

4-Part Workshop Series

*This course is available only to Community Health Workers from Maine, New Hampshire and Vermont. Enrollment Limit 45.

Monday April 27, 12pm-1:30pm

Thursday May 14, 12pm-1.30pm

Tuesday May 26, 12pm-1:30pm

Tuesday June 16, 12pm-1:30pm

In Collaboration with

Part 1: Resiliency and Thriving in the age of COVID19 - Peer Learning and Support

How do we uncover the secret power of stress and the key to grow from resilience to thriving for ourselves and the communities we serve?

About Part 1

The Resiliency to Thrive Peer Learning session can help define how each participant perceives life challenges and examine how the power of perception can enhance your resiliency factor or erode it. Resiliency can grow when one is in tune with mind and body. Raising body consciousness is a KEY for sustainable wellbeing. Now more than ever self-care has been defined as critical to our mental and physical health under the new “normal” of COVID19.

Subject Matter Experts



Paula Smith, MBA, EdD, Director, Southern New Hampshire Area Health Education Center, Raymond, NH



Maria Reyes BA, Certified Alcohol and Drug Counselor (CADC), Continuum of Care Facilitator, Seacoast Public Health Network, Raymond, NH

Part 2: Addressing Burnout: Peer Learning & Support for CHWs

Have you found yourself exhausted, frustrated, or discouraged by your job as a community health worker?

About Part 2

Today, burnout is an all too common experience among health care professionals, and Community Health Workers are no exception. On the front lines of providing critical services to vulnerable communities in the era of coronavirus, while often dealing with the same insecurities that their patients experience, CHWs are particularly vulnerable to stress and burnout. This session will be an opportunity to learn from other CHWs and a mental health professional on how burnout impacts our day to day work and to identify concrete strategies for self-care and peer support.

Subject Matter Experts



Ben Hummel, BA, Program Director, Maine Mobile Health Program



Laura Valencia Orozco, LMSW-CC, Behavioral Health Manager, Maine Mobile Health Program

Part 3: National Perspective on CHW Model During Crisis, What Changes Can We Envision?

Will COVID provide the moment of equitable transformation in our systems? Will CHW drive the change?

About Part 3

CHWs have many titles and roles. What is happening with CHWs in other parts of the country during COVID? Are emergency response structures changing because of new challenges and opportunities during the pandemic? This workshop will explore CHW experiences in Northern New England and some national data. The group will discuss systems changes involving CHWs needed to improve health.

Subject Matter Expert



Denise Octavia Smith, Executive Director, National Association of Community Health Workers

Part 4: Using the Research Lens: Thematic Analysis of the CHW Peer Learning Sessions

What have Maine, New Hampshire and Vermont Community Health Workers expressed about resiliency for themselves and their communities, preventing burnout, and needed change over the three workshops?

About Part 4

Part 4 of the series will describe the research process used to identify key themes about resiliency, burnout, and CHW needs discussed in the previous three sessions. The evaluator will share the identified themes with participants and engage the CHWs in a discussion to validate and refine the themes.

Subject Matter Expert



Hope Worden Kenefick, MSW, PhD, Consultant, Evaluator