

NORTH STATE

Community Health Worker (CHW) Training and Resource Hub



**TRAINING AND
RESOURCE HUB**

ABOUT NAC

Northern ACEs Collaborative

The Northern California ACEs Collaborative (NAC) is a project under the Population Health Innovation Lab (PHIL), and a program of the Public Health Institute (PHI), an independent, non-profit organization dedicated to promoting health, well-being, and quality of life for people throughout California, across the nation, and internationally. NAC was formed with the purpose of implementing systems change to mitigate issues of trauma and build resilience in six target counties whose ACEs rates are known to be higher than the state average.

For more information or to register for the North State CHW Training and Resource Hub, please contact:

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DESCRIPTION

The **Northern ACEs Collaborative (NAC)** is pleased to announce a training opportunity for regional community health workers. This program will prepare CHWs to become fully equipped to effectively prevent, treat, and heal toxic stress in rural Northern California.

The accredited online courses, developed by Talance, Inc provide individuals with skills in the following areas: core skills, chronic illness, and healthy lifestyles. **START A COURSE ANY TIME AND LEARN AT YOUR OWN PACE.**

COURSES OFFERED

• Advocacy Skills*	2 hours
• Behavioral Health Care*	2 hours
• Care Coordination and System Navigation*	2-3 hours
• Communication Skills*	3 hours
• Community Outreach and Engagement*	3 hours
• Cultural Competency*	2-3 hours
• Depression and Anxiety: Help Others Cope*	2 hours
• Diabetes and Pre-diabetes*	2 hours
• Health literacy: A Start*	2-3 hours
• Introduction to The Newest Vital Sign*	30 minutes
• Motivational Interviewing: Peer Support for Behavior Change*	3 hours
• Navigating Health Insurance*	2-3 hours
• Oral Health Disparities*	2 hours
• Organizational Skills*	3 hours
• Promoting Healthy Lifestyles*	3-4 hours
• Providing Social Support*	3 hours
• Substance Use*	3 hours
• Supporting Tobacco Cessation*	2 hours
• What Is a CHW? Roles and Boundaries*	1 hour

*** Available in Spanish**