

Community Health Advisor (CHA) Approach

- Called the vital links, bridges, in-between people brokering between the world in which they and their neighbors live and the health care system.
- Provide context specific advocacy and the reciprocal exchange of information that characterize both emotional and instrumental social support.
- Have language, ethnicity, religious beliefs and social characteristics in common with the community.
- Are linkages between the health care system and their own community.

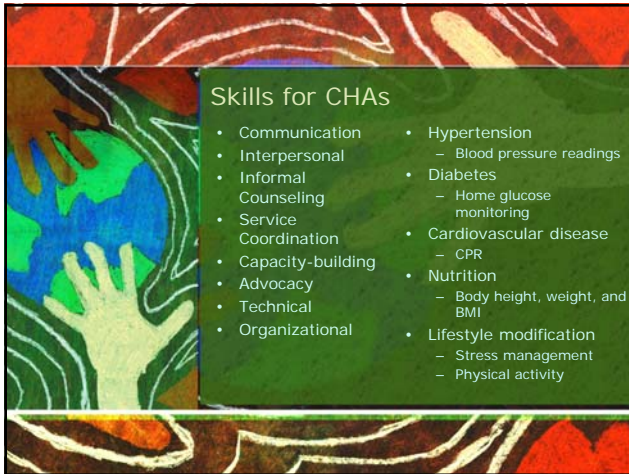
CHA Core Roles

- Cultural Mediation between Communities and the Health/Social Service Systems
- Providing Culturally Appropriate Health Education and Information
- Assuring That People Get the Services They Need
- Providing Informal Counseling and Support
- Advocating for Individual and Community Needs
- Building Individual and Community Capacity
- Providing Clinical Services and Meeting Basic Needs

Training Design

- Comprehensive Core Skills Design
 - Strength-based/empowerment approach
 - Core skills for outreach workers identified by the National Community Health Advisor Study (1998)
 - 35 hour training curriculum
 - Popular education methods
- Chronic disease module with education and technical skills (10-15 hour individual curricula)
 - Hypertension
 - Diabetes
 - Cardiovascular disease
 - Improved Nutrition
 - Lifestyle modification

A collage of four photographs illustrating CHA activities. The top-left photo shows a group of people in a classroom setting. The top-right photo shows a CHA interacting with a community member. The bottom-left photo shows a group of CHAs wearing white uniforms and yellow party hats. The bottom-right photo shows a group of CHAs in white uniforms standing together, with a sign in the background that reads "Don't Let Stroke Get You... We've GOT YOU" and "Target with Community to Maximize Energy".



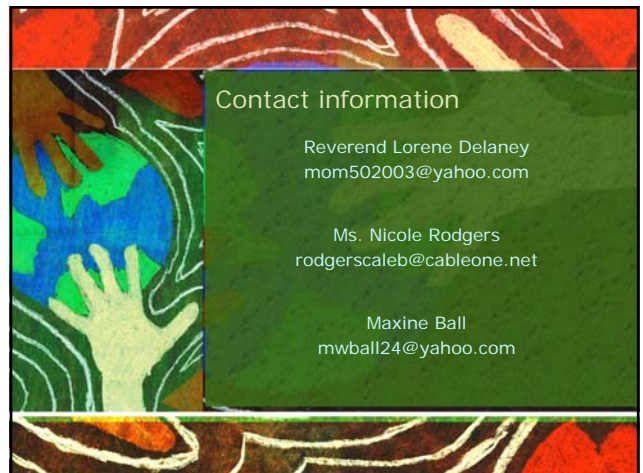
Skills for CHAs

- Communication
- Interpersonal
- Informal Counseling
- Service Coordination
- Capacity-building
- Advocacy
- Technical
- Organizational
- Hypertension
 - Blood pressure readings
- Diabetes
 - Home glucose monitoring
- Cardiovascular disease
 - CPR
- Nutrition
 - Body height, weight, and BMI
- Lifestyle modification
 - Stress management
 - Physical activity





GOTCHA CHA Graduates

Contact information

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