

CHW Summer Café Chat #2

What helped us get through
COVID? CHW Self-Care

July 19, 2022
12:00 pm – 1:00 pm CT



CHW Solutions
Community Health Worker services made easy



NRC-RIM

National Resource Center for
Refugees, Immigrants, and Migrants

MIGRANT CLINICIANS NETWORK



Housekeeping

- We will be recording this café chat, and the link will be posted on the NRC-RIM website:
<https://nrcrim.org/toolkits/community-health-workers>
- Join the discussion on CHW Solutions' facebook page:
<https://www.facebook.com/CHWSolutions2022/>
 - Where are you joining from?
 - What is your role related to CHWs?
 - What self-care tips or questions do you have?



Today's Agenda

- **Introduction** (Megan Ellingson, CHW Solutions)
- **Guided Meditation** (Dra. Dulce Lopez, Consultant)
- **NRC-RIM CHW Self-Care Curriculum** (Helen Jackson Lockett-El, CHW Solutions)
- **Witness to Witness (W2W) Resources** (Pamela Secada, Migrant Clinicians Network)
- **Self-Care and Chronic Conditions** (Pilar Sanchez, RN, Southside Community Health Services)
- **Community Health Worker (CHW) Discussion**
 - Paula Brown
 - Jimena De Lejia
 - Andre Pappas
 - Carol Parnell
 - Ashley Rodriguez
 - Fabiola Rodriguez
 - Ebonee Stevenson
 - Tarri Wyre
- **Closing** (Megan Ellingson, CHW Solutions)

Today's CHW Café Chat Contributors



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Community Health Worker Panel



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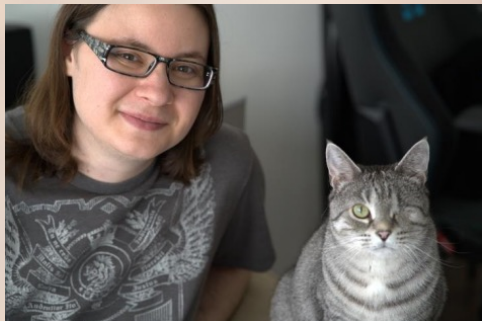
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NRC-RIM

National Resource Center for
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CHW Summer Café Chat Overview

June 21, 2022 What is it like being a CHW during the COVID pandemic?

July 19, 2022 What did we do to make it through? CHW Self-Care

August 23, 2022 Moving forward – what's next for CHWs?

ALL Chats:

- Share NRC-RIM resources
- Discussion with fellow CHWs



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NRC-RIM CHW Self-care Curriculum

Helen Jackson Lockett-El, Consultant, CHW Solutions

<https://nrccrim.org/self-care-community-health-workers>



Creation of Curriculum

- 20 years facilitating support groups
- Consultation of multicultural expert panel to guide project
- CHW self-care survey
- Research and collect info for curriculum with a focus on refugee immigrant & migrant population
- Pilot curriculum with CHW nationally with constructive feedback

<https://nrcrim.org/self-care-community-health-workers>



Witness to Witness Self-Care Resources

CHW Self-Care Cafe Chat

MIGRANT CLINICIANS NETWORK



Pamela Secada, MPH | she/ella | English & Español

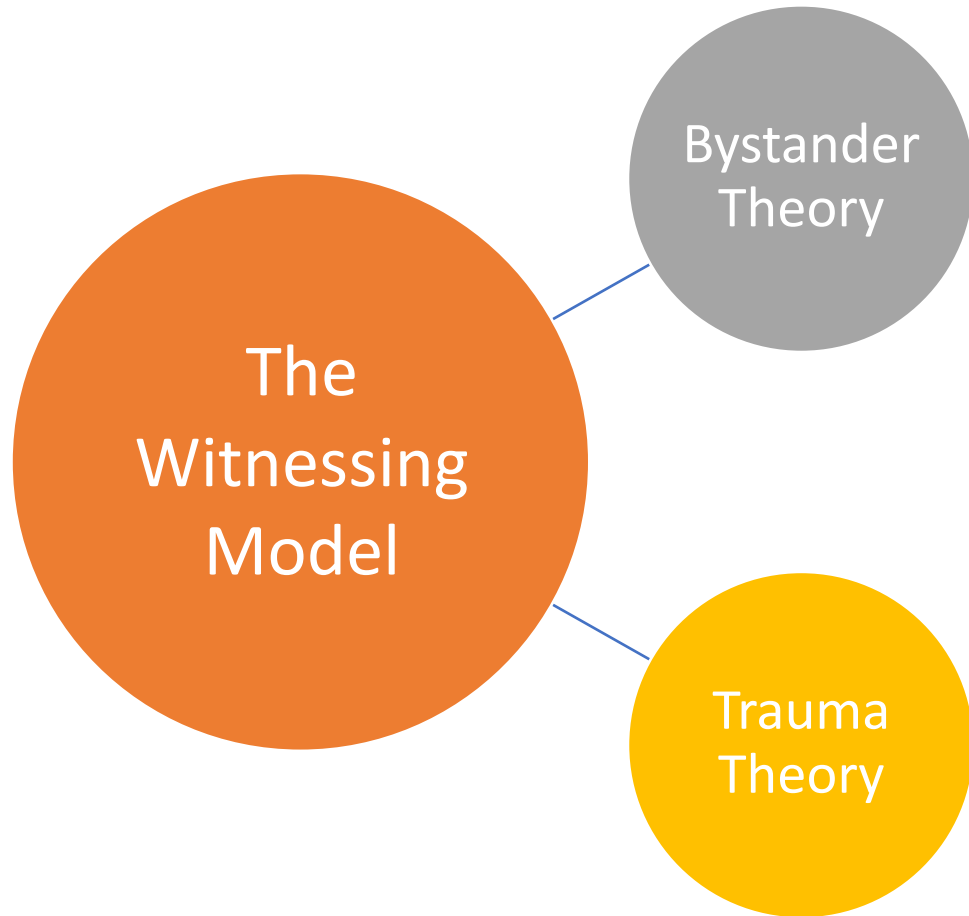
Land Acknowledgement



I'm standing in the traditional land of the tribes Tongva and Kizh, and all the American Indian and Indigenous Peoples and communities who have been and have become a part of these lands and territories in Los Angeles, California.

We acknowledge the painful history that has brought us to reside on these lands, and we seek to evaluate the effects on settling colonialism and our participation in that process, searching ways for the healing of intergenerational trauma.

We honor the indigenous caretakers of these lands and waters before us, the indigenous people today and the generations to come.



Unintentional witnessing of or overexposure to violence, violation, hardship or stories about these can be overwhelming, even toxic.

The purpose of W2W is to reduce the impacts of toxic witnessing and promote self-care.

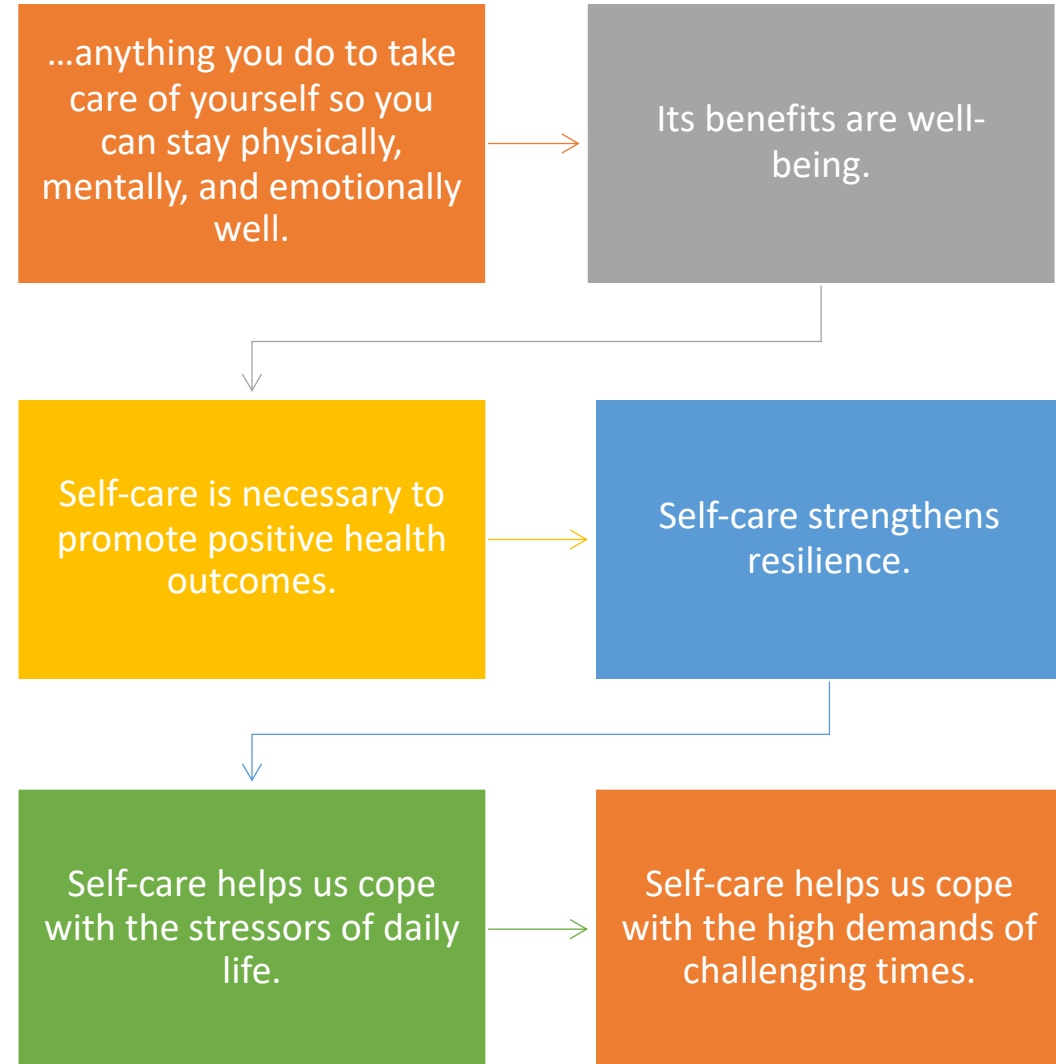
What self-care is not...

It is not selfish



It does not
take a lot of
time

What self-care is...



THE *witness to witness* PROGRAM



ONLINE SEMINARS



PEER SUPPORT
GROUPS



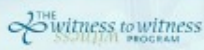
LEARNING
COLLABORATIVES



HANDOUTS IN ENGLISH
AND SPANISH

We Do Hope

An Uplifting Podcast Miniseries
from Witness to Witness



PODCAST

We Do Hope

W2W

FOLLOW



All Episodes



What is Reasonable Hope, and How Can I Practice It?

What if hope were a verb not a noun? "We Do Hope" embraces that idea. Hope is not just something you feel, you have or you don't have, but something you do, preferably with others. We call doing hope with others the practice of "reasonable hope." The Witenes...



Jun 8 - 14 min 1 sec



What Are Microaggressions and How Do I Handle Them?

Microaggressions are subtle, everyday slights, put-downs, or invalidations that people in historically marginalized groups experience in daily interactions with people who may be oblivious to their impact. While people committing microaggressions may be unawar...



Jun 4 - 19 min 34 sec



What is Self-compassion and How Do I Practice It?

After these years of living through the added hardships of the pandemic, we all need to be kinder to ourselves. The Witness to Witness (W2W) Program helps us understand how to practice self-compassion, a form of kindness with research evidence that...



Jun 1 - 12 min 1 sec



Is Chronic Sorrow the Name for the Grief so Many of us Feel?

We are a nation in mourning. Chronic sorrow is the feeling of ongoing loss, losses that are not final and will continue to affect the lives of those who are grieving. Loss is not always about death; often it is a feeling of lost opportunity or limitations in your life or th...



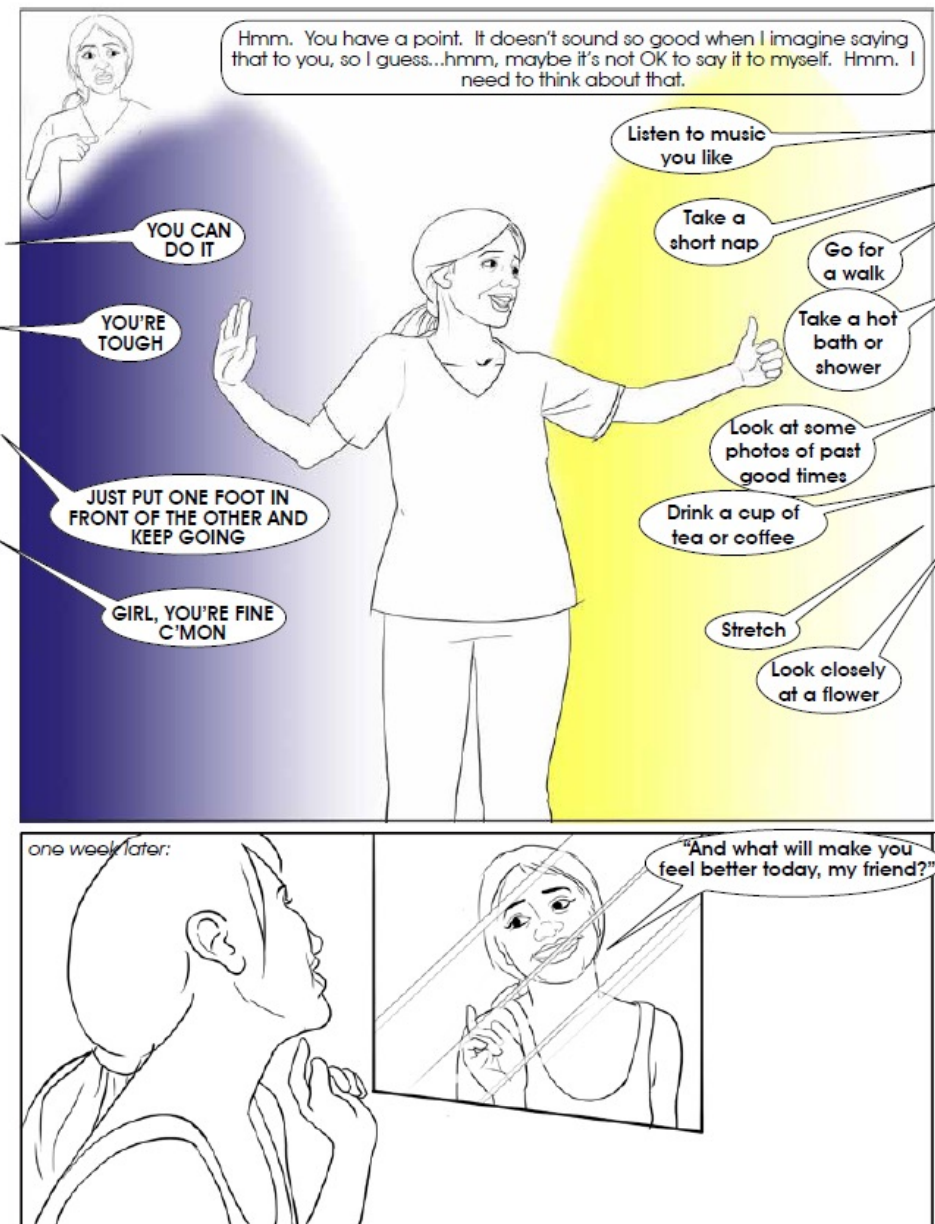
May 28 - 22 min 27 sec

About

"We Do Hope" is the official podcast of the Witness to Witness (W2W) Program, a program of Migrant Clinicians Network (MCN) endorsed by the American Family Therapy Academy (AFTA). We serve providers who work with vulnerable populations, providing resources to support each other to sustain reasonable hope. These podcasts offer easy-to-apply tools to challenging issues, recognizing that time – and bandwidth – are limited. Dr. Weingarten is a clinical and community psychologist with over 50 years of experience who values clear, straight talk. Join us today.

[show less](#)

Coming Soon...



**CHW Solutions CHW Café Chat 3 Part Series:
What did we do to make it through? - CHW Self-Care
July 19, 2022**

Resources from Migrant Clinicians Network and the National Resource Center for Refugees,
Immigrants, and Migrants

The following resources can be found using the two links below:
<https://www.migrantclinician.org/our-work-building-health-provider-capacity/witness-witness-w2w.html>
<https://www.migrantclinician.org/explore-issues-migrant-health/covid-19-pandemic.html>



Resources	Link	Description
W2W Podcast Series 'We Do Hope'	Access the podcast through links provided on this page: https://www.migrantclinician.org/blog/2022/jun/six-episode-podcast-now-available-full-explodes-dging-hope-support-clinician-well	Podcast hosts explore what it means to be a witness. The Podcast covers the following topics: moral injury, chronic sorrow, micro-aggressions, self-compassion, and reasonable hope.
Coming Soon! - Self-Care Comic	Will be accessible through W2W's website: https://www.migrantclinician.org/our-work-building-health-provider-capacity/witness-witness-w2w.html	MCN's popular health comic series expands to include a comic focused on self-care. Illustrated with colorful and engaging artwork, the comic will be available for download.
Healthy Sleep Tips	Download this resource in the following languages: English and Spanish https://www.migrantclinician.org/resource/healthy-sleep-tips-w2w-resource.html	Simple tips for better sleep, from setting a sleep schedule to including physical activity in your daily routine.
Coping with Moral Injury	Download this resource in the following languages: English and Spanish https://www.migrantclinician.org/resource/coping-moral-injury-w2w-resource.html	Originally a concept developed while working with veterans, moral injury, has become the most significant injury for healthcare staff dealing with the COVID-19 pandemic.
How to Have a Restorative Holiday	Download this resource in the following languages: English and Spanish https://www.migrantclinician.org/resource/how-have-restorative-holiday-w2w-resource.html	The COVID-19 pandemic has made the holiday seasons more stressful than ever. Here are some tips for having a restorative holiday.
A Daily Practice to Restore Equanimity	Download this resource in the following languages: English and Spanish https://www.migrantclinician.org/resource/daily-practice-restore-equanimity-w2w-resource.html	Equanimity is the capacity to stay calm, especially in difficult situations. Healthcare workers are facing stressful situations now more than ever. Here are some tips replace hostility with equanimity.
Coping With Grief Related to COVID-19	Download this resource in the following languages: English https://www.migrantclinician.org/resource/coping-grief-related-covid-19-w2w-resource.html	Healthy ways to cope with grief and a reminder for how we may all experience grief differently.
Nine Practices to Cope With a Pandemic	Download this resource in the following languages: English https://www.migrantclinician.org/resource/nine-practices-cope-	Questions to ask yourself to better cope with a pandemic, with discussion.

Self-Care and Chronic Conditions

Pilar Sanchez, RN

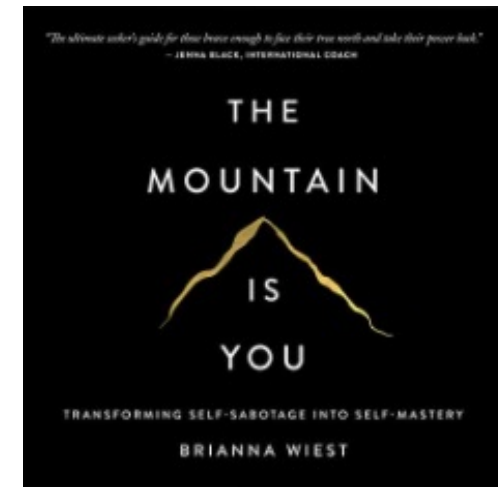
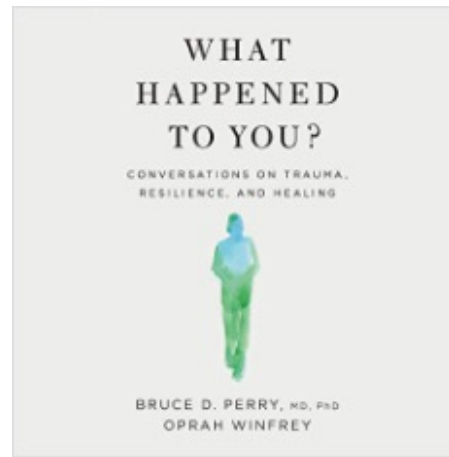
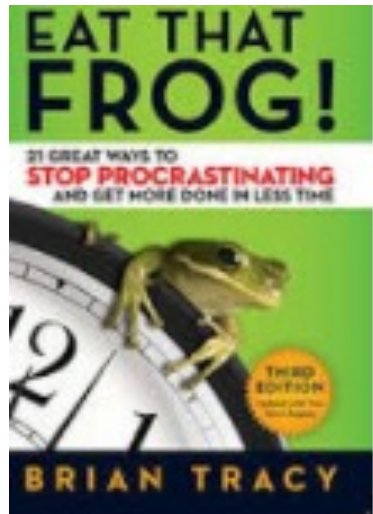
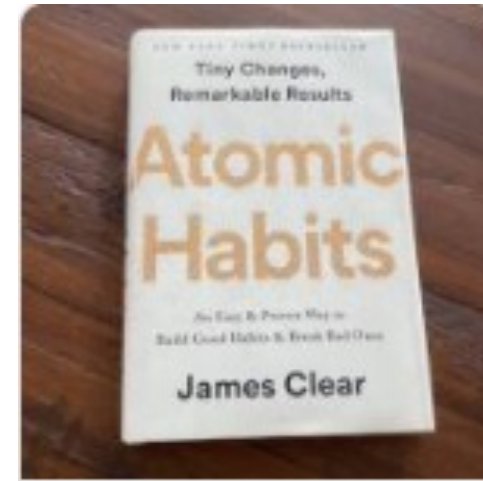
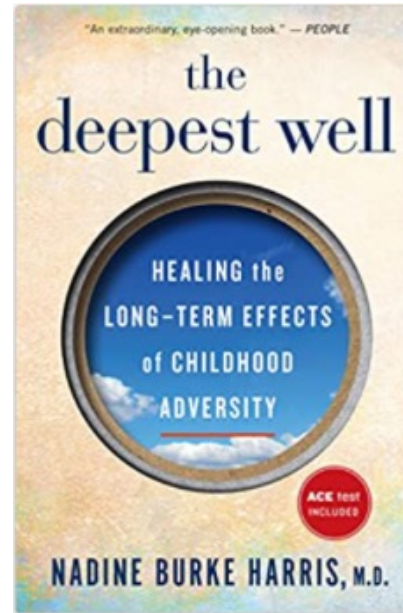
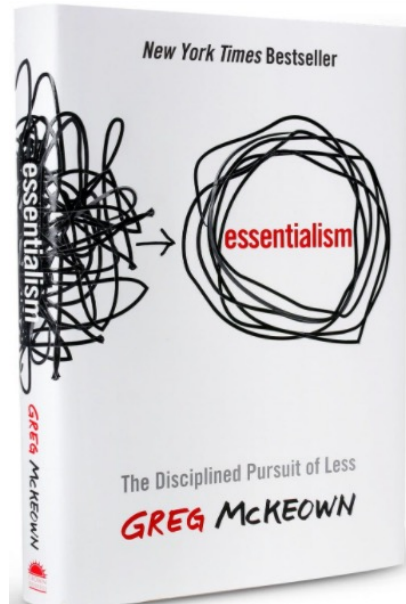
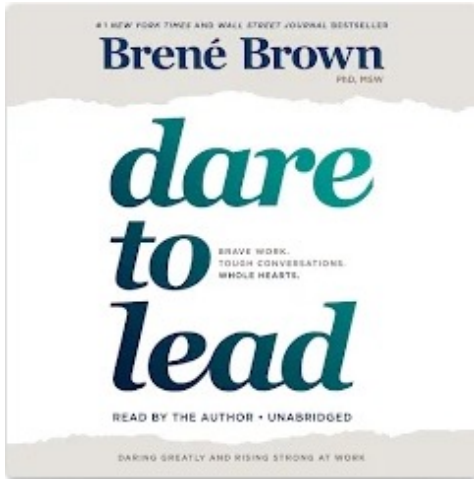
Southside Community Health Services

- Important for CHWs and patients/clients
- Overload (work, school, family, etc.)
 - Can't focus on health
- Overconsumption of news and other media

Book Recommendations

Pilar Sanchez, RN

Southside Community Health Services



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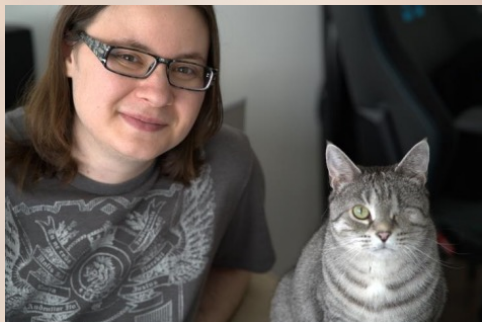
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Tarri Wyre, CHWI, BS Manager, Community Health Workers
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A young woman with long dark hair and glasses is smiling warmly at the camera. She is holding a blue mug of coffee. The background is a blurred cafe setting with a green wall and a hanging light fixture.

Please let us know your ideas and suggestions for future chats:

<https://www.surveymonkey.com/r/L6ND988>

THANK YOU!!!!

Come join us again!

August 23, 2022

Moving forward – what's next for CHWs?

1 pm (ET), noon (CT), 11 am (MT), 10 am (PT)

<https://nrccrim.org/toolkits/community-health-workers>



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