



News From the HUB



Central Ohio Pathways HUB

**Care Coordination
in the
#CentralOhioHUB**

660 Active Clients

**3,249 Total Clients
Served**

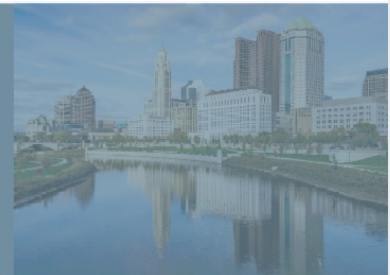
**22,824 Pathways
Initiated**

**16,808
Pathways
Completed!!**



Healthcare Collaborative
of Greater Columbus

FEATURED CONTENT



Ohio Network of Certified Pathways Community HUBs

CHW Summit Webinar: "Caring for Ourselves So We Can Care for Others"

On November 12, 2021, The Ohio Network of Certified Pathways Community HUBs, led by Central

Ohio Pathways HUB Educational Director, Dr. Tanikka Price, and Lisa Henderson, Vice President of Health Initiatives at the Greater Dayton Area Hospital Association, coordinated a CHW Summit for all of Ohio's HUBs. With over 200 participating CHWs, it was important that this event be "for us, by us". "We wanted speakers from within the Ohio HUBs to speak to our CHWs," Tanikka explains. The theme came from Dennis Kirimi, from Akron, who encapsulated the theme perfectly; "Caring for others, so we can care for ourselves." While the care coordination our CHWs do in their community is tailored to the needs of people living there, there is power in coming together as CHWs and HUBs to advocate, educate, and collaborate.

The full day event began with Tifani Kendrick, a CHW at Urban Strategies, leading participants in a guided breathing exercise to help us understand the importance of putting ourselves first. She introduced her philosophy of using the breath to ground us and help us grow. Her presentation walked us through how

breathing can be used to set intentions, practice gratitude, and cultivate calm, amongst a myriad of other things. Her activity led the group to discuss and collaborate with each other as they reflected on the question, what tools do you need to do your job? The answers were rich and diverse, including: higher pay rate, more resources, transportation, and clients. The discussion flowed perfectly into Director of Education and Development at Healthcare Access Now, Ella Thomas' presentation of CHWs Recipe of Self-Care, where she emphasized the importance of caring for the self in a field that is dedicated to caring for others. During this time, CHWs shared their greatest joys of being a CHW:

Hispanic clients - advocating See the happiness I bring my clients
Loving people Making a difference
Working with people
Recovery Helping my Reciprocity
The children
Mentoring community Making difference
Helping others
Helping my clients

Central Ohio Pathways HUB CEO, Jenelle Hoseus, and Dr. Tanikka Price led a CHW supervisor session based on the Bridges out of Poverty model. The two trained leaders used this model to illustrate why CHWs benefit from being supervised differently based on their history of living in poverty. They covered CHW competency areas within health care, including; the physical, mental, emotional, and spiritual impacts on health, basic anatomy and physiology of major body systems, substance use and effects on health, signs indicating change in the client's health status, obtaining accurate vital signs, basic cardiopulmonary resuscitation skills, medical terminology, documentation methods, and utilization of local health and referral systems. Next, they covered community resource competencies, including; referral methods to assist various target population groups, utilization of community resources and their referral processes, utilization of resources related to entitlement programs, recognizing and reporting signs of family violence, abuse and neglect, and recognizing and making appropriate referrals for signs of mental health and addiction problems. They also covered the importance of CHW communication skills, including: interpersonal communication skills, effective interview techniques, effective written communications to health care and service care providers, and utilization of appropriate electronic communication. Individual and community advocacy is a significant aspect of CHW work, including recognition and appreciation of diversity, and the role of the community health worker in an interdisciplinary team, supporting development of self-care skills in various target population groups, utilization of skills to assure that different target population groups receive needed services, and methods of serving as a community liaison between different target population groups and local agencies and providers. To conclude, supervisors shared their greatest joys of being a CHW supervisor:

Growth of staff So many great minds with exceptional ideas

Seeing patient success Their breakthroughs

Their passion and commitment The results Aha moments

Progress

Motivation

Success with clients

Their drive!!

Making a difference

Their growth

energy

breaking

Smes

SMILES

Passion Watching them grow

Her positivity

Her commitment

Their love to help and find solutions

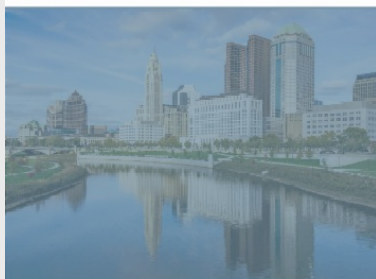
Patency

Their determination

The ability to teach and educate a community

The second portion of the day continued after lunch, as HCGC Communications Manager, McKenzie Carter, addressed stress and anxiety and burnout by building resilience. This conversation allowed CHWs to reflect and share their experiences with stress and anxiety, how they identify these feelings, and how to manage them. The presentation emphasized the importance of acknowledging, recognizing, and accepting your emotions, and leaning into them as a way of managing them. The CHWs lead a rich discourse in ways that they identify their own stress, and discussed tools and resources they had available to manage it. This segued into a meditation and yoga exercise that concluded the Summit.

The Ohio Network of Certified Pathways Community HUBs committee is planning a Spring/Summer Summit, which we hope to hold in person. For more information, please reach out to Central Ohio Pathways HUB Educational Director, Dr. Tanikka Price at tanikka@hcgc.org.



INSIGHTS FROM THE BLOG

HCGC's Education Director, Dr. Tanikka Price, was interviewed by Future Ready Columbus to share her work at HCGC, her insight and research in early childhood trauma and how a focus on population health will directly affect Kindergarten readiness, as well as spotlight HCGC as a partner of Future Ready by 5.

Inspiring Self-Efficacy

Guest Blog By: Future Ready Columbus

The Healthcare Collaborative of Greater Columbus (HCGC) is the convening force for healthcare in Central Ohio. The organization connects community members from infancy through senior citizenship with providers and healthcare resources.



HCGC is driven by the belief that all people in the Columbus region deserve to have the best possible health outcomes. This is only made possible when healthcare is high-quality, well-coordinated and affordable. To accomplish this goal, HCGC designed and implemented the Central Ohio Pathways HUB— a program that connects physicians and community health workers (CHWs) to the most vulnerable people in our community.

This program is what attracted HCGC's Education Director, Dr. Tanikka Price, to the organization to begin with. "When I learned about the hub model in 2012 it was so clear that this was what Columbus needed. Not only does it support community health workers, but it provides reimbursement to

community-based organizations that need funding to be able to afford providing these essential services. These organizations are seeing the clients who are most in need. Through the HUB, we are able to advance population health," Tanikka said.

HCGC has joined the Future Ready Columbus (FRC) family as one of our Future Ready by 5 (FR5) partners. As we build out our Health and Behavioral Health driver, we are thrilled to share more about the important work Tanikka and the entire HCGC team is doing to serve every family and community in Central Ohio. We spoke to Tanikka about how HCGC and community health workers are impacting the health of Franklin County, and what community members can do to encourage self-efficacy in children to help them overcome early childhood trauma. Below are excerpts from that conversation.

Can you explain your position at HCGC and what you're focused on accomplishing right now?

I came aboard at HCGC because I absolutely loved the Central Ohio Pathway HUB. I was supervising community health workers at my previous employer, but HCGC offered the opportunity to support and connect the CHWs and community-based organizations to the people who need them most. Through the HUB, we're able to meet everyone where they're at. I recently received my Doctorate in Education from Northcentral University and as a result of that I was promoted to Education Director at HCGC. Now, I oversee all of our educational components. I'm really, really proud of our CHW certification program. We are able to certify people who are already doing community health work through the Ohio Board of Nursing. It's a 12 week course and they complete a practicum that runs concurrently to it. They're getting real world experience as a community health worker in a community-based organization.

How does someone qualify for the CHW certification program?

They have to have a high school diploma and be at least 18 years old. What's really exciting is that our program is for anyone who cares about this work. Young people coming straight out of high school are sitting next to more experienced folks with masters degrees. They come from different backgrounds but the passion is what they have in common.

It has been so rewarding to bring people together from all walks of life in that classroom setting. We focus on social justice, reproductive rights, and other social determinants of health. We study the historical inequities that have brought us to where we are today— from redlining to the history of violence and discrimination, and how all of those things break into the very lived experience that our clients are experiencing each and every day.

[Read the full post on HCGC's Blog](#)



CENTRAL OHIO PATHWAYS HUB

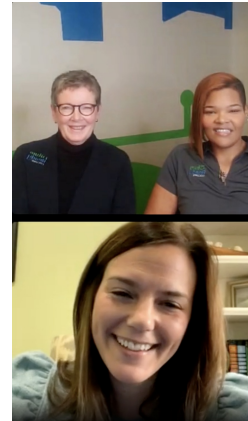


CHW Profile Project

This month, HCGC continued their Community Health Worker Profile Project, interviewing various Central Ohio Pathways HUB CHWs on their experiences and successes.

This month, we interviewed Matthew Demoulin, a Central Ohio Pathways HUB CHW at Franklin County Public Health. Matthew shared his experiences as a CHW with Housing Referrals, and the COVID-19 pandemic and vaccine efforts.

[Watch on
YouTube](#)



Instagram Live with Future Ready Columbus

HCGC President and CEO, Carrie Baker, joined Ashley Whittaker, Future Ready Columbus Project Manager, and Jane Leach, Future Ready Columbus CEO on Instagram Live to discuss statistics around Kindergarten readiness, the importance of the collective impact approach to health and behavioral health, and the importance of community and partnerships.

[Watch IG Live](#)

CHW Certification Class Graduate Shares Poem on Motherhood

Israel Mitchell, a participant and recent graduate of our most recent Community Health Worker Certification class, wrote a shared a poem about what motherhood and pregnancy means to him. This

was an assignment in the class that allowed participants to write freely about motherhood, following the maternal health and advocacy portion of the class. Participants were asked to share from their unique perspectives the heroism, burden, heartbreak, comedy, unfairness, and/or little-known secrets and/or despairs of pregnancy and motherhood addressed in their own way.



Israel Mitchell

PREGNANCY TO ME

Pregnancy is HER choice;
Only she has that say.
That is a choice to give her
body away.
Pregnancy's a gamble with
everything to gain,
but it could be fatal or mean a
lifetime of pain.
Pregnancy's a challenge fit for
she that would dare.
It is the ultimate gift to which
no others compare.
Pregnancy is perilous and a
lasting exchange.

It's a time when most people
wish for the world to change.
Pregnancy means endurance for
the partner as well.
Some nights will be easy and the
others a powerless hell.
Pregnancy is teamwork to ensure
everyone survives.
It might involve emotional
support or late chili-dog drives.
Pregnancy is transformation, and
not for the faint of heart.
It s imperfect, often messy, but it
is art.



CHW Certification Class Graduation

Congratulations to the graduating second cohort of the CHW Certification Class! From the first class in September to graduating mid-November, this class demonstrated leadership, innovative collaboration, and developed the skills that it takes to be a successful CHW. On November 18th, the



CHW Certification Class of 15 celebrated their graduation with a ceremony.

This class had representation from over 8 Care Coordination Agencies, including: Heart of Ohio Family Health Center, Farhat Advance Medical Interpreting, Primary One Health, The Breathing Association, Urban Strategies, Wellness First, and Womankind.

This amazing class had diversity in previous CHW experience, race, gender, and even age, ranging from 25 to 61 years old. We couldn't be more proud of this class.

Congratulations!



NEXT CHW MONTHLY MEETING



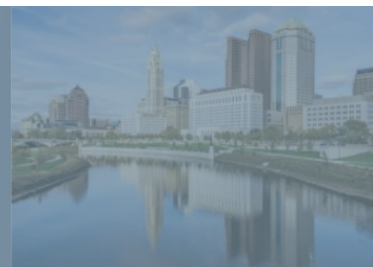
Thursday, December 9, 2021
9AM-11AM

Supervisor Sign-Off Time:
11-11:30AM

*Virtual - Dial-in information to come via email from HUB staff



PARTNER NEWS AND EVENTS



[CDC: Celebrate Native American Heritage Month](#)

[Health Policy Institute of Ohio: Connections
Between Criminal Justice and Health](#)

[City Officials Outline Plans to Fully Distribute
\\$50 Million Affordable Housing Fund](#)

[IHI: Bringing Health Centers Together to Tackle](#)

