



Community Health Worker

The National Council for Mental Wellbeing's Community Health Worker training is designed to expand the skills of existing community health workers in providing services to people with physical health conditions combined with mental health and substance use challenges. Community Health Workers are becoming important members of primary care teams and also working in many CCBHC's and health homes.

This training supports their important role by increasing their knowledge of common mental health and substance use conditions that they encounter in their day to day work. The important role cultural factors play in these challenges is embedded throughout the training as is the intersection between physical health, mental health and substance use challenges.



WHAT IS COVERED?

Community health workers will expand their skills and expertise to support people with mental health and substance use challenges. Using a combination of videos, interactive activities and didactic lecture, participants will learn the key elements to understand mental health and substance use challenges in ways that are culturally responsive and that support recovery. The training covers:

- What is integrated care, why is it important and how do you fit?
- What are depression and anxiety and how can you help?
- What is the role of trauma in mental health, substance use and physical health issues?
- Substance use challenges and how you can help.
- Suicide assessment and how you can help.
- Self-care for the caregiver
- When applicable: mental health and substance use disorders in pregnancy and parenting families.



RECOMMENDED FOR:

Community health workers in:

- Mental health or substance use treatment settings
- Primary care settings
- CCBHC's, Health homes and other settings that bring together primary care, mental health and substance use services to support whole health. Other community based settings: early intervention programs, home visiting programs, etc.



TIME:

Full day in-person training or virtual training that can be delivered over five-to-six weeks as negotiated with each individual organization.



CLASS SIZE:

Up to 50 participants

For more information including tailored or customized needs, costs and scheduling, contact us at [TheNationalCouncil.org/ConsultingRequest](https://www.thenationalcouncil.org/consultingrequest).

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