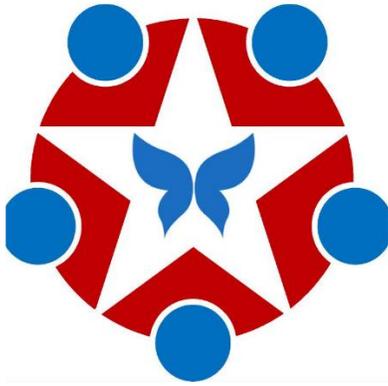


# TAPCHW



# THE CHAMPION

CHW ADVOCACY NEWSLETTER

ISSUE NO. 2 | NOVEMBER | 2020

**Texas Association of Promotores & Community Health Workers**

Our Mission is to support and expand opportunities for the CHW profession at the state and local level through advocacy, education, empowerment, and policy.

## Newsletter Content

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## Did we miss something?

Let us know for our next newsletter!  
Email us at: [info@tapchw.org](mailto:info@tapchw.org)

## Legislative Update

Check out these bills about CHWs/Promotores:

- [House Bill 105](#)
- [Texas Senate Bill 136](#)



**Join.  
Advocate.  
Empower.**



*Missed our last newsletter? It's available on our website here:*  
<https://www.tapchw.org/newsletters>



# 1st Virtual TAPCHW Conference

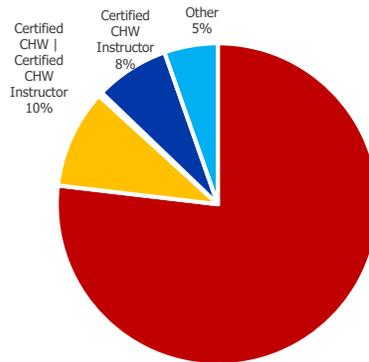
**New Decade,  
New Normal,  
Same CHW Commitment**

**September 28 - 30, 2020**

We're incredibly grateful to all the individual CHWs, CHW Instructors, CHW training centers and affiliate members that helped plan, teach, and promote this event. And to our first ever sponsor, IT'S TIME TEXAS!

Our first ever conference was held virtually this September, and thanks to our members – it was a huge success! **243** CHWs, CHW Instructors & Allies attended from all over Texas (*see map below*). Each day had a theme: Day 1 was Self-Care, which featured a session on "Setting & Maintaining Professional Boundaries"; Day 2 was Living Through A Pandemic, and one CE topic "Understanding Stress & Brun Out"; and Day 3 was Adapting to Our New Normal that had the topic of "How to Thrive While Working Remotely". NACHW was represented and presented (*see page 4 for more info*).

**2020 Conference Attendee Type**



**Look at all the representation!**



## Feedback from 2020 Conference Participants

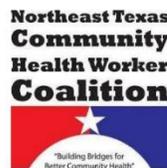
Really enjoyed all sessions. The information presented helped me to reinforce what I'm doing, helped to re-motivate me.

All presentations provided great detail and continued learning opportunities/takeaways. The sessions were all engaging and surprisingly fun.

I received so much new information that will truly help my clients, friends, family, but most of all me

I feel more empowered to move from all the valuable websites and research that we received from all the Instructors at the conference. Hope the Next one will be just as powerful!

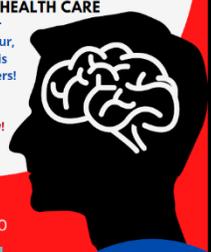
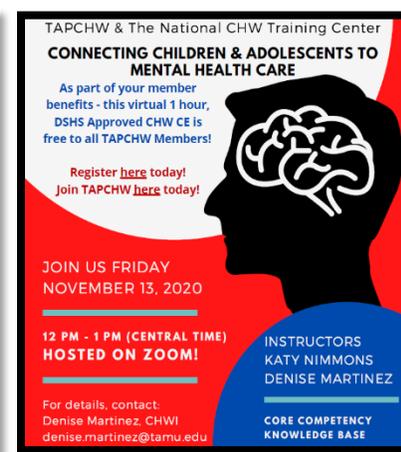
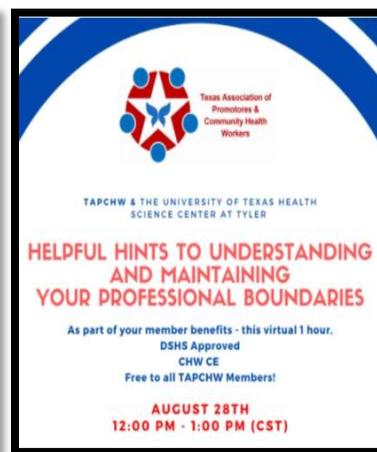
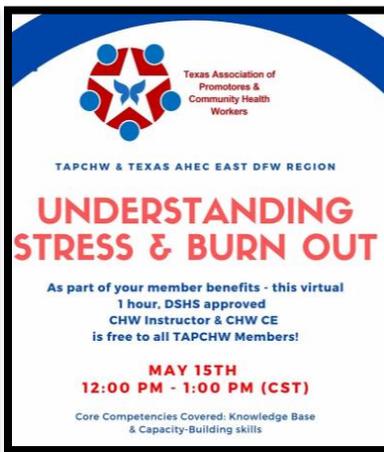
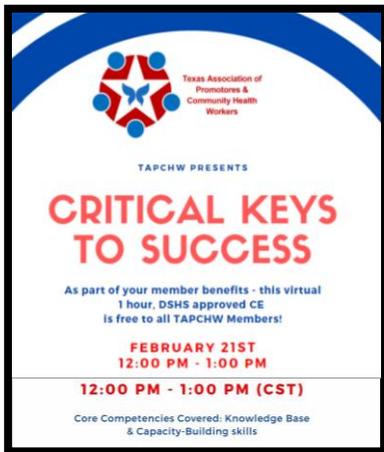
## Thanks again 2020 Conference Planning Partners & Conference Sponsor!



# 2020 Success at a Glance

## Supporting the CHW Workforce with Professional Development

As part of your member benefits – TAPCHW offers CEUs quarterly to members. The following are the topics that were offered in 2020. We appreciate all the training centers & instructors that provided the CEs.



INSTRUCTORS  
KATY NIMMONS  
DENISE MARTINEZ  
CORE COMPETENCY  
KNOWLEDGE BASE

For details, contact:  
Denise Martinez, CHWI  
denise.martinez@tamuc.edu

TAPCHW Members were provided **5\*** exclusive, high-quality DSHS-certified trainings for this low cost of about \$3/course!

*(based on individual Membership for one year at \$15, some took advantage of our \$10 conference special) #worthit #tapchwh #loveit*

*\*only 4 CEs total are standard with annual membership – the special project with TAASA (see below) added a 5<sup>th</sup> opportunity*

## Healthy Voting Project

*"Don't boo, vote." – Former President Obama*



In partnership with Healthy Voting, a non-partisan public health outreach and education effort, TAPCHW offered a free bi-lingual training to Promotores and CHWs on Friday, October 23, 2020. This training was non-certified, offering information on Texas-specific guides to casting ballots to empower voters on casting their ballots in a safe and healthy way this year. Trainees were asked to simply help to promote [HealthyVoting.org](https://HealthyVoting.org) information and materials through print, social media, and/or via email. 7 participants received \$25 gift cards for reporting their outreach, education, & advocacy efforts.



## Human Trafficking CHW CE Course

On October 29, 2020 TAPCHW provided a 2-hour DSHS certified continuing education (CE) opportunity outside of our regular quarterly member CEs about Human Trafficking to Promotores/CHWs through a partnership with the Texas Association Against Sexual Assault (TAASA). Read more about all of these projects on our website here: [www.tapchwh.org/projects](https://www.tapchwh.org/projects)

# NATIONAL CHW INSIGHT, NEWS, & EFFORTS

## NACHW NATIONAL ASSOCIATION OF COMMUNITY HEALTH WORKERS

NACHW  
NATIONAL ASSOCIATION OF  
COMMUNITY HEALTH WORKERS



DENISE OCTAVIA SMITH, MBA, CHW  
EXECUTIVE DIRECTOR  
NATIONAL ASSOCIATION OF  
COMMUNITY HEALTH WORKERS

### Building a Movement for Health, Equity and Social Justice during COVID-19

September 28, 2020

Texas Association of Promotores & Community Health Workers  
(TAPCHW) Virtual Conference

Our TAPCHW Conference, attendees had an opportunity to attend Denise Octavia Smith is the founding Executive Director of the National Association of Community Health Workers (NACHW)'s excellent and timely presentation: "Building a Movement for Health Equity and Social Justice during COVID-19." Feedback on the session from attendees was beyond positive. One member shared: "Being too crucial in this time the Equity and Social Justice the information – this increased my knowledge and conscience. Being Healthy is something that we should take care on to serve others." Another added: "It was wonderful to have Ms. Smith kickoff the conference and share the efforts of NACHW." *See page 9 for a NACHW publication.*



### Did You Know?

One of our TAPCHW Board of Director Members, Dolontria Bryant-Williams is the NACHW Ambassador for the state of Texas? Dolontria is a Houston native. She holds a Bachelor of Arts in Psychology and a Master of Business Administration. Dolontria has spent her career with the Houston Health Department and currently works as a Community Liaison. She has been a CHW for 12 years. In addition to serving as an ambassador, Mrs. Bryant- Williams also serves as a Board Member on the Texas Association of Promotores and Community Health Workers as well as Texas Gulf Coast CHW Promotores Association. Dolontria shares her views: "being a CHW extends further than my daily duties at work, I believe it's deeply embedded in who I am as a person."

**TAPCHW is thankful for Dolontria's leadership!**

To learn more about NACHW, visit [www.nachw.org](http://www.nachw.org)

## APHA COMMUNITY HEALTH WORKERS SECTION

In addition to serving on the TAPCHW Board, Ashley Rodriguez and was recently elected the APHA CHW Section Chair. Ashley shares: "elected by my peers nationally to lead this public health section – I was blown away! Supporting fellow Community Health Workers (CHWs) is a true passion in my life. My fellow workforce is still emerging, is unique and needs all the advocacy and support it can get! Advocating and pushing for more recognition, education, and applicability for the use and acknowledgement of CHWs across Texas, and nationally is my true calling - whether it's through formal presenting or in informal conversations, I'm always championing CHWs in any field or area where they can better serve communities in need."



**Congrats, Ashley! TAPCHW Supports You!**

To learn more about the APHA CHW Section, visit [www.apha.org/apha-communities/member-sections/community-](http://www.apha.org/apha-communities/member-sections/community-)

# HARD CONVERSATIONS DURING THE HOLIDAYS



2020 is an Election year, and this might spark difficult conversations over the holiday dinner table. Here are some ways to navigate these discussions.

## **DON'T PARTICIPATE IN "DEAD END" CONVERSATIONS**

Many conversations end in arguing with no end in sight. Don't engage in angry comments or aggression. Walk away if it doesn't seem productive.

## **CREATE A NO-TOLERANCE ZONE**

Although conversations can be difficult, maintain that you are not willing to accept racist/sexist/harmful remarks. Utilize conversations by saying "Do you know how that is hurtful to others?". Try to educate as best you can.

## **HIGHLIGHT AGREEMENTS**

Highlight areas where you have common ground to move the conversation to a more positive place.

## **TAKE A BREAK**

Holiday time can mean being around large amounts of family: if it's overwhelming, take a walk outside or distance yourself from others. This year, being present by Zoom or streaming platform can help with safety and



# COVID-19 CHW INFORMATION!

## CORONAVIRUS TIPS FOR CHWS

### PERSONAL SAFETY

It is important for us to keep working on our personal safety, especially if we are still meeting with clients in person. Remember to follow CDC guidelines on personal safety. Wear a face mask when out in public settings, wash your hands frequently and disinfect frequently touched objects, practice social distancing and maintain at least 6 feet apart from others.



### WORKING FROM HOME

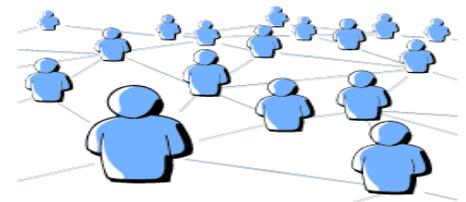
Working from home has become the new norm for most of us. As CHWs, we might be receiving a lot of phone calls from the community. Try to incorporate some of the following to have limits on your work space and home space:

- Maintain a designated work station (if there is room)
- Allow natural light to come in to your workspace
- Implement a work schedule
- Take mini-breaks when possible



### NETWORKING

Although many in-person trainings and conferences have been cancelled, many of them have moved online. Use this to your advantage! As most trainings and conferences are virtual, a larger network is more accessible. Connect with other CHWs/Promotores from other states and share ideas on various topics, ask them how they've been and what they are doing to cope with this pandemic.



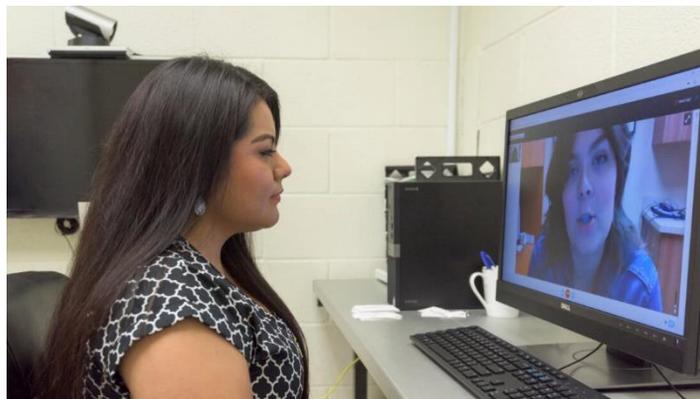
### MENTAL HEALTH

As CHWs, these times could be particularly more stressful as we struggle with our own struggles and concerns as well as help the community with their own. If you are feeling stressed or anxious, try and take a break from the news, incorporate mini breaks during the day, go for a walk, incorporate some breathing exercises, talk to people you trust, get enough sleep, incorporate a healthy diet, or try allocating time for yourself. Remember you are not alone! To help others you must start by taking care of yourself first.



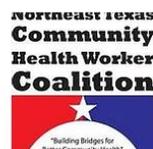
# Affiliate Member Spotlight

One of our affiliate members, Texas A&M's Center for Community Health Development's National Community Health Worker Training Center wants to highlight the University's Tele-behavioral Care Program received funds to expand services in Brazos Valley. CHW, Blanca Macareno (*pictured*) has been a certified CHW for 5 years, is pursuing her DrPH at Texas A&M, while working for the Tele-behavioral Care Program. Blanca helps address mental health across Texas communities. Read more [here](#)



Encourage your organization to become an affiliate member today! Join here: [www.tapchw.org/membership](http://www.tapchw.org/membership)

## Current Affiliate Members:



## HOW TO BE AN ACTIVE TAPCHW MEMBER IN 4 EASY STEPS:

Maintain your membership  
[www.tapchw.org/membership](http://www.tapchw.org/membership)

Step 1



Visit and like our Facebook page:  
[facebook.com/tapchw](https://facebook.com/tapchw)

Step 2



Attend our annual conference – be on the lookout for 2021 dates

Step 3



Join our quarterly CE trainings – or reach out & offer to teach one!

Step 4



## Interested in becoming a CHW Instructor, but not sure how?

Reach out to us at [info@tapchw.org](mailto:info@tapchw.org) – we have answers and can help you with your application and have CE topics you can teach one certified! We support our members with all professional development needs – and at no extra cost!



# HOW CHWS CAN SUPPORT BLACK LIVES MATTER

Promoting positive dialogue and actions for the BLM movement

## DONATE TO A MEMORIAL FUND

If you are lacking time, you can donate money to a memorial fund of a victim of police brutality, or donate to an organization that aids Black Lives Matter activists.

## CREATE A DISCUSSION OR DIALOGUE

Start a discussion with a family member or friend about police brutality or racism. Discuss what steps you can take to aid the anti-racist efforts or how to integrate anti-racism in your everyday life.

## EDUCATE YOURSELF

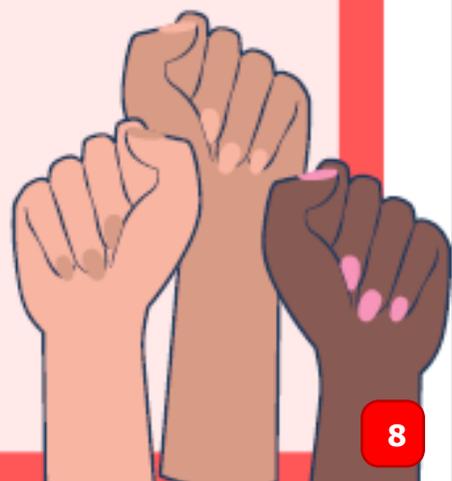
Educate yourself on the history of racism and why it is still prevalent today. Research ways to combat systemic racism in all facets of life.

## VOLUNTEER WITH COMMUNITY CHANGE GROUPS

Utilize your skills as a CHW to volunteer with local community change groups in your area. Identify organizations that have clear support for BLM and anti-racism policies and practices.

## CONTACT LEGISLATORS

Contact those in positions of power to promote legislation against police brutality and for proactive policies that aid people of color.



# COVID-19 RESPONSE

Strengthening public health emergency  
response with Community Health Workers



**“Testing millions of people  
per week will require hiring a  
large number of Community  
Health Workers.”**

*The Rockefeller Foundation, 2020*

## 3 Ways to Amplify the Work of CHWs



**Classify CHWs as “essential, critical infrastructure workers” and pay them to respond to COVID-19.**



**Mobilize funding to scale CHW networks and association capacity for contact tracing and care coordination training and services.**



**Recognize CHWs as leaders in COVID-19 community recovery & health system transformation efforts.**



LAST  
MILE  
HEALTH



IMPACT



NACHW  
NATIONAL ASSOCIATION OF  
COMMUNITY HEALTH WORKERS

Community Health Workers (CHWs) united nationally to  
support communities in achieving health equity & social justice.  
[www.nachw.org](http://www.nachw.org)