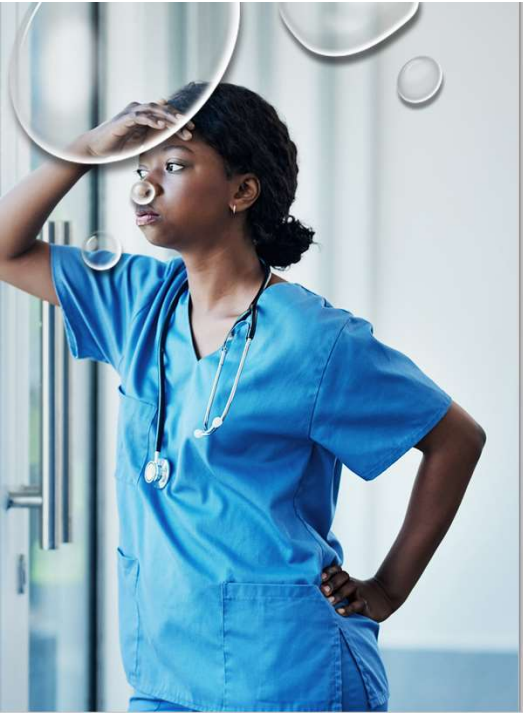


Top Photo Credit

- “Women Standing Together” by Mindful Media

Bottom Photo Credit

- “US-Politics Racism Juneteenth” by Bryan R. Smith/AFP

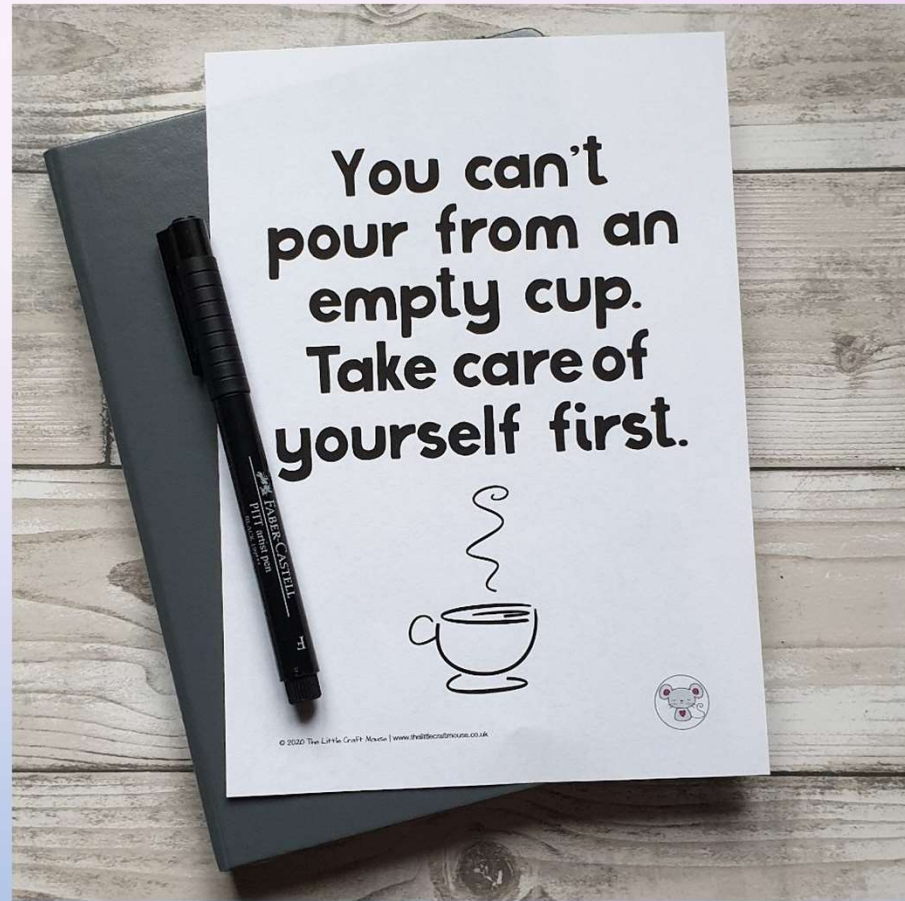


COVID-19 PANDEMIC

- CHW BECAME PRIMARY SOURCE OF RELIABLE INFORMATION TO COMMUNITIES
- NEW FAMILY CHALLENGES
- FRONTLINE WORKERS
- EDUCATORS & STUDENTS
- ISOLATION

MAKING SELF A PRIORITY

- REFLECT
- RECHARGE
- REJUVENATE






Increased irritability

Sadness leading to depression

Physical symptoms: headaches, sore or stiff neck etc.

Digestive issues

Eating – compulsive to loss of appetite



**INDICATORS
OF
AN EMPTY CUP**



AREAS OF SELF-CARE



Physical



Psychological



Emotional



Spiritual



Social



Financial



Professional



Intellectual

STRENGTH-BASED AWARENESS

Acceptance

Self

Identity

Cultural

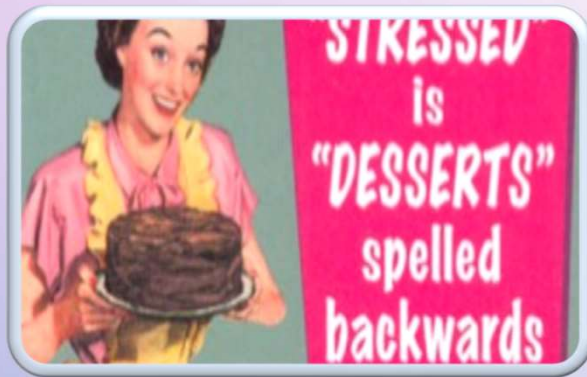
CULTURAL STRENGTHS



BENEFITS OF SELF-CARE

- INCREASES SELF-AWARENESS
- CREATES A HEALTHY RELATIONSHIP WITH YOURSELF
- IMPROVES INTERPERSONAL RELATIONSHIPS
- DEVELOPS A WORK-LIFE BALANCE
- IMPROVES FOCUS AND CONCENTRATION
- IMPROVES MOTIVATION
- REDUCES ANXIETY AND STRESS
- BOOSTS PERSONAL CONFIDENCE, ESTEEM, AND CONTENTMENT
- INCREASES ABILITY TO CONTROL EMOTIONS
- IMPROVES GENERAL HEALTH

STRESS



WHAT IS STRESS?

- STRESS IS NORMAL
- MENTAL OR EMOTIONAL STRAIN
- FEELING/CONDITION – STRESSORS
- IMPACTS PHYSICAL & PSYCHOLOGICAL HEALTH - HORMONES

ACUTE & CHRONIC STRESS

ACUTE - STRESS RESPONSE SYSTEM ACTIVATED BUT QUICKLY RETURN TO NORMAL

CHRONIC – LONG-TERM, ONGOING, REPETITIVE – RELAXATION RESPONSE IS NEVER ACTIVATED

MANAGING STRESS



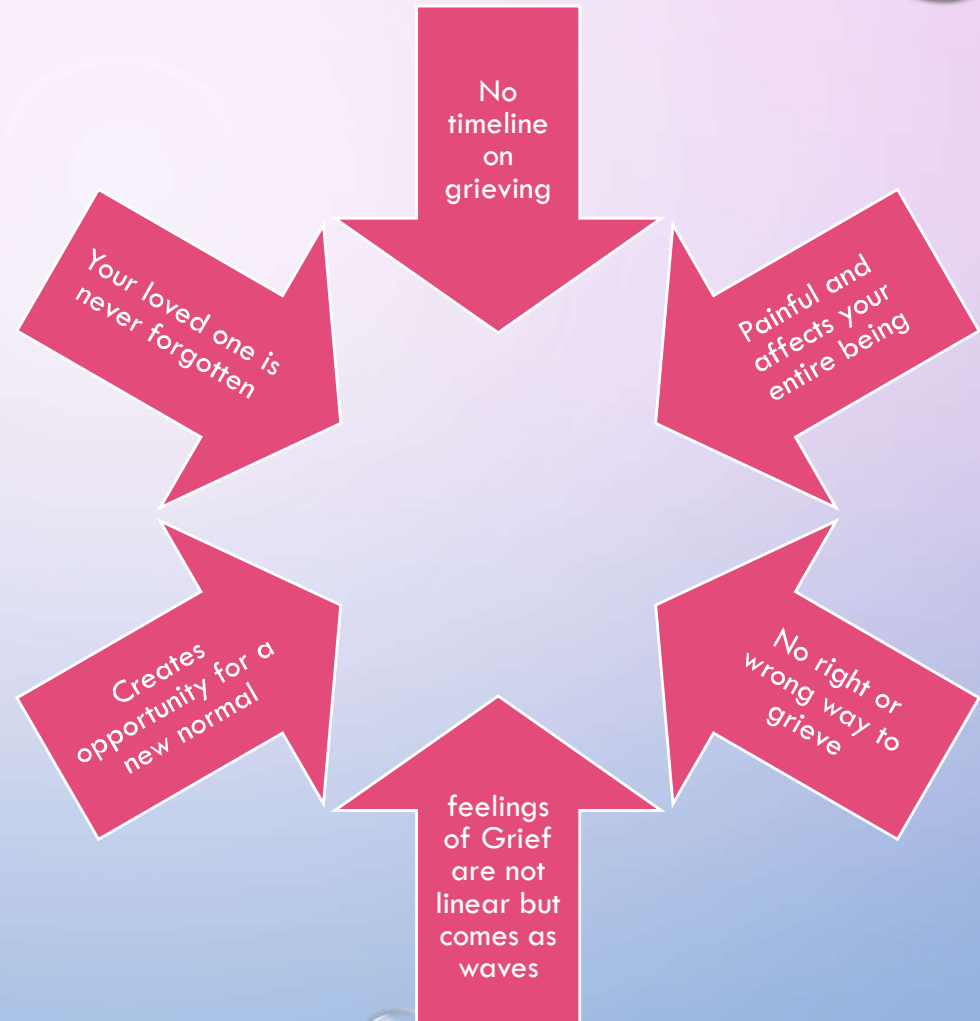
GRIEF & LOSS

PANDEMIC DISPROPORTIONATELY IMPACTED
COMMUNITIES OF COLOR AND OTHER
VULNERABLE POPULATIONS

- GRIEF IS A NATURAL PART OF THE HUMAN EXPERIENCE
NORMAL REACTION TO A LOSS
- GRIEF DOES NOT DISCRIMINATE NOR INSULATE US
FROM PAIN
- PROFOUNDLY PERSONAL AND HIGHLY INDIVIDUALIZED
CHALLENGES OUR FAITH
- DISRUPTS RELATIONSHIP WITH FAMILY AND FRIENDS

GRIEF IS A PROCESS

MOURNING TO NEW APPRECIATION OF LIFE



RACIAL STRESS

CONTRIBUTES TO CHRONIC STRESS

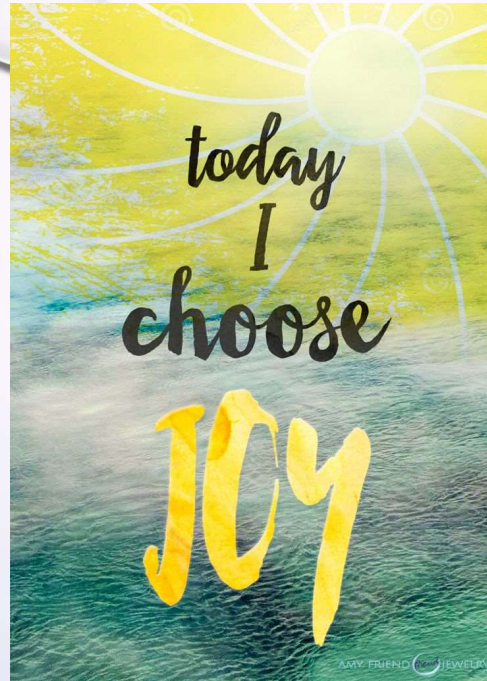
- RACIAL STRESS IMPAIRS OUR PERCEPTIONS, DECISIONS, BEHAVIORS, AND ULTIMATELY OUR RELATIONSHIPS.
- THE MOST VULNERABLE PEOPLE EXPERIENCE INTENSE RACIST ENCOUNTERS PRODUCING EMOTIONAL PAIN AND CHRONIC STRESS
- RACISM IS ASSOCIATED WITH HIGHER RATES OF STRESS, AND STRESS IS KNOWN TO ELEVATE BLOOD PRESSURE, WEAKEN THE IMMUNE SYSTEM, AND INCREASE CHRONIC DISEASES.

The background features a vertical gradient from light purple at the top to light blue at the bottom. Several realistic water droplets of various sizes are scattered across the surface, with some in the top-left and bottom-right corners.

SELF-CARE ACTION PLAN

ONE-SIZE- DOES- NOT-FIT-ALL”

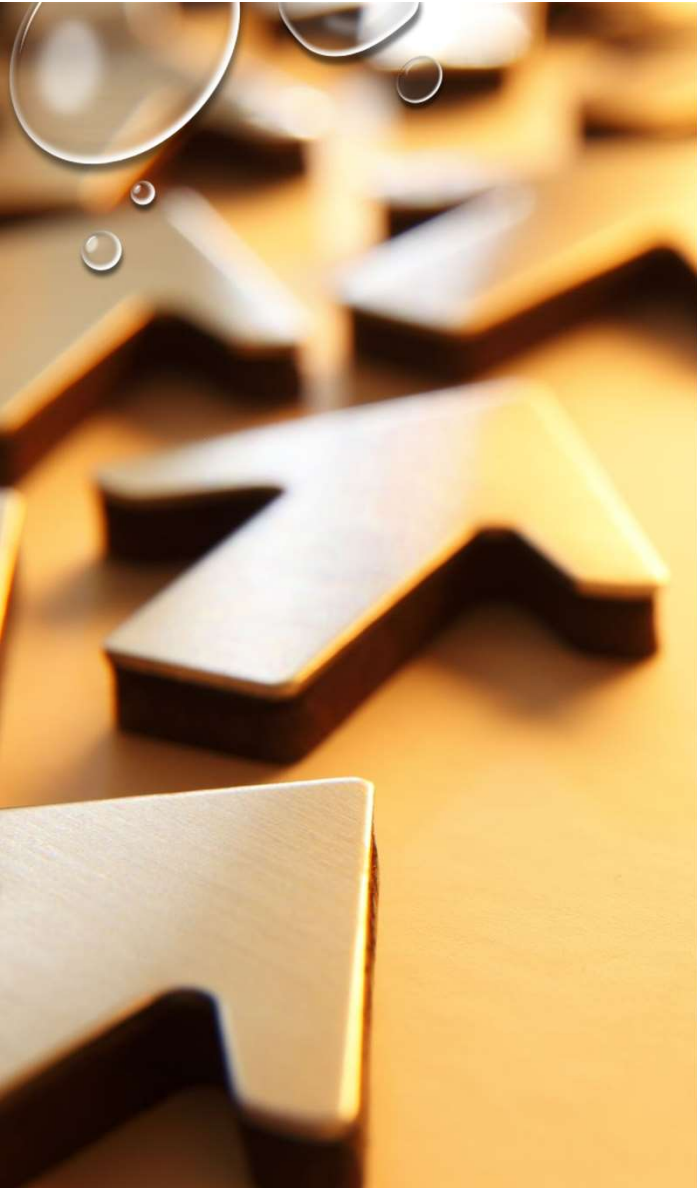
LET WHAT
YOU LOVE
BE WHAT
YOU DO



*do what
you love*



WHERE TO BEGIN!
CHOOSE WHAT TO ACCEPT AND
WHAT TO LET GO!



KEEP IN MIND

- PLAN A FIRM DATE TO BEGIN
- STICK TO THINGS YOU ENJOY
- BEGIN SLOW, THEN EXPLORE OTHER ACTIVITIES
- MAKE IT REGULAR; USE MOMENT OR BREAKS OF OPPORTUNITY OR DOWN TIME
- DETERMINE HOW MUCH TIME YOU WILL DEDICATE TO YOUR SELF-CARE (MORNINGS, BEFORE BED, WEEKLY, MONTHLY)
- SET THE LENGTH OF TIME – E.G. 10, 15, 20, 30 MINUTES OR 1 HOUR ON TUESDAY, THURSDAY
- GIVE YOURSELF GRACE. DO NOT BE SO RIGID THAT YOUR SELF-CARE BECOMES A STRESSOR, ALLOW YOUR PERSONALITY TRAITS TO GUIDE YOU
- LEAVE ROOM FOR SPONTANEITY
- IDENTIFY AN ACCOUNTABILITY PARTNER OR TEAM
- SHARE WITH FAMILY AND FRIENDS THAT CAN BE SUPPORTIVE



The background of the slide features a light gray gradient with several realistic water droplets of various sizes scattered across the right side. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is positioned on the left side of the slide.

**WHAT ACTIVITIES
BRING YOU PLEASURE?**

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THANK YOU

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