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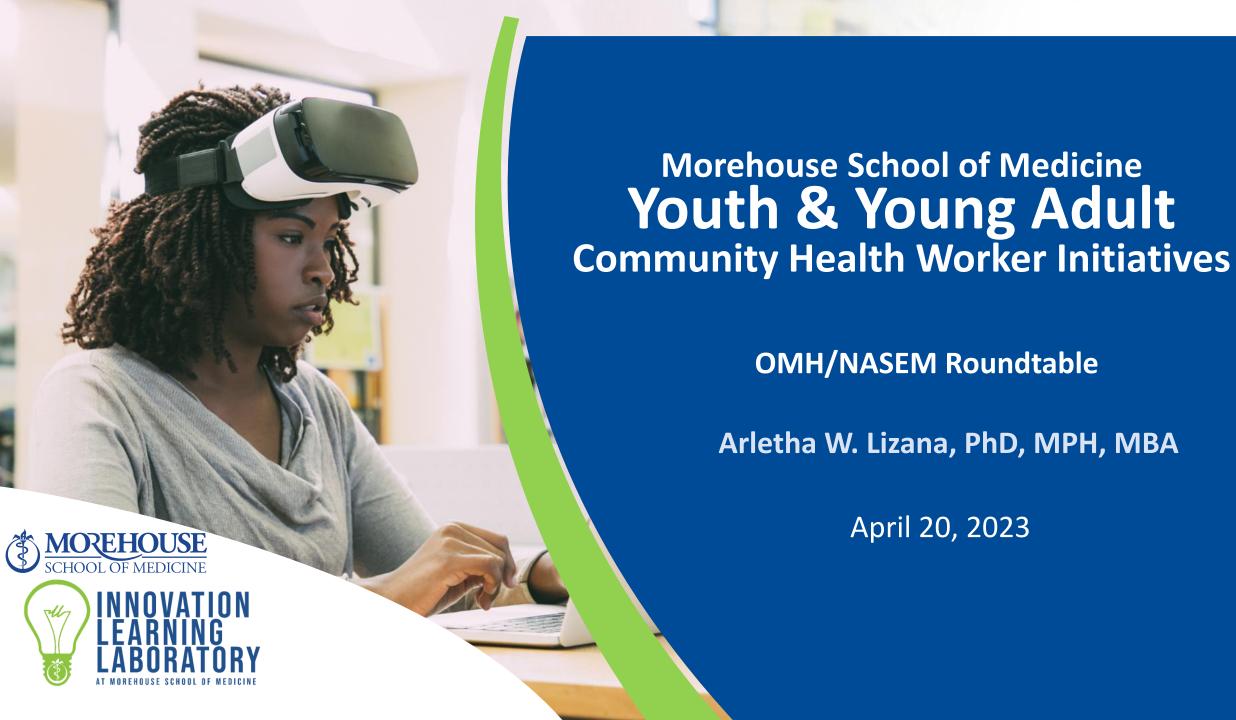
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Arletha Lizana, PhD, MPH, MBA Associate Professor AVP



The vision for the Innovation Learning Laboratory for Population Health is to build a state-of-the-art, communitycentered learning laboratory to design and implement demonstration projects (including translational studies) that generate innovative technology-driven healthcare models



In the Innovation Lab, we...

- 1. Identify, design, develop, demonstrate and disseminate innovative models of health care improvement
- 2. Study and foster population health through patient, community, consumer & provider engagement
- 3. Preparing 21st century healthcare leaders/workers-including training for students, community, faculty and providers

*The business model includes cost-saving and revenue generating activities



MSM Community Health Worker Landscape

- MSM has trained Community Health Workers/ promotores/ lay navigators for more than 25 years.
- To date, MSM has trained more than 1500 CHWs to work in a variety of settings (community, clinics, academia, etc.) and in many healthcare areas, e.g., diabetes, cancer control, reducing Emergency Room visits from "frequent flyers", and increasing the number of children and adults with insurance.
- Two major American Rescue plan grants
 - HRSA Community-Based Workforce to Build COVID-19 Vaccine Confidence \$9.6M
 - HRSA Community Health Workers Training program grant- CHW Apprenticeship program \$3M
- Office of Minority Health National Covid-19 Resiliency Network \$14.6M

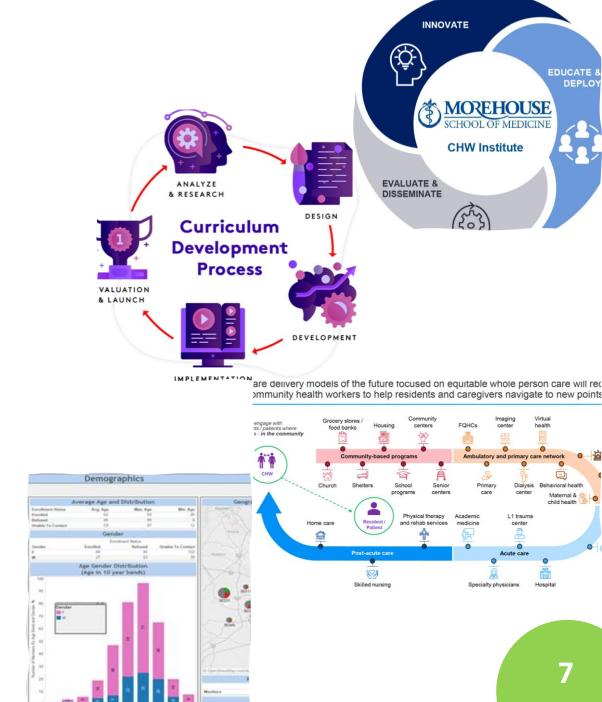




MSM CHW Landscape

- MSM Community Health Worker Institute
- Workforce Development
 - Rapid training & Deployment model
 - Hybrid CHW Registered Apprenticeship model
- Curriculum development & adaptations
- Train employers to effective incorporate CHWs into business operations
- Assist organizations with data for CHW engagement via data/Care Coordination Dashboards
- Data training for CHWs: technology and how to read & utilize data (CHW App, CHW Data Dashboards & CHW website portal





MSM Youth & Young Adult CHW Initiatives Background



- Patient-Centered Medical Home & Neighborhood 2015-2016
- 2016- Idea to Train youth- 1st cohort collaboration with ARCHI (Atlanta Regional Collaborative on Health Improvement)
- Emphasis on Youth Health Literacy
 - Adults who experience health disparities in their youth are more likely to have increased morbidity and mortality
 - Youth with poor health literacy and health behavior efficacy are more likely to continue negative health behaviors in adulthood.
- Approach
 - Structural Community Youth-led Interventions
 - Social Ecological Theory
 - Community-based Participatory Research /Academic community partnerships
 - Optimal Adolescent health



Youth & Young Adult CHW Initiatives



- High School & Youth Adult CHW program
- Subject Matter Adaptations
 - Opioid Reduction
 - Mental Health Worker
- Cultural Adaptations
 - Native American
 - Alaskan Indian
 - Haitian American
- Training of Trainer Workshops
- Other
 - FAMSTRONG
 - Black Girls HealthTech

Today's Highlights

- High School & Youth Adult CHW program & Curriculum
- Young Adult Mental Health
 Workers training program
 & Curriculum
- 3. FAMSTRONG



















Year-long training program that seeks to increase the number of trained HSYACHWs to engage family, peers and community in strategies for better health and wellness.

Program objectives:

- Increase the number of trained student community health workers to assist with community health programs in underserved communities.
- Provide a health careers pipeline program and mentorship for underserved students.
- Support and promote the community health worker field.
- Promote health education and health literacy in schools and community.
- Assist trained HSYACHWs with the design and implementation of school-based and community-based health initiatives.
- Provide health monitoring and health literacy activities to students' family members and community members.



TOTAL TRAINED

Total **HSYACHWs** trained at MSM: **196**

- Program began in 2016
- Cohort 9 begins August 2023
- 43 student-led health initiatives created
- 391 family/community members monitored monthly
- Rural Pilot in Columbus GA

Total **HSYACHWs** trained nationally: **276**

- 3 HSYACHW purchases in progress VA, ME, NC, AL)
- 20 HSYACHW external purchases (NY, MD, OH, TX, IL, AL)



472 HSYA CHWs trained to date

CURRICULUM SALES

- Curriculum development 2017
- Pilot testing 2018-2019
- Curriculum sales began 2020
- 60% increase in sales 2021-2022
- Social Media Campaign launched Nov. 2021-ongoing
- Case studies & User story development

Adaptations

- · Opioid adaptation completed & piloted
- 3 cultural/Mental Health adaptations/pilots in progress
- 3 in queue (Hawaiian, Spanish & French language)





STATEWIDE PROGRAM



Improving the Quaility of Life for Alabamians



Health & Medicine POLICY RESEARCH GROUP

MaineHealth





UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



College of Liberal Arts & Sciences

Department of African American Studies



The Science of Health. The Art of Compassion.

















Youth Mental Health Crisis

- Heartbreaking Youth Mental Health Stats (NIH National Institute of Mental Health)
 - 31% increase in ER admissions for MH crises among adolescents
 - 51% of youth surveyed in 2020 reported "very frequent" thoughts of suicide & self harm
 - Suicide now the 2nd leading cause of death among adolescents & young adults in the U.S.
 - Young adults aged 18-25 years had the highest prevalence of AMI (any mental illness) (33.7%) compared to adults aged 26-49 years (28.1%) and aged 50 and older (15.0%).
 - The percentage of young adults aged 18-25 years with AMI who received mental health services (44.6%) was lower than adults with AMI aged 26-49 years (48.1%) and aged 50 and older (47.4%).
 - Young adults aged 18-25 years had the highest prevalence of SMI (serious mental illness) (11.4%) compared to adults aged 26-49 years (7.1%) and aged 50 and older (2.5%).
 - The percentage of young adults aged 18-25 years with SMI who received mental health treatment (57.9%) was lower than adults with SMI aged 26-49 years (67.0%) and aged 50 and older (71.0%).



- Mental health needs of Black Americans and communities of color is largely underserved
- Barriers to accessing mental health care: stigma, shame, lack of culturally congruent services
- Workforce challenges: 2% of Psychiatrists and 4% of Psychologists in the U.S. are Black
- Moving Towards Solutions
 - Right Message, Right Messenger, Right Time
 - Engaging residents, businesses, institutions & trusted community leaders
 - Empowering young adults to lead



Surgeon general warns of emerging youth mental health crisis in rare public advisory





43 Trained, 105 in process













The Young Adult Mental Health Worker Training Program is a 6—month virtual program designed to align three focal components to address mental health and wellbeing among youth: mental health literacy training, community-based mental health intervention (i.e., communication campaign + service linkage), and year-round engagement through mental health screening and reinforcing lessons.

Program Objectives:

- Increase the number of trained young adult mental health workers to assist with mental health education in underserved communities.
- Provide mental health monitoring and mental health literacy activities to family members and community members.
- To increase mental health resources and improve health equity to local communities
- To promote mental health education and mental health literacy in schools and communities.
- To introduce a new cadre of emerging adults to the field of mental health and turn them into workers able to take an active role in the health and mental wellness of their community.



Overview

The FAMSTRONG program is a mental health family and community strengthening program designed to offer "small" bites of health information in a casual atmosphere. FAMSTRONG seeks to find fun ways to engage partners, communities, families, and individuals in tangible population health improvement. FAMSTRONG is an example of a community-focused strategy involving health innovation, technology transfer, and community engagement.

FAMSTRONG is a mental health-focused program institutions and organizations can use as a mental health community engagement tool. This is a five-week program that covers the following topics:

- Week 1: Introduction and Welcome to FAMSTRONG
- Week 2: Our Emotions
- Week 3: Our Bodies
- Week 4: Self-Care
- Week 5: Mental Health Care Plan

Intended Audience

Schools, Institutions, and Community-Based **Organizations**



















The FAMSTRONG program includes a Family Mental Health Fun box with a gift card, mental health comics for each topic, and other fun items and activities included. The FAMSTRONG program also has a complementary app to track points through various competitions during the program. Supplemental videos related to each topic are also embedded in the app.



Learning Objectives

- Strengthen surveillance of mental health within families
- Improve access to, utilization of, and engagement with mental health wellness tools
- Reduce stigma associated with mental health challenges in families and communities

300 Boxes distributed

IMPACT- Youth & Young Adult CHW Initiatives

Transforming communities through education and care

OUTCOMES

- 18 Media features & awards
- 500+ youth & Young adults trained
- Thousands of Community members engaged
- Workforce development/registered DOL CHW apprenticeship program
- 52 + Internal & External collaborations & partnerships
- 6 Manuscripts accepted for publication in professional journals/4 currently under review/5 in process
- Completed 28 professional presentations
- Secured pilot funding
- Global partnerships in process







Dr. Arletha Williams-Livingston helps
to develop community health workers
- Atlanta Business Chronicle bizjournals.com
Williams-Livingston is a finalist for the Community
Outreach award in the 2019 Health Care Heroes Awards
sponsored by Atlanta Business Chronicle.
www.bizjournals.com

Q & A



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Leading the creation and advancement of health equity







FAIRFAX COUNTY HEALTH DEPARTMENT



"We need to note the amazing strength, resilience, and power of young people today. Young adults play a critical role in creating a better future for all of us," said Admiral Rachel L. Levine, M.D.

Public Health Youth Ambassador Program (PHYAP)

The Stronger Partnership, Stronger Community, Using Health Literacy to Increase Resilience Stronger² (stronger2.org) Project as well as the initiatives' Public Health Youth Ambassador Program. This project initiative is supported by the Office of the Secretary of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,875,000 with 100% funded by the Office of the Secretary/OASH/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by Office of the Secretary/OASH/HHS, or the U.S. Government. For more information, please visit www.hhs.gov/ash



A Case for Change



When it comes employment, wages, poverty, working poor rates, and having the access to "high opportunity" employment, people of color in the Fairfax County fair far worse in the Fairfax labor market vs their White counterparts.

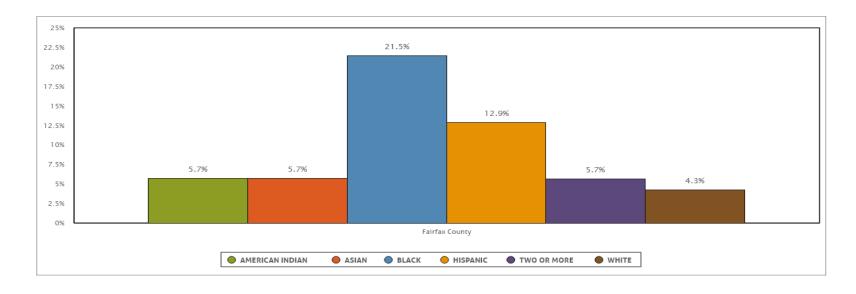
Black and Brown students in Northern Virginia have the least access to educational opportunities and resources at any given level compared to their counterparts.

"In public health, we seek to improve foundational, non-medical factors that will influence health outcomes. The knowledge and experience students gain in this program is paid forward in their communities, as program graduates have new skills to serve and invest in their neighborhood — creating more opportunities for the generations that will follow theirs," said Anthony Mingo, Sr., Director, Community Health Development Division with the Fairfax County Health Department.





A Case for Change



Voices for Virginia's Children from datacenter.kidscount.org

Connections by Race/Ethnicity within FCPS							
	Black	Hispanic	White				
Regularly participate in extracurricular activity past year	59.8 %	44.8%	75.8%				
Leader in group or organization in the past year	57.6 %	51.2%	67.0%				
Connect to adult in neighborhood that they could talk to about something important 2015-2021	31.2	31.1%	47.7%				
Spend hour or more going to work during school day 2015-2021	18.6 %	22.1%	15.8%				







Increase Opportunities that African American / African / Hispanic students have access to:

- Creating a "Highway" for health partitioners that can come back and serve their communities
- Tracking to College and/or University
- Tracking to Job and Career
 - Job readiness (resume & mock interviewing)
 - Access to health-related employment opportunities





Morehouse School of Medicine CHW Curriculum

MSM has created an interactive training that consists of 161 hours total hours consisting of 91 hours of curriculum classroom instruction with core competencies/skills, followed by 70 hours of field instruction and additional hours of continuing education are included to enhance students' skills and abilities. The curriculum consists 20 modules covering community health worker core competencies, focusing on supporting students' attainment of critical thinking, decision-making and communication skills.

Each module consists of a welcome video, pre-learning quiz, readings, activities and assignments and a post learning quiz. Students will create videos, presentations and interact with other students and community members.





Morehouse School of Medicine Curriculum Practicum:

70 hours field Instruction required

Practicum Partnership Opportunities:

- Fairfax County Health Department
- INOVA Cares Clinic for Families
- HealthWorks (FQHC)
- Neighborhood Health (FQHC)
- Dr. Rimola Medical School Student Round Table Discussions
- Mason and Partners MAP Clinic









Program Requirements

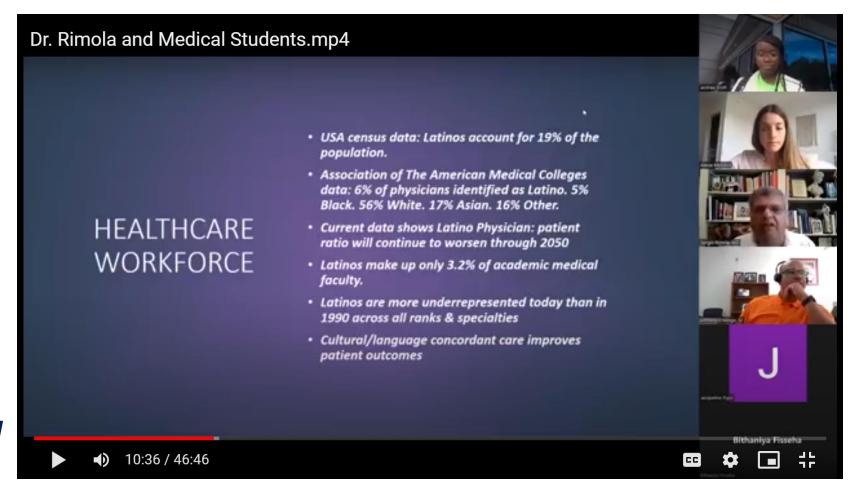
- Rising 10th–12th grade students
- Must live in Fairfax County
- Must have 2.5 GPA or higher / Completion of Essay and Application
- Ethnicity: African American, Hispanic/LatinX, African





Student Engagement

Students participated in a panel discussion with Dr. Sergio Rimola of Inova Health System as well as students from Georgetown School of Medicine to learn about their journey in pursuing a medical career.







• The ceremony's keynote address was provided by Dr. Tonya Adkins, CEO of HealthWorks of Northern Virginia, who shared, "Studies have shown that patients feel more comfortable with people who look like them. It's important for patients to see people like us, and that we advocate for minority populations. Who better equipped than us?" said Dr. Adkins.





THIS CERTIFIES THAT

YOUR NAME HERE!

HAS SUCCESSFULLY COMPLETED THE REQUIRED COURSE OF STUDY IN COMMUNITY HEALTH WORKER COMPETENCIES AND IS THEREFORE CERTIFIED AS A

> YOUTH COMMUNITY HEALTH WORKER GIVEN THIS 6TH DAY OF FEBRUARY 2023

Arletha Lizana

Amina From



Student Presentations:

Justice High School

1. Nayla Bonilla & Yalda Jimenez

2. Selam Demeke



- Nayla Bonilla is an accomplished 11th-grade student at Justice HS, currently working on a school-based project with Yalda Jimenez. They aim to organize a health fair at Justice HS to increase healthcare access. Nayla is a proud Ecuadorian-Bolivian American with a strong passion for serving her community and building meaningful connections with others. Her dream is to pursue a career in medicine, driven by her love for helping others.
- Yalda Jimenez, an 11th-grade student at Justice HS, is also working alongside Nayla Bonilla on the Healthcare Access project. Yalda was born in the U.S., but her upbringing in a mostly Bolivian culture shaped her desire to help people. She aspires to become a nurse in the future, so she can give back to her medically underserved community. Yalda's dedication to helping others is truly inspiring.



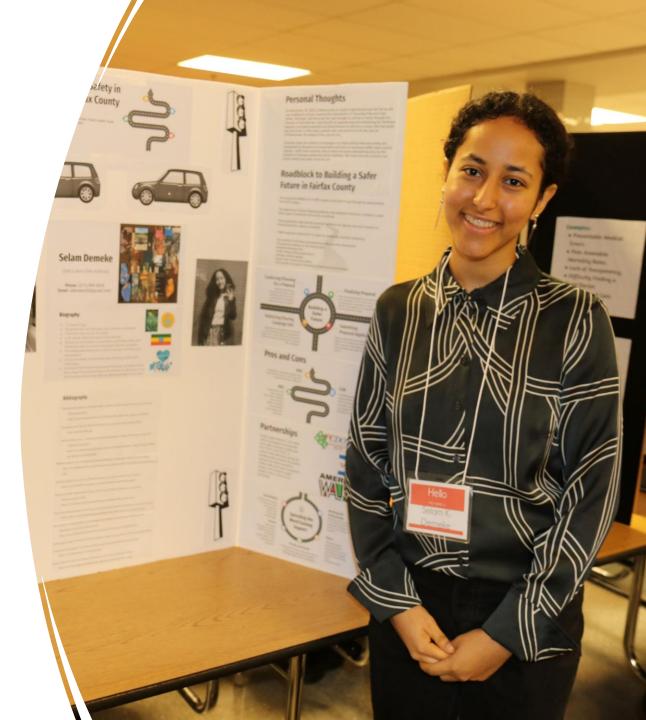
Nayla Bonilla

Yalda Jimenez



Selam Demeke

Selam Demeke is a remarkable Justice HS student hailing from Ethiopia, aged 17. Fluent in reading, writing, and speaking Amharic, she is an avid reader with exceptional communication, social media coordination, and leadership skills. Her openmindedness and empathy are qualities that truly set her apart. Selam's interests are diverse, ranging from biology and chemistry to astrophysics. She actively participates in various school programs such as the Rhizome Organizing Fellowship, the Medica Zone, the College Partnership Program, the College for All program, and the Ethiopian and Eritrean Club, and is the president of her class. Moreover, she is passionately engaged in the PHYA project, working to improve road safety in Fairfax County.



An Initiative of the Fairfax County Health Department

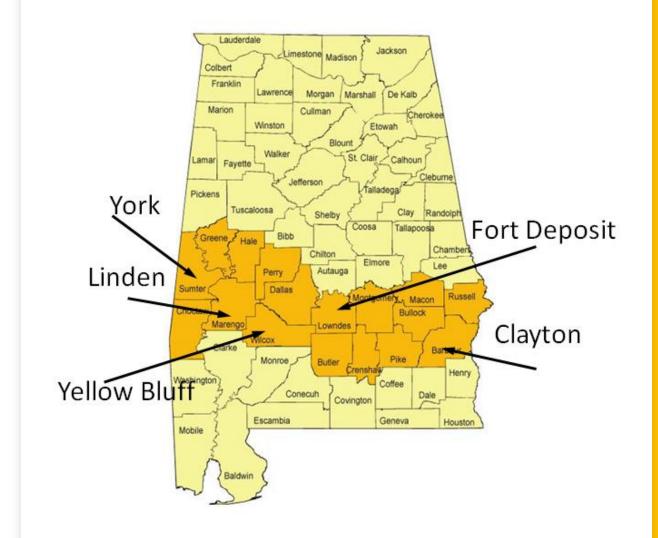




Discussion

Sharlene D. Newman, Ph.D. (PI)
Jamarrian Wilson (youth council)

Advancing Health Literacy in the Alabama Black Belt



Who is the community

Town	Population	% African American	Per capita income	Social Vulnerability
Fort Deposit (Lowdnes)	1,859	85.5%	\$19,618	1ndex 0.8283
York (Sumter)	2,239	88.4%	\$14,872	0.9537
Lindon (Marengo)	1,880	35.4%	\$22,793	0.703
Clayton (Barbour)	2,847	64.2%	\$10,782	0.9175
Yellow Bluff (Wilcox)	178	97%	\$11,188	0.9208

Mistrust of healthcare

- Community Health events
 - Conversations always touched on mistrust
- Clinician-Patient Communication: 55.7% reported their clinician did **not** ask their opinion; 37.3% said they didn't listen to them
 - How to be an advocate for your own health
- Organizational Health Literacy is a social determinant of health
 - Health department evaluations; signage, no welcoming greeting by receptionists, no shared decision-making or teach-back procedures used

Youth Councils



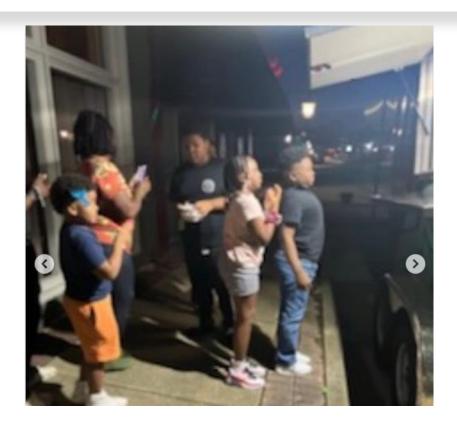
- Borrowed from the smoking cessation campaigns of the 80s and used youth to carry message
- Students have been empowered
 - Defining what it means to be healthy
 - Health advocacy
 - Ownership of their communities/environment

Youth perspective

- The council allowed me to:
 - Learn more about the community and people
 - Learn more about the health needs (e.g, nutrition)
 - Think more about my own and other's mental health
 - Encourage my family to exercise more

Youth Councils

• Example activity







Conclusions

- Effectiveness of programming
 - In process of evaluating youth perspectives
- The communities are energized
 - Dancing with older population, walking groups
 - Developing new programming and writing more grants to fund them
- One of our youth got a scholarship to attend our HBCU partner institution
- Hopefully we are empowering the youth to create the change they want to see

Acknowledgements

Mayors:

- Jacqulyn Boone (Fort Deposit)
- Gwendolyn Rogers (Linden)
- Kathy Thomas (Clayton)
- Willie Lake (York)
- Michael Gordon (Yellow Bluff)

Staff:

- The staff in all of the towns
- Youth council members
- Residents of these 5 amazing communities

• This project is supported by the Office of Minority Health of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2.9M with 100 percent funded by HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HHS, or the U.S. Government. For more information, please visit https://www.minorityhealth.hhs.gov/.

Health Confianza Youth Ambassadors: Sustaining Successful Approaches



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Acknowledgements

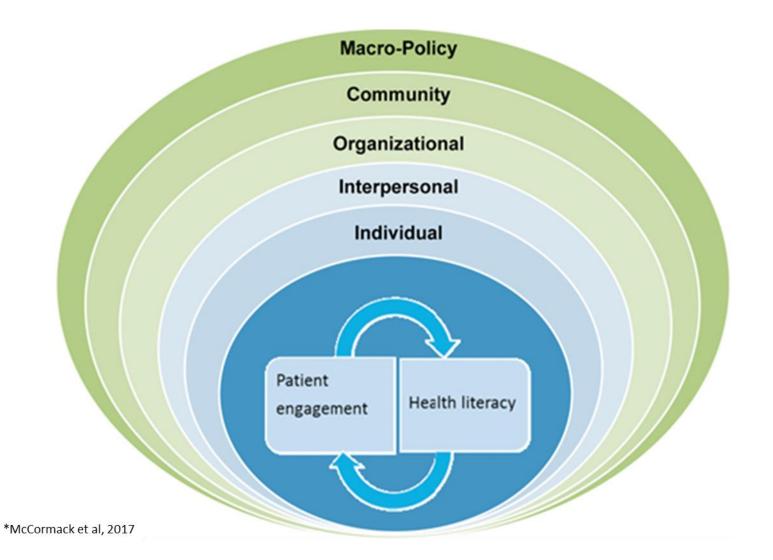


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Strategic Design











HEALTH **PROVIDERS**



ORGANIZATIONS



VACCINE CLINICS

127 TOTAL 3,637 VACCINES



OUTREACH EVENTS

40 TOTAL 3,351 REACHED



COMMUNITY **AMBASSADOR TRAININGS**

24 TOTAL **101** ATTENDEES



STUDENT AMBASSADOR TRAININGS

18 TOTAL 113 ATTENDEES



COMMUNITY CONVO

11 TOTAL **452** ATTENDEES



HEALTH CLUBS

8 TOTAL

51 MEETINGS

79 MEMBERS



MEDICAL LECTURES

3 TOTAL 389 ATTENDEES ₽Ţ₽

PARTNER MEETINGS

163 TOTAL

120+ ORGANIZATIONS



CHW TRAININGS

17 TOTAL

171 ATTENDEES



HEALTH PROVIDER TRAININGS

60 TOTAL

938 ATTENDEES



HEALTH PROVIDER STUDENT TRAININGS

3 TOTAL

68 ATTENDEES



PLEDGE PROGRAM INTERVENTIONS

10 ORGANIZATIONS

50 TRAINEES

271 COMMUNITY EVENTS 7,733 IMPACTS



259 INSTITUTIONAL **EVENTS** 1,616+ REACHED



530 TOTAL EVENTS 9,349+ TOTAL IMPACTS





HEALTH PROVIDERS



ORGANIZATIONS

San Antonio ISD Sequential Engagement Strategy

Engage School Principal Identify Student Leaders

Ambassador Training Community Conversation

Vaccine Clinic











HEALTH PROVIDERS



ORGANIZATIONS

Ambassadors

STUDENT AMBASSADOR TRAININGS

18 TOTAL SESSIONS
113 STUDENTS







COMMUNITY AMBASSADOR TRAININGS

23 TOTAL

101 ATTENDEES









HEALTH **PROVIDERS**



ORGANIZATIONS

Six Communication Skills



SETTING THE TONE



ACTIVE LISTENING



USE PLAIN LANGUAGE



ACKNOWLEDGE **DIFFERENT PERSPECTIVES**



BRIDGE RESPECTFULLY



USE TEACH-BACK TO CHECK FOR **UNDERSTANDING**







HEALTH PROVIDERS



ORGANIZATIONS

Community Health Clubs















HEALTH PROVIDERS



ORGANIZATIONS

Community: Clubs

















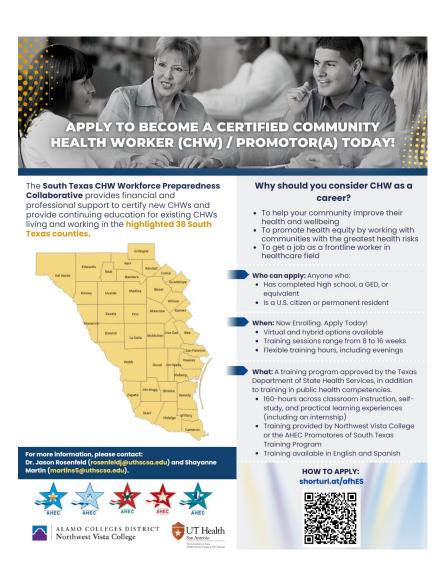
Lessons Learned

- Seek to understand first...LISTEN!
- More time on skill building
- Expand Ambassador follow up & support
- Pathway from Ambassadors to Clubs
- Have fun!!!



HEALTH CONFIANZA

Future & Sustainability









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Follow us on Social Media:



Save the Date!

Health Confianza Summit & Summer Block Party

Friday, June 9th UTSA Downtown Campus, San Antonio For updates, visit HealthConfianza.org



Thank you!

