

Fill your cup and
emPOWER on!

COMMUNITY HEALTH WORKER
CONFERENCE
2022



July 28-29, 2022
International Center for Trade
3295 Bob Rogers Dr.
Eagle Pass, TX

Welcome



Thursday, July 28, 2022

On behalf of the organizing committee, it is a great pleasure and honor to welcome you to the "Fill your cup and emPOWER on!" Community Health Worker Conference 2022.

This conference brings together Community Health Workers, nurses, and public health advocates to exchange knowledge and experience about concepts that build authentic, supportive, and caring connections with their individual and collective wellbeing.

We hope you leave with insightful information and strategies that will empower you to cultivate *supportive communities* centered around the concept of collective care.

We offer our best wishes for an enjoyable and productive time in Eagle Pass.

Sincerely,

Juan Martinez
Juan Martinez, PharmD
Board President
Southwest Border AHEC

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COMMUNITY HEALTH WORKER
CONFERENCE 2022

MEET THE KEYNOTE SPEAKER



**Eduardo Gandara,
DrPH, MPH**

*E*duardo Gandara, DrPH, MPH has a strong passion to help underserved communities. His interests include connecting underserved populations to prevention-based programs as well as developing and implementing community-based interventions with the help of Community Health Workers/Promotoras. Dr. Gandara is also interested in assessing the role that faith, religiosity, and spirituality have on health as well as delivering prevention programs within Latino and African American churches. Dr. Gandara currently works within the South Texas Area Health Education Center with Community Health Workers/Promotoras and COVID-19 related initiatives. He will soon be starting as a Post-Doctoral Fellow with the University of Texas at San Antonio where he plans to continue his work in helping to serve South Texas and beyond.



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COMMUNITY HEALTH WORKER CONFERENCE 2022

CLOSING REMARKS



**Sandra Ruiz,
Rio Insurance Owner
and, Creator and Host
of "Socializando con
Sandra"**

Sandra Ruiz is the Owner of Rio Insurance Agency and Creator and Host of "Socializando Con Sandra". Her first debate win was in Alpine, Texas at the Sul Ross State University campus. Sandra discovered her passion for community service after being awarded an academic scholarship from the Upward Bound Program and AFJROTC. Since 1996, Sandra has given back to her community by serving on Eagle Pass Chamber Board, the Maverick County Junior Livestock Show Board and 2 terms as President of the Eagle Pass Rotary Club. Sandra has held the title of entrepreneur of the year, has been a newscaster for Channel 13, has been PTO President multiple times, has been the MC for the Pan American Roundtable Women's Business Expo, several SRSU SBDC business training sessions. Most recently, Sandra was asked to present at the All Star Music Awards.

She has successfully pivoted her small business and herself during the Covid 19 pandemic. Considering how her business was suffering and assuming other businesses were as well, in 2020 Sandra had the idea to create and host a FB Live show, "Socializando con Sandra", where she highlights local businesses within the Middle Rio Grande region. She started by interviewing small businesses and giving them a platform to discuss with the audience where they are located and what they sell. This show has grown exponentially, and an idea has grown into a full-blown project.

Sandra feels extremely blessed God has placed great people in her life's journey that have helped her grow and better herself. Sandra considers her passion for public speaking as an integral part to be an instrument to help others do the same.

Sandra is the proud mother of three children whom she dedicates a big part of her time. Sandra instills in her children that pivoting to take advantage of all types of opportunities is critical for personal growth. With this mindset, Sandra continues to grow her small business and give back to not just her community but the region where she resides.



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AGENDA

Thursday, July 28, 2022:

- 12:30 PM - 1:30 PM *Registration*
- 1:30 PM - 2:25 PM *Welcome & Keynote*
- 2:30 PM - 5:00 PM *Break Out Sessions- (includes time to visit with vendors) English/Spanish Sessions Available*
- 5:30PM - 7:00 PM *CHW Social- Join us at our "Painting with a Twist" activity that will bring out your creativity! Excellent opportunity to network with other CHWs! (OPTIONAL)*

Friday, July 29, 2022:

- 8:15 AM - 9:00 AM *Panel Discussion- Join us for breakfast and listen to a panel of experts discuss mental health and regional resources available to tackle this national crisis. (BILINGUAL)*
- 9:05 AM - 11:20 AM *Breakout Sessions- (includes time to visit with vendors) English/Spanish Sessions Available*
- 11:25 AM - 12:25 PM *Closing Remarks- Sandra Ruiz from Socializando con Sandra will leave you feeling empowered, rejuvenated, and inspired to continue in the mission we were called to do! (BILINGUAL)*
- 12:30 PM *Door prizes & Light Lunch*

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Conference Schedule

THURSDAY, JULY 28, 2022
2:30 PM - 3:30 PM

Topic	Presenter	Language	Total of Credits	Room #
<i>Salud Mental y Conductual Durante Covid-19</i>	Brenda Hoffman, LPC, CHW-I	Español	1 DSHS	1
<i>El Valor de Ser Promotora de Salud Comunitaria (CHW)</i>	Sandra Vela, CHW-I	Español	1 Non-DSHS	2
<i>*AS+K Suicide Awareness Training</i>	Thomas W. Faulker, MBA	English	1.5 DSHS	3
<i>Using Stories and Fotonovelas to Teach</i>	Bonifacio Vega, MPA, CHW-I	English	1 DSHS	4

BREAK (3:30 PM - 3:55 PM)

4:00 PM - 5:00 PM

Topic	Presenter	Language	Total of Credits	Room #
<i>Sembrando Semillas de Esperanza, Conocimiento y Empoderamiento en Nuestra Comunidad</i>	Ludivina Hernandez, CHW-I	Español	1 Non DSHS	1
<i>*AS+K Suicide Awareness Training</i>	Thomas W. Faulker, MBA	English	1.5 DSHS	3
<i>A Call to Action: Developing a COVID-19 Health Equity Workgroup</i>	Martha Castilla, CHW-I	English	1 Non DSHS	2
<i>Understanding Stress and Burnout</i>	Karina Cienega, CPST, CHW-I, MHFA	English	1 DSHS	4

5:30PM - 7:00 PM (OPTIONAL)

Topic	Presenter	Language	Total of Credits	Room #
<i>*Painting with a Twist Activity Topic: Self Care</i>	Hazel Medellin, CHW-I and Virginia Morales, CHW-I	English	1.5 DSHS	4

* Denotes longer session; Session length 1.5hr

Conference Schedule

FRIDAY, JULY 29, 2022
8:15 AM - 9:00 AM (OPTIONAL)

Topic	Presenter	Language	Total of Credits	Room #
<i>Panel Discussion</i>	Various Panelists	English/Español	1 Non DSHS	4

9:05 AM - 10:05 AM

Topic	Presenter	Language	Total of Credits	Room #
<i>Club Comunitario de Salud y Salud Mental</i>	Janie Escareño, BAS, CHW-I	Español	1.5 DSHS	1
<i>Connecting Children and Adolescents to Mental Health Care</i>	Ursula Solorzano, BS, MPH, CHW-I	English	1 DSHS	2
<i>Diabetes and Mental Health</i>	Rebecca Rios, RN	English	1 Non DSHS	3

BREAK (10:05 AM - 10:15 AM)

10:20 AM - 11:20 AM

Topic	Presenter	Language	Total of Credits	Room #
<i>Inmigración y la Salud Mental</i>	Valeria Wheeler	Español	1 Non DSHS	1
<i>Determinantes Sociales de la Salud</i>	Mayra A. Gonzalez, BS, CHW-I	Español	1 DSHS	2
<i>Project ECHO: Brain Health</i>	Sara Masoud, MPH and Belinda Flores, RN, CHW-I	English	1 DSHS	3

11:25 AM - 12:25 NOON

Topic	Presenter	Language	Total of Credits	Room #
<i>Closing Remarks</i>	Sandra Ruiz	English/Español	1 Non DSHS	4

* Denotes longer session; Session length 1.5hr

Sessions Overview

ENGLISH SESSIONS

AS+K? About Suicide to Save a Life

- Know basic information about suicide prevalence risk and protective factors and warning signs
- Understand the role of the gate keeper in the suicide prevention
- Understand that suicide can be prevented from a public health perspective and have the confidence to respond
- Connect someone at risk to qualified care

PRESENTER: THOMAS FAULKNER, MBA
Camino Real Community Services

Project ECHO: Brain Health

- CHWs will have a general understanding of brain health, dementia, and aging
- CHWs will be able to describe the Project ECHO Brain Health program and its goal to support Latino families
- Recognize impact of dementia in South Texas and the role of Project ECHO Brain Health in addressing the crisis.

PRESENTER: SARA MASOUD, MPH AND BELINDA FLORES, RN, CHW-I
UT Health San Antonio and South Coastal AHEC

Connecting Children and Adolescent to Mental Health Care

- Identify at least three factors that may lead to mental health issues for adolescents
- Identify five warning signs of potential mental health issues in adolescents
- Discuss how mental health conditions may affect the LGBTQ community

PRESENTER: URSULA SOLORZANO, BS, MPH, CHW-I
Texas DSHS PHR 8 Office of Border Public Health

Diabetes and Mental Health

- Recognize the correlation between diabetes and mental health
- Define mental health
- Understand the different types of mental health conditions associated with diabetes
- Identify the role of the community health worker in assisting persons with diabetes and mental health

PRESENTER: REBECCA RIOS, RN
Retired

Sessions Overview

CONT. ENGLISH SESSIONS

Self-Care for CHWs and Promotores

- Define what self-care is/Definir lo que es el auto-cuidado
- Understand why self-care is important to our overall health/Comprenderá porque el auto-cuidado es importante para la salud en general
- Discuss how stress can lead to worsening health conditions/Compartir como el estrés puede empeorar el estado de salud
- List healthy ways to cope with stress/Compartir maneras saludables para enfrentar el estrés

PRESENTER: HAZEL MEDELLIN, CHW-I AND VIRGINIA MORALES, CHW-I
Mid Rio Grande Border AHEC

Understanding Stress and Burnout

- Define and describe stress
- Define and describe "Burn Out"
- Demonstrate the importance of self-care

PRESENTER: KARINA CIENEGA, CPST, CHW-I, MHFA
Texas DSHS PHR 8 Office of Border Public Health

Using Stories and Fotonovelas to Teach

- Identify the benefits of storytelling
- Analyze a fotonovela for its teaching effectiveness
- Design a fotonovela as a teaching strategy to teach a concept

PRESENTER: BONIFACIO VEGA, MPA, CHW-I
South Coastal AHEC

A Call to Action: Developing a COVID-19 Health Equity Workgroup a workgroup

- Explain the purpose of the CHW equity health workgroup
- Recognize the inherent value of collaborative project development among CHWs
- Identify the strengths of including two (2) complementary components of the CHW health equity group

PRESENTER: MARTHA CASTILLA, CHW-I
South Texas AHEC

Sessions Overview

SESIONES EN ESPAÑOL

Club Comunitario de Salud y Salud Mental

- Describir un club de salud comunitario
- Explicar los principios del aprendizaje de adultos y la facilitación
- Fortalecer la comunidad a través del respeto, la confianza y la comprensión de la salud mental

EXPOSITOR: JANIE ESCAREÑO, BAS, CHW-I
Lower Rio Grande Valley AHEC

Determinantes Sociales de la Salud

- Definir determinantes sociales de la salud y disparidades en la salud
- Definir inequidades sanitarias
- Discutir diferentes tipos de determinantes sociales de la salud y como los ha afectado el COVID-19

EXPOSITOR: MAYRA A. GONZALEZ, BS, CHW-I
Southwest Border AHEC

Inmigración y La Salud Mental

- Promover solidaridad con respecto a la inmigración y la salud mental
- Informar a los miembros sobre situaciones difíciles relacionada con la inmigración

EXPOSITOR: VALERIA WHEELER, EXECUTIVE DIRECTOR
Mission Border Hope

Salud Mental y Conductual Durante COVID-19

- Definir salud mental y conductual
- Identificar posibles factores estresantes durante la pandemia de COVID-19
- Identificar los factores contribuyentes que afectan la salud mental y conductual
- Identificar posibles resultados adversos de salud mental y conductual resultantes de los efectos de COVID-19

EXPOSITOR: BRENDA HOFFMAN, LPC, CHW-I
Southwest Border AHEC

Sessions Overview

CONT. SESIONES EN ESPAÑOL

Sembrando Semillas de Esperanza, Conocimiento y Empoderamiento en Nuestra Comunidad

- Identificar el compromiso de transformación
- Describir la importancia del papel de Promotores de Salud/CHWs
- Identificar oportunidades para la participación comunitaria

EXPOSITOR: LUDIVINA HERNANDEZ, CHW-I
South Central AHEC

El Valor de Ser Promotora de Salud Comunitaria (CHW)

- Definir liderazgo y como es aplicado por Promotores de Salud/CHW
- Identificar oportunidades y estrategias de empoderamiento

EXPOSITOR: SANDRA VELA, CHW-I
MHP Salud

Never Stop Reinventing Yourself/Nunca Dejes de Reinventarte

- To motivate into accepting change/Motivar a aceptar el cambio
- To motivate into overcoming the challenges that come our way/Motivar a superar los desafíos que se nos presenten
- To motivate to reinvent yourself to achieve your dreams/Motivarte a reinventarte para lograr tus sueños

EXPOSITOR/PRESENTER: SANDRA RUIZ
Rio Insurance Owner and Socializando con Sandra

Panelists

Dr. Angel Daniel Alarcón Cortés, *Responsable estatal del Programa de Salud Mental*. El Dr. Alarcón ha sido responsable estatal del programa de salud mental, docente en la Universidad Autónoma del Noreste 2018 y docente en la universidad autónoma de Durango 2020. Actualmente se encuentra trabajando en diferentes proyectos como Capacitación mgGAP, Programa Nacional de Prevención del Suicidio, Homologación y Capacitación de Líneas de Vida Estatal, tamizajes a médicos pasantes de servicio social y médicos internos de pregrado, Proyecto Arte para valorARTE, e implementación piloto del código 100 en Coahuila.



Martha Castilla, *Community Health Worker, Community Health Worker Instructor and Senior Health Educator*. Ms. Castilla has over 23 years of experience in the health field as Medical Business Manager. She is currently working with the South Texas Area Health Education Center on COVID-19 education, training and outreach projects for community members, CHWs and Promotores.

Dora Cumpian M. Ed LPC. Dora Cumpian currently works at Eagle Pass ISD as an LPC, providing counseling for students. Recently being admitted to a Doctoral program with St. Mary's University, plans for research include ways to extend services that will ensure mental Health access to all in need of counseling.



Panelists

Juana Escareno, certified Community Health Worker Instructor and Academic Programs Coordinator. Janie has over 20 years of experience within the University of Texas System. She coordinates various health education resources and workforce development programs. Specific programs include Health Literacy, HPV vaccination, Suicide Prevention, Essential Nutrition and the CHW training materials for cultural sensitivity and appropriateness. As an advocate for healthier South Texas, she continues to develop and deliver courses for CHW certifications and CE units.



Julie Krause, MHPSS Specialist, MAAT, Psychotherapist. Experienced psychotherapist with a demonstrated history of working in the humanitarian aid, emergency response, and development sectors. Skilled in MHPSS, Art Therapy and Education, Trauma Focused Therapy, Crisis Intervention, Clinical Supervision, capacity strengthening, Training, and Individual/Group Therapy. Strong healthcare services professional with a MAAT in Art Therapy from The School of the Art Institute of Chicago.

Rosalba Hernández Alvarez, Psicóloga, Abogada, Psicóloga Clínica y Conferencista. Rosalba cuenta con 20 años de experiencia como psicóloga clínica privada, asesora y capacitadora para empresas en temas de salud mental y NOM 035, igualdad sustantiva y psicoeducación. Colaboro en asociaciones de crianza que promueven la crianza bientratante. Colaboro en grupos feministas brindando información sobre herramientas de autocuidado y autoestima, y visibilización de la violencia en la pareja.



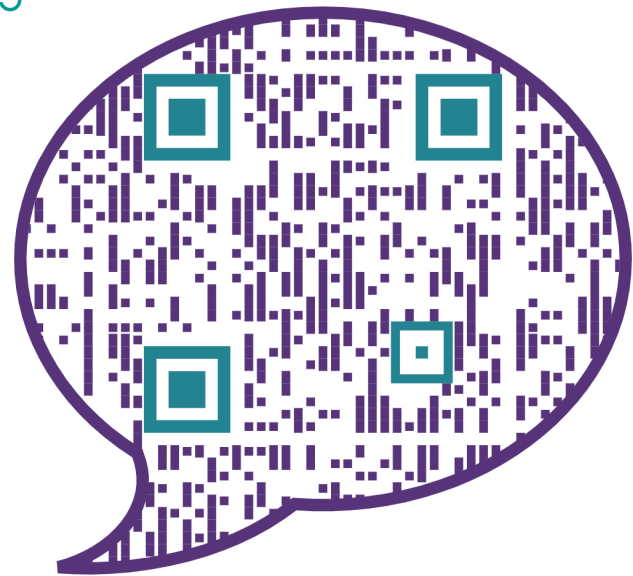
We are excited that you have chosen to spend the next two days with us!

To receive your continuing education certificate:

- Sign in at the beginning of every session you attend.
- Complete the "**Session Registration Form**" by using the QR code provided below. You may also access this form by using the link provided. Select the sessions you attended and submit your response by **August 1, 2022**.
- Complete the evaluation form by using QR code or link found on the next page.

If you can't access the QR Code, please use the following link:

<https://forms.gle/omSt5HfF5Zvr8sV47>



Certificates will be emailed within 3 weeks of receiving your "Session Registration Form" to the email address you provided.

Please send your questions, comments, and feedback to info@swb-ahec.org or call 830.758.1111.

We want to hear from you!

Don't forget to complete your evaluation after each session.



Evaluation link:
<https://forms.gle/cK9snd5zEfmJ9rf36>

Reminders!



- **CHW Social:** “Painting with a Twist Activity” requires prior registration. Please arrive on time. Be sure to confirm/verify registration upon check in. Space is limited to those who registered early. This is an optional session.
- **Panel Discussion:** The panel discussion is set for Friday, July 29, 2022 at 8:15am. Please arrive on time. Breakfast tacos and coffee will be provided. For those who attend the panel discussion, you will have the opportunity to participate in the \$50 dollar gift card giveaway. This is an optional session.
- **Door Prizes:** We have many door prizes to raffle that were graciously donated to us by community organizations, restaurants, and small businesses. In order to participate in the giveaway you will need to complete the “Fill your cup and empower on!” Door prize form/worksheet which will be provided to you upon check in. Submit completed form/worksheet on Friday, July 29, 2022 before the closing remarks.
- **CDC Recommendations/Face Mask Coverings:** Facemasks are strongly encouraged. If attending a large gathering, CDC recommends to take precautions to protect yourself and your loved ones from COVID-19. Currently our COVID-19 community level is considered low however, if you are at risk for severe illness, wear a mask that provides you with greater protection. Stay home if you are sick or experiencing symptoms of COVID 19.
- **Internet Access/Wi-Fi password:**
User name: ICT Ballroom
Password: coepguest



Corporate SPONSORS



City of Eagle Pass

<https://www.eaglepasstx.us/>

Eagle Pass is a city in and the county seat of Maverick County in the U.S. state of Texas. Its population was 26,255 as of the 2010 census. Eagle Pass borders the city of Piedras Negras, Coahuila, Mexico, which is to the southwest and across the Rio Grande.



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Walmart began building Supercenters in 1988 and are around 182,000 square feet employing about 300 associates. Walmart Supercenters offer a one-stop shopping experience by combining a grocery store with fresh produce, bakery, deli and dairy products with electronics, apparel, toys and home furnishings.



United Medical Centers

<https://umchealth.com/>

At **United Medical Centers** we continually strive to provide the highest quality, affordable, and accessible healthcare services to residents of Eagle Pass, Del Rio, Brackettville and surrounding communities. With nine (9) locations, we proudly serve the Tri-County area of Kinney, Maverick and Val Verde counties. Our facilities offer comprehensive medical services that include family medicine, family planning, health education and nutrition counseling, internal medicine, pediatrics, podiatry, obstetrics and gynecology, laboratory, pharmacy, radiology, WIC, and dental.

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Insurance Agency

Tabanny Insurance Agency, LLC

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Tabanny Insurance Agency with more than 15 years of experience in the world of insurance protecting entire families, with the best medical and life insurance companies. Health and Life insurance, Life Insurance, Seguros de Vida, Seguros medicos, Seguros de gastos Medicos.

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Driscoll

Health Plan

Driscoll Health Plan

<https://driscollhealthplan.com/>

Driscoll Health Plan is a non-profit, community-based health insurance plan offering health care coverage to the communities of South Texas. Our insurance products include STAR Medicaid, STAR Kids, CHIP and CHIP Perinatal. Driscoll Health Plan was originally developed and funded through the Driscoll Foundation and licensed by the Texas Department of Insurance as a Health Maintenance Organization (HMO) in 1998. Driscoll Health Plan is affiliated with Driscoll Children's Hospital which has been taking care of kids and their families in South Texas and the Rio Grande Valley for more than 60 years. We offer health care services at Driscoll Children's specialty centers and clinics in McAllen, Harlingen, Brownsville, Laredo, Rio Grande City, Eagle Pass, Edinburg, Victoria and Weslaco.



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Affordable Health Insurance Agency

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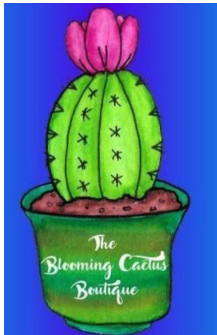
Brianna P. Salas
Independent Insurance Agent
salasinsurance21@outlook.com

Medicare Marketplace

(830) 800-9039
Medicare & Obamacare Agent

Hablo Espanol!

Special Thanks...

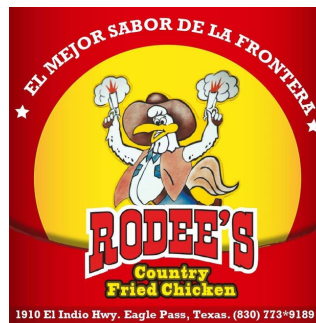


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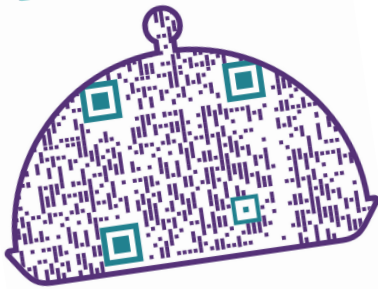
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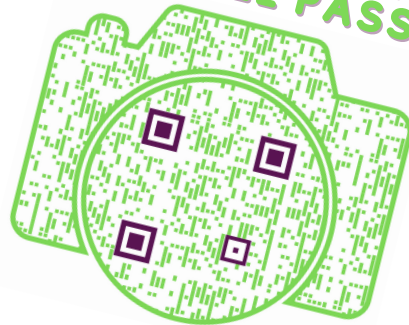
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Scan the QR codes to learn more about shopping, dining, entertainment and more...

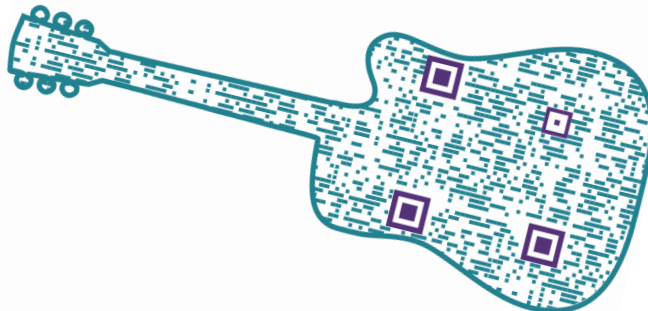
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**CHOICES ABOUND WHEN
IT COMES TO ARTS AND
ENTERTAINMENT**



**For more information visit
<https://www.chooseeaglepass.com/life>**

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CDC Recommendations

If you are attending a large gathering, think about the steps you need to take to protect yourself and your loved ones from COVID-19.

- Make sure you are up to date with your COVID-19 vaccines.
- In general, people do not need to wear masks when outdoors.
- If you are sick and need to be around others, or are caring for someone who has COVID-19, wear a mask.
- If the COVID-19 Community Level where you live is
 - Low
 - Wear a mask based on your personal preference, informed by your personal level of risk.
 - Medium
 - If you are at risk for severe illness, talk to your healthcare provider about wearing masks indoors in public.
 - If you live with or will gather with someone at risk for severe illness, wear a mask when indoors with them.
 - High
 - If you are 2 or older, wear a well-fitting mask indoors in public, regardless of vaccination status or individual risk (including in K-12 schools and other community settings).
- If you are at risk for severe illness, wear a mask or respirator that provides you with greater protection.
- Stay home if you are sick or experiencing symptoms of COVID-19.
- Communicate with the people you will meet with about prevention strategies.

What to do if you become sick after attending a gathering

- Attending a large gathering or event increases your chance of being in close contact with people outside your household and being exposed to COVID-19.
- If you come into close contact with someone with COVID-19:
 - Know when to quarantine or isolate.
 - Get tested at least 5 days after your last close contact.
 - Monitor your symptoms.
 - Know how to talk to your close contacts from the gathering.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/gatherings.html>