

- BUILDING A NETWORK OF SAFE, COMPASSIONATE AND EFFECTIVE COMMUNITY HEALTH PROVIDERS -

## **Maternal Child Health Community Health Worker**

This 48-hour comprehensive program provides a combination of community health worker skills and competencies with a special focus on perinatal health. Participants will be prepared to provide life-saving education and support to childbearing parents and families, as well as play a significant role as part of the maternal health care professional team. As 'perinatal practitioner extenders' with a firm foundation in maternal child health (MCH), our CHW's are trained to work in a variety of settings including private practices, birth centers, hospitals, clinics, community settings and homes, building and modeling strong collaborations to establish perinatal networks. They cover all aspects of the childbearing cycle – pregnancy, birth and postpartum, and reproductive health. They are able to teach across the life-course with culturally-congruent and evidence-based information, including demonstrating and modeling health practices and creating liaisons and trusting relationships with other health providers and agencies. This course stands out from others in that it continually addresses racism in health disparities and racism in health systems, as evidenced by health outcomes and statistics.

Special emphasis will be placed on:

- Safety and quality in maternal health care and support
- Characteristics of health models and health systems
- Barriers to health care services
- Health system navigation and collaboration
- Reproductive and Maternal Justice
- Related community resources

*Maternal Child Health Community Health Worker Course Outline:*

### **I. Community Health Worker Foundations**

#### ***Key Objectives:***

- *Describe community health models and the roles, responsibilities and skills of a Community Health Worker, and their role in improved community health.*
- *Describe the development of the professional role of Community Health Workers, including as a doula, childbirth educator and lactation educator in the healthcare service delivery industry of the United States.*
- *Identify the roles and types of documentation and evaluation used by community health outreach programs.*

#### ***Specific Course Content:***

##### The CHW Workforce

- History of Community Health Workers
- Scope of Practice, Roles and Skills, Titles and Work Settings
- Core Competencies
- CHW Qualities & Values; Shared Lived Experience
- Models of Care
- CHW Around the World

##### CHW Integration into US Healthcare System

- Role Recognition
- Patient Centered Care Teams & Systems Collaboration
- CHW Training & Education



- National CHW Programs and Certifications
- CHWs Workforce and Ecosystem
- FL CHW Certification Routes

## **II. Foundations of Health**

### **Key Objectives:**

- *Demonstrate an understanding of disparities in health care as defined by Healthy People 2020.*
- *Describe in general terms health payment plans and public sector services.*
- *Identify health promotion and disease prevention behavioral strategies as a part of primary and maternity health care.*

### **Specific Course Content:**

#### The CHW Work Environment:

- Social Determinants of Health & 'Materno-toxic Zones'
- US Healthcare Delivery System: Levels of Care and Quality of Care
- Working as Part of a Healthcare Delivery Team
- Outreach & Education to Community Members
- Health Equity, Cultural Congruence and Cultural Safety

#### Maternal Child Health Specialty

- The JJ Way®: The Commonsense Approach, Perinatal Safe Spots & Easy Access Clinics
- Maternal & Infant Health Outcome & Racial Disparities
- JJ Way® Tenets: Creating Access to Care
- Quality & Culturally Safe Perinatal Care
- Perinatal support: Community linkages & system navigation
- Perinatal Education & Prevention
- Understanding the Birth Process: Safety & Centering the Birthing Person

#### Maternal Child Health Basic Physiology

- Understanding and taking adult blood pressure
- Assessing maternal and infant signs of danger
- Assessing perinatal mood disorders
- Maintaining vetted health care provider referral resources

## **III. Communication and Education**

### **Key Objectives:**

- *Demonstrate knowledge of the relationship of culture and individuals' health practices, beliefs, and use of health and social services.*
- *Demonstrate effective ways in developing and presenting basic information.*
- *Discuss basic effective communication techniques and barriers to effective communication.*

### **Specific Course Content:**

#### Communication

- Motivational Interviewing & Creation of client action plans
- Cultural Humility & Health Literacy
- Confronting Stigma: anti bias activities and practices
- Trauma Informed Care
- Communication & Facilitation skills
- Working in Care Teams

#### Education

- Development of Educational Material
- Adult Learning Strategies
- CHWs & Perinatal Education



#### Telehealth

- initiation, collaboration and implementation of telehealth services
- maintaining safe, equitable and quality services virtually
- operating telehealth hub services at PSS'

#### **IV. Advocacy**

##### **Key Objectives:**

- *Demonstrate an understanding of advocating effectively for others, so that clients receive the care they need in a swift and seamless fashion.*
- *Provide information and support for individuals and communities to advocate for their own needs.*
- *Demonstrate efforts to build and maintain networks with relevant community and issue advocacy groups.*

##### **Specific Course Content:**

###### CHWs & Advocacy

- Self Determination & the Four Tenets of the JJ Way®
- Reproductive Justice and Maternal Justice

###### Mobilization & Organizing

- Creating Systems Change
- Getting involved: National & Local Advocacy Efforts
- Organizing Perinatal Safe Spots

###### Storytelling

###### Patient's Bill of Rights & Consent

#### **V. Resources**

##### **Key Objectives:**

- *Demonstrate knowledge of barriers to primary and maternity health care.*
- *Identify specific community resources related to identified client needs and the process to obtain the services.*
- *Demonstrate general awareness of health care needs for individuals across the lifespan and related health care and social services*

##### **Specific Course Content:**

###### Community

- Client & Community Needs Assessments
- Addressing Barriers
- Building Perinatal Safe Spots
- Building local (asset-based) networks

###### Resources

- Knowledge of Community Resources
- Accessing Health & Social Services
- Making Linkages

#### **VI. Professional Responsibility**

##### **Key Objectives:**

- *Demonstrate knowledge of state and national laws when working with community members.*
- *Implement appropriate personal safety practices during community outreach activities.*
- *Plan for sustainability and success*

##### **Specific Course Content:**

###### Codes of Ethics & Standards

- Confidentiality



- Client Boundaries

#### Safety

- Personal Safety
- Safe Practices & Safety in the field

#### Workforce Sustainability

- Self Care and Self Advocacy
- Financial literacy/ business development
- Independent practice as a CHW/ NPI number - Medicaid number
- The future of CHWs