

BOTH SIDES OF THE TRACKS

2014 APHA ROUNDTABLE SESSION 4311:

Developing, implementing and evaluating effective CHW programs, tools and research methods



**People don't care how much you know
until they know how much you care.**

Before I became a Community Health Worker five years ago, I had my own stories. These stories are very similar to the people I serve today. I didn't have a lot of support, and I didn't know how to navigate the resources that were available to me. I met people when I was in these situations that gave me hope and helped me reconnect. They treated me with respect, and I learned to trust others. Today, I am motivated by the stories I hear in the work I do. I relate to the women I care for every day. I believe in their ability to cross the tracks and hope that I can assist them in this process. This is why I go above and beyond to help these women.

Discussion Topics

1. How do you build trust between yourself as a CHW and the people you help in the community?
2. How do you address the health disparities in the communities you serve?

The Sinai Urban Health Institute's Helping Her Live (HHL) program is a breast health navigation program that targets un/underinsured, and publicly insured African American women and Latinas on the west and southwest sides and assists them with getting a free mammogram. Many of the women that HHL serves live in domestic violence and homeless shelters or recovery homes. Some of our clients are formerly incarcerated and may have a history of alcohol and substance abuse. The goal is to build effective relationships with vulnerable populations and reconnect them to the Healthcare System and their community.

Love what you do

**Be authentic and
open minded**

**Meet people
where they are**

Build trust

**Treat the person,
not their situation**

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