

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

The IFPHA is grateful for the support of our sponsors.



Robert Wood Johnson Foundation

What is a Community Health Worker?

BY KATHY AVERY RN, BSN, CN

This month IFPHA continues with its series on community health work.

A Community Health Worker (CHW) is a frontline public health worker who is a trusted member of, and/or has an unusually close understanding of, the community served. This trusting relationship enables the worker to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.

A CHW also builds individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, community edu-

cation, informal counseling, social support, and advocacy.

IFPHA has a 4-hour training (working with Kevin Rumley, Avery HEC LLC). This course aligns with the NC Department of Health and Human Services CHW courses held at several community colleges throughout the state. I was one of the people asked to provide the guidelines utilized by the NCHHS. As a Community Nurse, I train our CHWs to support our IFPHA team and other healthcare providers. I provide clinical nursing and social drivers of health work provided to the communities.

Roles and Responsibilities of a CHW

The roles outlined here are fundamental to CHWs, regardless of the settings in which they work or the health issues they address, and provide a general parameter of practice. Specific responsibilities are defined by individual employers based upon the services or programs provided.

Role 1: Cultural Liaison – CHWs serve as a bridge ensuring that clients receive culturally and linguistically appropriate quality care and services.

Role 2: Health Navigator – CHWs link clients to services by knowing what services exist and referring clients appropriately. They may also provide direct care to clients through services they are trained and qualified to provide.

Role 3: Health and Wellness Promoter – CHWs provide information about healthy behaviors and support clients in reducing health-related risk behaviors in



Angelique Scott (left) and Anika Ervin, CHW trainee.

"CHW = Good healthcare for all people, not cheap healthcare for poor people."

~ Attendee at the 2016 NCCHW Summit



Angelique Scott, CHW Supervisor/LPN, stands behind Tocra Waters, CHW trainee and her children.

ways that communities understand and accept.

Role 4: Advocate – CHWs advocate with and on behalf of communities to ensure that clients are treated respectfully and given access to the services and resources that they need to live healthy lives. CHWs also educate healthcare providers about the clients they serve to improve the services provided.

If you are interested in learning more about Community Health Workers, Community Nurses, or available training, contact Kathey Avery at institutefpha@gmail.com.

Source: NC Department of Health and Human Services, www.ncdhhs.gov.

Minority Mental Health Month

The CDC reports that many people from racial and ethnic minority groups have difficulty getting mental health care.

This can be due to stigma (negative ideas about mental health) or the cost of care (not having sufficient health insurance to cover cost).

It may also be challenging to find providers from one's racial or ethnic group. There are few African American therapists in our area—I have listed several recommended by another therapist to IFPHA.

Other things in our environment can impact mental health and emotional well-being. For example, experiencing or witnessing racial discrimination or racial violence can cause stress and racial trauma. Poverty (or having low income) may limit access to mental health care. Poverty can also cause stress and may lead to mental health issues.

Source: www.cdc.gov



Kara Ashley Gilmore



Shereka Dabney



Trenton Owens



Ashley Hosey



Elizabeth McCorvey

Recommended Therapists

Please reach out to a professional if you think you or a loved one needs help!

Kara Ashley Gilmore, LCMHC, ATR-BC, SEP

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Not taking new clients at this time.