

HEALTH MODULE DESCRIPTIONS

Winter 2020



Health Eating

Monday, February 24

9:30 am-12:30 pm

Our society gives people mixed messages about eating and body size. Advertising urges us to consume fattening foods while still remaining thin. Learn to help clients develop healthy eating habits and self esteem around their body image.

Sexually Transmitted Infections (STI)

Wednesday, February 26

9:30 am-3:30 pm

What are the differences between viral and bacterial STIs? Teach your clients about the symptoms, complications and treatments for STIs. Explore ways to make behavioral changes that will reduce your clients' risk of contracting STIs.

LGBT Health

Monday, March 2

9:30 am-12:30 pm

Lesbian, gay, bisexual and trans gender (LGBT) communities are at higher risk for many health problems such as substance abuse, smoking, Sexually transmitted infections, depression, victimization and trauma. Why do these disparities exist? How do our systems create barriers to care? What prevents LGBT clients from accessing care? Explore ways for programs and services to be more responsive to the needs of LGBT clients.



Breast Cancer

Thursday, March 5

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 training will explore risk factors and age guidelines for mammograms and treatment options.

Substance Abuse

Monday, March 9

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.

Diabetes Prevention

Wednesday, March 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.

Asthma

Monday, March 23

9:30 am-12:30 pm

Learn about the causes of asthma and some prevention and treatment strategies. Participants will be given information on the Home Safe Program to enable them to help clients evaluate their environmental risks and make healthy changes.

Mental Health

Wednesday, March 25

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.

Domestic Violence

Thursday, March 26

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.

Women & HIV

Monday, March 30

9:30 am-12:30 pm

Find out why women are failing to seek early detection of the virus, not complying with treatment, and developing AIDS at higher rates than men. Less than half the women living with HIV get the care they need and only 32% have the virus under control.

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

Winter 2020



HEALTH MODULES	DATE	TIME
<input type="checkbox"/> Healthy Eating	Monday, February 24	9:30 am-12:30 pm
<input type="checkbox"/> Sexually Transmitted Infections	Wednesday, February 26	9:30 am-3:30 pm
<input type="checkbox"/> LGBT Health	Monday, March 2	9:30 am-12:30 pm
<input type="checkbox"/> Breast Cancer	Thursday, March 5	9:30 am-12:30 pm
<input type="checkbox"/> Substance Abuse	Monday, March 9	9:30 am-3:30 pm
<input type="checkbox"/> Diabetes Prevention	Wednesday, March 18	9:30 am-12:30 pm
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<input type="checkbox"/> Women & HIV	Monday, March 30	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)

TRAINING REGISTRATION FORM

"Meeting People Where They Are..."



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



Deadline for registering is March 11, 2020

Date: _____	Name: _____
Job Title: _____	
Telephone: _____	Email: _____
Name of Employer Organization: _____	
Name of Employer Program: _____	
Employer Organization Address: _____	
How many years at this position? _____ Is this position full time or part time? _____	
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 or email: ltavares@bphc.org

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

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