

HEALTH MODULE DESCRIPTIONS

Fall 2018



Asthma

Wednesday, October 17

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.

Human Sexuality

Monday, October 22

9:30 am-3:30 pm

Increase your level of comfort and ability to communicate with your clients about sexuality. Participants will examine their feelings, attitudes, and values about sexuality. A comprehensive model of sexual health, sexual identity development, and sexual pluralism will be covered.

Breast Cancer

Wednesday, October 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.

Contraceptive Methods/ Family Planning

Thursday, October 25

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.

Prostate Health

Wednesday, October 31

9:30 am-12:30 pm

African American men suffer the highest prostate cancer incidence and mortality rates among men of all racial and ethnic backgrounds in the U.S. The question is why? Learn about the risk factors and early detection. Explore effective ways to educate your clients and help them understand that knowledge is the best defence against prostate cancer.

Domestic Violence

Thursday, November 1

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.

Adolescent Health

Monday, November 5

9:30 am-12:30 pm

Adolescent health spans many areas, from mental and physical health to healthy relationships. This workshop will discuss adolescent development, including new understandings of brain development and the impact of early substance use, as well as best practices in working with and supporting young adults. Participants will leave with a better understanding of developmentally appropriate approaches and local resources.

HIV & AIDS

Tuesday, November 6

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.

Elder Health

Wednesday, November 7

9:30 am-12:30 pm

The elder population-persons 65 years and older is growing at a rapid rate. Yet the elderly are often overlooked and isolated in our neighborhoods. Find out about the common health problems that elders face as they grow older. Also, how to do outreach and support to elders who may be at risk.

Substance Abuse

Tuesday, November 13

9:30 am-3:30 pm

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

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

Fall 2018



HEALTH MODULES	DATE	TIME
<input type="checkbox"/> Asthma	Wednesday, October 17	9:30 am–12:30 pm
<input type="checkbox"/> Human Sexuality	Monday, October 22	9:30 am–3:30 pm
<input type="checkbox"/> Breast Cancer	Wednesday, October 24	9:30 am–12:30 pm
<input type="checkbox"/> Contraceptive Methods/Family Planning	Thursday, October 25	9:30 am–3:30 pm
<input type="checkbox"/> Prostate Health	Wednesday, October 31	9:30 am–12:30 pm
<input type="checkbox"/> Domestic Violence	Thursday, November 1	9:30 am–12:30 pm
<input type="checkbox"/> Adolescent Health	Monday, November 5	9:30 am–12:30 pm
<input type="checkbox"/> HIV & AIDS	Tuesday, November 6	9:30 am–3:30 pm
<input type="checkbox"/> Elder Health	Wednesday, November 7	9:30 am–12:30 pm
<input type="checkbox"/> Substance Abuse	Tuesday, November 13	9:30 am–3:30 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

Fall 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 payable to:
CHEC, 860 Harrison Ave., 2nd floor, Boston, MA.



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.