



## Syllabus for Community Health Worker

**Title:** Community Health Worker

This course consists of five online learning modules (50 hours) and five weekly in-class instructional sessions plus one 3-hour classroom orientation prior to beginning the course (33 hours classroom), for a total of 83 hours of coursework.

**The online course modules and related reading in textbooks** are expected to be completed independently by each student. Each module is supported by additional in-class instruction and it is therefore important to complete each module in a timely manner as specified in the class schedule.

**In-Class Instruction Meeting Dates:** There will be a total of five classes scheduled on five consecutive weeks for a total of 33 hours of in-class instruction. Prior to the five classroom sessions, the first meeting will be a classroom Orientation class scheduled for 3 hours; the next five meetings will be full-day classes scheduled for 6-hours each.

### Course Description:

This course will help prepare students to serve as a Community Health Worker (CHW). The primary function of the Community Health Worker is to link the individual/family with medical, behavioral health and social services that are needed to improve and maintain quality health and wellness in the community. The Community Health Worker will facilitate access to a wide range of services through advocacy, outreach, referral, community education, informal mentoring, and social support.

This course focuses on the development of effective communication skills, building collaborative relationships with individual clients and community providers, conducting preliminary assessments, coordinating services, educating in methods of health prevention, developing and facilitating culturally sensitive resources, and advocating for individuals and communities towards healthy lifestyles.

**Prerequisites:** High school education or GED, general knowledge of verbal and written skills, capable of self-directed work, and interest in promoting healthy lifestyles. Additionally, students must have regular access to internet.

## **Overall Learning Objectives:**

- Students will be able to demonstrate effective listening skills and interview techniques with clients and community practitioners to assist individual and families to engage in healthy behaviors.
- Students will be able to identify and effectively bridge cultural, linguistic, geographic and structural differences, which are barriers to individual's capacity to access health care and/or promote and adapt healthy behaviors.
- Students will be able to apply a holistic approach to facilitate system-level changes that promote and support health needs, which reduce duplication, unnecessary or harmful interventions that result in costly ineffective services.
- Students will identify and assist individuals and families in making desired behavioral changes to acquire behaviors and practices that promote positive health outcomes, which are collaboratively and mutually agreed upon.
- Students will learn the elements of community organizing; community needs assessment, as well as group facilitation skills and popular education methods to promote self-efficacy and empowerment for individuals and families addressing health care issues.

**Teaching Methods:** In addition to online learning, students can expect popular and adult education methods that includes kinesthetic and cooperative learning, group discussion, group assignments, role-play, brainstorming, social drama, exercises, and student-directed projects.

## **Textbooks and Materials:**

Online Coursework: Institute for Professional Care Education (IPCed) Community Health Worker Modules 1 through 5 (included in course fee).

Berthold, T., Miller, J., & Avila-Esparza, A. (Eds.).(2009). *Foundations for community health workers, 1<sup>st</sup> Edition*. San Francisco. Jossey-Bass.

Rollnick, S., Miller, W., & Butler, C. (2008). *Motivational interviewing in health care: Helping patients change behavior*. NY, NY. The Guilford Press.

Other materials will be available through online medium (e.g. websites, html, YouTube videos), and provided in class (e.g., PowerPoints and handouts)

## **Completion of the Course:**

Successful completion of this course will be determined by the total number of points received in the course.

Completion of 5 online modules and quizzes (30%)

Self-directed Student Projects

1. Resource Development (5 agencies) (10%)
2. Cultural group access to health care (10%)
3. Health Advocacy, Promotion and Outreach Project (30%)
  - Networking
  - Needs assessment
  - Implementation
  - Outreach
  - Education

Class presentation of project

Take-home Final Exam 20%

90% attendance requirement for all classroom instruction meetings

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Total =100% (must receive at least 75% to pass)