

Utah CHW Core Skills Curriculum Table of Contents

(Assumes 2 contact hours per session for a total of 90 hours which is the length of the curriculum that we agreed to develop.)

Part One: Community Health Workers and Public Health

- Session 1: Community health workers and their roles (Mod 1a)
- Session 2: History of community health work and the role of Popular Education (new)
- Session 3: An introduction to public health (new)
- Session 4: Health disparities and social justice (new)
- Session 5: Social justice and our stories (new)
- Session 6: Techniques for evaluating the health of communities (new)

Part Two: CHW Individual Service Core Skills

- Session 7: Community health worker Code of Ethics (Mod 1b)
- Session 8: Self-awareness and cultural humility (Mod 1c)
- Session 9: Developing relationships using personal strengths (Mod 2a)
- Session 10: Mindfulness and personal relationships (Mod 2b)
- Session 11: Alternatives to giving advice (mod 2c)
- Session 12: Introduction of the stages of change and care coordination (Mode 3a +CC)
- Session 13: The processes of behavior change (Mod 3b)
- Session 14: Appreciative inquiry and behavior change (Mod 3c)
- Session 15: The spirit and processes of Motivational Interviewing (Mod 4a)
- Session 16: Practice with MI processes (Mod 4b)
- Session 17: Motivational Interviewing: change talk and sustain talk (Mod 4c)
- Session 18: Personal visions and SMART goals (Mod 5a)
- Session 19: Community diagnosis and individual assessment in the goal setting process (Session 6 and Mod 5a)
- Session 20: Client interviews (Mod 5b)
- Session 21: Client meetings: Techniques to support a strength-based approach (Mod 6a)
- Session 22: Client meetings: Techniques to support clients in developing growth mindsets (Mod 6b)
- Session 23: Client meetings: Techniques to help clients develop practical resilience skills (Mod 6c)
- Session 24: Client medical care challenges (U Penn session 25)
- Session 25: Client behavioral health care challenges (U Penn sessions 23 and 24)
- Session 26: HIPAA and review.

Part Three: Group/Team Work Core Skills

- Session 27: Home visits (Text ch 11)
- Session 28: Home visit – field trip
- Session 29: Using Popular Education to facilitate education groups (Mod 7a)
- Session 30: Using Popular Education to facilitate self-help/peer counseling groups

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Session 31: Trainee facilitated group practicum.

Session 32: Using Popular Education to facilitate healthy eating support groups (Mod 7b and Text)

Session 33: Using Popular Education to facilitate active living groups (text ch 17 and Mod 10 a,b & c and 11 a,b & c)

Session 34: Using Popular Education in a group to build community capacity through advocacy (Mod 7b)

Part Four: Professional Development Core Skills

Session 35: Being a professional: Time and organization (Mod 7b & New)

Session 36: Being a professional: Stress and self-care (Mod 12)

Session 37: Professional development skills (text ch 9)

Session 38: A Professional Development plan (Text ch 9)

Part Five: Culminating activities/Evaluation

Session 39: CHW Supervisory Group Meeting

Session 40: Practice Evaluation – Standardized client/patient

Session 41: Evaluation – Standardized client

Session 42: Evaluation – Standardized patient

Session 43: Education group practicum

Session 44: CHW support group practicum report

Session 45: Curriculum reflection, self-evaluation, and graduation celebration