

# HEALTH MODULE DESCRIPTIONS

Spring 2018



## Substance Abuse

Tuesday, May 22  
9:30 am–3:30 pm

Explore your attitudes toward addiction and addicts. Develop skills for working effectively with addicts. Learn about the theories of addiction, approaches to treatment and the recovery process.

## Breast Cancer

Thursday, May 24  
9:30 am–12:30 pm

One of the leading women's health issues today is breast cancer. It is also the most commonly diagnosed and deadliest cancer among African American women. This module explores risk factors and age guidelines for mammograms. The module also provides information about the health care system for treatment options for your clients.

## Mental Health

Wednesday, May 30  
9:30 am–3:30 pm

How do you identify a mental health issue, the level of risk and determine what is in the client's best interest? Discuss common signs and symptoms of mental health problems and techniques for working with clients resistant to seeking services and handling crisis intervention.

## Parenting Skills

Monday, June 4  
9:30 am–12:30 pm

Most parents struggle with issues around discipline and setting limits with their children. Participants learn how to help parents understand the reasons behind their children's behavior and how to set appropriate limits for children of different ages. This module also examines the differences in childrearing styles.

## Domestic Violence

Wednesday, June 6  
9:30 am–12:30 pm

How do we screen for abuse in a relationship? How do we offer help? Learn about the forms of abuse, the cycle of violence, and the abusers. Learn about risk assessments, safety plans, and available resources.

## Contraceptive Methods/ Family Planning

Thursday, June 7  
9:30 am–3:30 pm

What are the barriers for men and women using contraceptive methods. Learn about how contraceptives methods work, their side effects and effectiveness. Identify family planning services in your area.

## HIV & AIDS

Monday, June 11  
9:30 am–3:30 pm

What are the behaviors and other factors that put people at risk for HIV infection? Explore ways to educate your clients on risky behaviors, safer sex practices and other reduction strategies. Get up-to-date information about new tests and treatments.

## Diabetes Prevention

Monday, June 18  
9:30 am–12:30 pm

Learn how control, prevention and healthier food choices can decrease your risk of diabetes. Find out the causes and types of diabetes and who may be at risk. Understand why managing this "silent epidemic" is so important.



## Health Modules:

These courses are offered on a variety of health issues affecting communities across the state. Each module covers important public health facts and local resources.



# HEALTH MODULES

Spring 2018



HEALTH MODULES	DATE	TIME
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<input type="checkbox"/> Diabetes Prevention	Monday, June 18	9:30 am–12:30 pm

## Please tell us what you do

(check all that apply):

- educate “hard to reach communities”
- connect people to needed services
- navigate clients through health and social services systems
- counsel clients about healthy lifestyles
- advocate for clients and communities
- inform health care providers about “hard to reach” community needs

## Basic Requirements

(check all that apply):

- Have experience doing community based health work such as an Community Health Worker, Health Advocate or Case Manager.
- Employed by an organization to work at least 20 hours a week doing community health work (paid or unpaid).
- Have read and signed CHEC’s Trainee Policies & Procedures Agreement prior to or upon registration by you and your supervisor.

Photo release: I do/do not give my consent for the release of my photo if needed.

(Please circle one)

# HEALTH MODULE REGISTRATION FORM

## Spring 2018



### Meeting People Where They Are....

CHEC is a training and professional development center that strives to enhance the capacity of CHWs to provide outreach and health education in the diverse communities of Boston.

### For More Information

Please call Luisa Tavares at (617) 534-2432,  
Fax (617) 534-5485

Coffee and tea is provided. Free parking with validation. Participants must bring their parking ticket for validation.

Participants will be responsible for the entire parking fee if ticket is misplaced, participant arrives late, leaves early or is turned away.

### Pricing Information

The cost for each session: \$25/half day and \$50/full day. Please fax form to: (617) 534-5485.

Mail money orders or agency checks to: CHEC 860 Harrison Ave. 2nd floor Boston MA. 02118



Date: _____	Name: _____
Title: _____	
Organization/Program: _____	
Organization Address: _____	
Email: _____	
Telephone: _____	Fax: _____
Supervisor's name: _____	
Telephone: _____	Email: _____
Do you need individual arrangements (i.e., ASL)?: _____	

For more information, please call Luisa Tavares at (617) 534-2432 Fax: (617)-534-5485

Complimentary parking is provided. Participants must bring their parking ticket for validation.

Participants will be responsible for the entire parking fee if ticket is misplaced, participant arrives late, leaves early or is turned away

Snow cancellations, please call 617-534-5181 after 7am on the day of class.