

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