

TRAINING COURSE - A QUICK OVERVIEW

TWO 1/2 CREDITS - CARLETON SCHOOL OF SOCIAL WORK:

- **Social Work 52.309 Health Promotion and Peer Support and Communication with Hard to Reach Populations**

Components: HP=Health Promotion and Cancer Screening
PC=Peer Support and Communication
Total hours: 69 hours

- **Social Work 52.319 Foundation of Research Methods and Community Development with Hard to Reach Populations**

Components: RM = Research Methods
CD = Community Development and Outreach
Total hours 73 hours of instruction

ALGONQUIN COLLEGE CERTIFICATE COURSE IN LAY HEALTH PROMOTION

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Purpose

This course is offered to you as part of the research demonstration project: Mujer Sana - Comunidad Sana (Healthy Women - Healthy Communities). Students will be trained with a group of eleven other women to become lay health promoters. The course will be taught in English and Spanish and is offered only to the women previously interviewed and selected for this project. After successful completion of two courses, the graduates will continue their work within the project as a lay health promoter.

Objectives (SW 52.309)

- Increase your knowledge about women's health, focusing on reproductive health, cancer, cancer screening.
- Increase your knowledge of health promotion, focusing on the Trans Theoretical Model and its application to the Mujer Sana, Comunidad Sana demonstration project.
- Enhance your role as natural or peer helpers in the community, especially with the marginalized Hispanic community.
- Increase your skills in peer counseling.
- Participate in developing culturally appropriate health promotion strategies that are complementary to 'mainstream' health promotion and care.

- Participate in developing culturally appropriate health education messages and interventions to increase cancer screening among Hispanic women.

Objectives (SW 52.319)

- Increase knowledge about qualitative and quantitative methods in community health research (such as interview techniques, focus groups, log notes, surveys, data entry, analysis techniques).
- Apply participatory research skills to the Mujer Sana, Comunidad Sana demonstration project.
- Gain knowledge about the concept of community capacity building (which involves social identity, networks, community location and how these influence individual and community health related attitudes, beliefs, and practices).
- Participate in developing outreach strategies for minority populations, especially Hispanic women.
- Increase knowledge about how culture, race, age, language, and socioeconomic factors influence women's health and access to health services.
- Increase capacity to develop social networks, mediate relationships between communities and health system organizations; negotiate services for people in need; and organize community groups to improve services.

Training Component	Topics
Community Development and Outreach 33 hours of instruction	1. Overview 2. Hispanic community & immigration 3. Terms & concepts 4. Barriers 5. Racism & discrimination 6. Organizational change 7. Advocacy 8. Outreach 9. Implementing outreach 10. Workshops (see Peer Support) 11. Partnerships and Coalitions
Peer Support and Communication 33 hours of instruction	1. Group ground rules 2. Communication 3. Peer education and lay health promotion 4. Leadership 5. Trust 6. Home visits 7. Overcoming discomfort (see Health) 8. Assessment & referrals (see Health) 9. Boundaries (see Health) 10. Group facilitation (see Community Development) 11. Adult education
Health Promotion and Cancer Screening 33 hours of instruction	1. Women's Health 2. Health Care Delivery System 3. Health Promotion 4. Breast and cervical cancer 5. Resources 6. Teaching BSE 7. Terms 8. Assessment and Referrals (see Peer support) 9. Ethics 10. Boundaries (see Peer Support) 11. Stress
Research Methods and Applications 33 hour of instruction	1. Research design 2. Participatory research 3. Finding information 4. Writing a paper 5. Understanding research concepts 6. Research methods 7. Designing research tools: Interview 8. Designing research tools: survey 9. Conducting interviews 10. Data management and analysis 11. Research reports

*32 additional hours for introductions, check-in, reviews, assessments, filling in gaps, logistics, dealing with other group and training issues
= 8 additional hours per unit*