

# *Washington Community Health Workers/Promotores Network* *Entrenamiento para Promotores de Salud*

*10th Spring Intensive Capacity Building for Health Promoters*  
*10º Capacitación intensivo para promotores de salud*

*Core Competencies for Community Health Workers and Health Promoters*  
*Competencias para promotores de salud*

*Camp Roganunda, 3200 Old River Rd, Naches, WA 98937*  
*June 4& 5<sup>th</sup>, 2018*



Spring Intensive training 2017

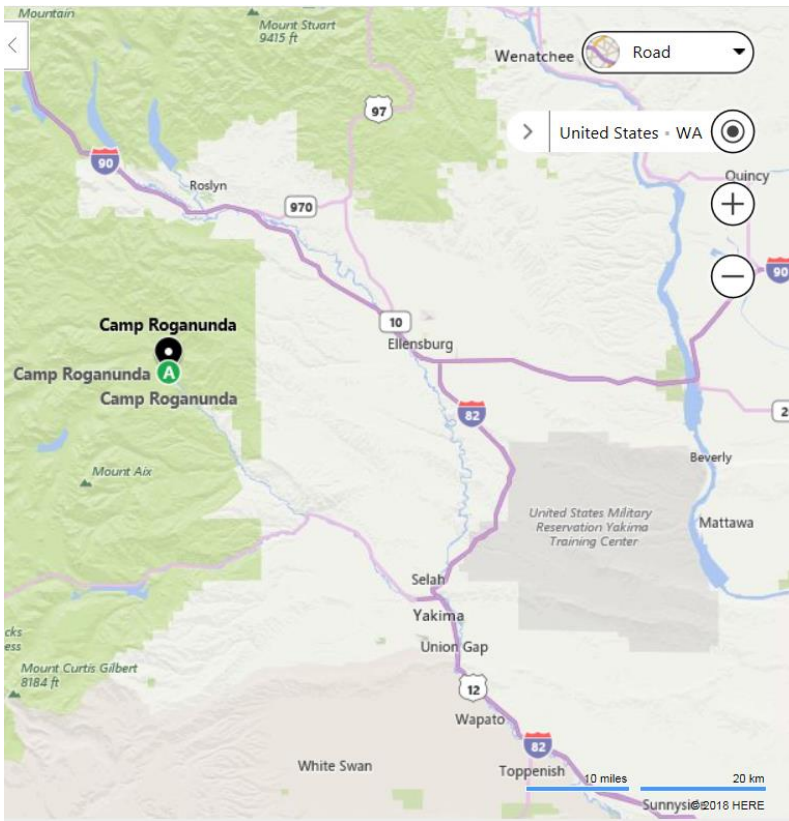
Photograph by: Mary Jo Ybarra-Vega

**Coordinated and sponsored by:**



# Map and Directions to Camp Roganunda

3200 Old River Rd. Naches WA 98937



Left turn at this sign if you are coming from Yakima, WA

## ***From Yakima, WA***

Depart N 1st St toward E Martin Luther King Jr Blvd

Take ramp right for US-12 West toward Naches

Keep straight onto WA-410

Turn left onto Old River Rd

Unpaved Road

Arrive at NF-1704 / Old River Rd on the right

The last intersection is NF-313

If you reach Halfway Flat Campground FS Rd, you've gone too far

[Camp Roganunda](#)

3200 Old River, Road In Naches, WA 98937, United States

## **Trainings provided by:**

- Chelan-Douglas Health District
- Washington Association of Community and Migrant Health Centers
- Northwest Regional Primary Care Association
- Vision y Compromiso
- Moses Lake/Quincy Community Health Centers
- Molina Health Care
- Latino Centers for Health
- Washington State Department of Labor and Industries

## **Description:**

The Spring Intensive Training for Health Promoters / Community Health Workers is an intensive one and a half day event, which includes various workshops/presentations and activities, which are offered **FREE OF CHARGE** to 70+ participants. These workshops / presentations and activities are conducted in Spanish/English using popular education techniques.

Popular Education is a philosophy and methodology used for teaching that seeks to create a comfortable environment in where participants can discover and extend their knowledge in order to create positive changes in their own lives and in their communities. When compared to traditional education, popular education can help participants develop a deeper sense of their potential and understanding of the many skills they already possess.

Currently in the United States, Promotores de Salud Programs are gaining importance and are being used as a strategy to empower communities in order to help them achieve equality while seeking, finding, and receiving health care and other social services.

During this intensive training, all facilitators will use interactive techniques such as group activities, socio dramas, art, and idea sharing, among other cooperative learning techniques. Presenters will also take into account what participants already know, in order to allow participants the chance to explore how they can use what they already know and what they have learned.

## **Participants:**

This intensive training is expected to attract a diverse group of community leaders, including health workers, promoters, coordinators, agricultural workers, outreach workers and health educators representing community health centers, hospitals, government agencies and non-profit organizations. Participants include both those who are new to the field of health promotion and need to learn basic concepts and new skills to start their programs as well as those who have participated for many years and are looking for new ideas for improving existing programs.

## **Optional Activities:**

We recognize that time to socialize is important; this year there will be several options. Movie Night or a Talent Show, where interested participants will have the opportunity to share their talents in music, dance, singing, poetry, or other form of artistic expression. Presentations may be individual or with a group. If participants are interested in this activity they must come prepared with their own musical instrument, music, etc. As part of the Camp Roganunda group we will have free access to Bolder Cave. We suggest that those who would like to hike to the cave go as a group.

Please note that by canceling your participation in advance, you will be giving the opportunity to another person on the waiting list to attend the event. This training includes event registration, 1 nights lodging, 5 meals and 4 snacks.

**Participants needing or wanting additional lodging for the night of June 3rd must make direct contact with Mary Jo Ybarra-Vega at 509-787-6423 or at [mybarra@mlchc.org](mailto:mybarra@mlchc.org)**

Participants will be assigned to the cabin room that they will be using the next two days.

**It is necessary that every participant review and sign the attendance log and review the individual registration sheet we will make available upon your arrival.**

**Place/Lugar:**

Home of the Best Christian Campground Retreat Center

A promotional banner for Camp Roganunda. On the left is the camp's logo, which features a stylized mountain range with a sun and a cross, and the text 'CAMP ROGANUNDA A CHRISTIAN GROUP CAMP Cliffdell, Washington'. To the right of the logo, the address '3200 Old River Rd, Naches, WA 98937' and website 'www.camproganunda.com' are listed. Below the address, contact information is provided: 'For more information: call us at 206-910-0466 or Email: camproganunda@hotmail.com'. The banner also includes several smaller images: a night view of a forest with lights, a cabin, a group of people sitting around a campfire, and a map of the location. A Facebook icon and the text 'Find us on Facebook' are also present. At the bottom right, there is a logo for the U.S. Forest Service (UAS).

**Camp Roganunda is a spirit-filled Christian Campground Retreat Center.** It is located 37 miles northwest of Yakima, WA in the Wenatchee National Forest, on Hwy 410.  
[www.camproganunda.com](http://www.camproganunda.com)

**Campo de Roganunda** es un centro de retiro de campamento cristiano lleno del espíritu. Está situado a 37 millas al noroeste de Yakima, WA en el bosque nacional de Wenatchee, en 410 Hwy.  
[www.camproganunda.com](http://www.camproganunda.com)

## Brief Training Agenda

### Promotores de Salud/CHW Training

Mon., June 4, Tues., June 5, 2018

Camp Roganunda, 3200 Old River Rd, Naches, WA 98937

#### **Monday, June 4:**

- 8:00am-9:00am Continental Breakfast and registration
- 9:00am-9:15am **Welcome & Introductions**  
Camp Rogananda Staff, Carol, & Patricia
- 9:15am-10:30am **Update on Promotores/CHWs in WA**  
(Maria Blancas PhD Student-Will discuss finding from the promotores study she conducted last year)
- 10:30am-11:15am **Using Promotores/CHWs for Diabetes/Hypertension Prevention**  
Francisco J. Ronquillo –Health Extension Officer UNM
- 11:15am-11:30am Break**
- 11:30am-12:30pm **Impact Of Adverse Childhood Experiences (ACEs)**  
Francisco J. Ronquillo & Mary Jo Ybarra-Vega
- 12:30pm-1:45pm **Lunch & Panel Discussion: Promotores/CHW Work Experience Can Lead To Other Professional and Personal Opportunities**  
(Lupita Espinoza, Juanita Silva, Griselda Romero)
- 1:45pm -2:45pm **Self-Care Workshops** (you choose):  
Relaxation/Guided Imagery Techniques -Juanita Silva  
Art and self-care-Vision y Compromiso
- 2:45pm-3:00pm Break**
- 3:00pm-4:00pm **WA State Dept. of Labor & Industries: Hispanic Outreach**  
Nora Chavez & Danny Aguilar
- 4:00pm-4:30pm Checking-In: What Is Working/Not Working At Retreat  
Day 1 Wrap-Up Exercise Led By Promotores/CHW
- Evening Dinner**  
**Activities** (to Be Determined)

#### **Tuesday, June 5:**

- 8:00am-9:00am Continental Breakfast and registration
- 9:00am-9:15am **Welcome Back & Announcements**
- 9:15am-10:15am **Oral Health Training**-Vision y Compromiso
- 10:15am-10:30am Break**
- 10:30am-12:00pm **Promotores/CHWs' Leadership Discussion, Set Priorities & Identify Leadership Volunteers**-Vision y Compromiso and Promotores
- 12:00pm-12:15pm **Retreat Wrap-Up & Evaluation & Certificates**-Carol
- 12:15pm-1:15pm **Lunch, Head Home & Clean up**

**Cursos de capacitación proporcionados por:**

- Chelan-Douglas Health District
- Washington Association of Community and Migrant Health Centers
- Northwest Regional Primary Care Association
- Vision y Compromiso
- Moses Lake/Quincy Community Health Centers
- Molina Health Care
- Latino Centers for Health
- Washington State Department of Labor and Industries

**Descripción:**

La capacitación intensiva para promotores de salud /agentes comunitarios de salud es un evento de un día y medio intensivo, que incluye diversos talleres y presentaciones y actividades que se ofrecen de forma gratuita a 70+ participantes. Estos talleres / presentaciones y actividades se llevan a cabo en español e inglés utilizando técnicas de educación popular.

Educación popular es una filosofía y metodología de enseñanza que busca crear un ambiente confortable en donde los participantes pueden descubrir y ampliar sus conocimientos para crear cambios positivos en sus propias vidas y en sus comunidades. En comparación con la educación tradicional, Educación Popular puede ayudar a los participantes a desarrollar un sentido más profundo de sus posibilidades y comprensión de las múltiples capacidades que ya poseen.

Actualmente en los Estados Unidos, los programas de Promotores de Salud están ganando importancia y se utilizan como una estrategia para empoderar a las comunidades para ayudarles a alcanzar la igualdad al mismo tiempo de buscar, encontrar y recibir atención médica y otros servicios sociales.

Durante este entrenamiento intensivo, los facilitadores utilizarán técnicas interactivas como actividades de grupo, socio dramas, arte, idea de compartir, entre otras técnicas de aprendizaje cooperativo. Los presentadores también tendrán en cuenta lo que ya saben los participantes, con el fin de permitir a los participantes la oportunidad de explorar cómo pueden utilizar lo que ya saben y lo que han aprendido.

**Participantes:**

Se espera que este entrenamiento de capacitación intensiva pueda atraer a un grupo diverso de líderes de la comunidad, incluyendo los trabajadores de salud, promotores, coordinadores, trabajadores agrícolas, educadores de salud y educadores de salud que representan los centros de salud comunitarios, hospitales, agencias gubernamentales y organizaciones sin fines de lucro. Los participantes incluyen tanto los que son nuevos en el campo de la promoción de la salud y necesitan aprender los conceptos básicos y nuevas habilidades para iniciar sus programas y también los que han participado durante muchos años y están buscando nuevas ideas para mejorar los programas existentes.

**Actividades opcionales:**

Reconocemos que el tiempo para socializar es importante; este año habrá varias opciones. Noche de película o un show de talentos, donde los participantes interesados tendrán la oportunidad de compartir sus talentos en música, danza, canto, poesía u otra forma de expresión artística. Presentaciones pueden ser individuales o con un grupo. Si están interesados en esta actividad los participantes deben venir preparados con su propio instrumento musical, música, etcétera. Como parte del grupo del campamento Roganunda tendremos acceso libre a la cueva llamada Bolder Cave. Sugerimos que aquellos que les gustaría ir de excursión a la cueva de ir como un grupo.

Tenga en cuenta que mediante la cancelación de su participación de antemano, dará la oportunidad a otra persona en la lista de espera para asistir al evento. Este entrenamiento incluye registro de evento, 1 noches de hospedaje, 5 comidas y 4 refrigerios.

**Los participantes** que necesitan o que quieren alojamiento adicional para la noche del domingo 3 de junio debe llamarle a Mary Jo Ybarra-Vega a 509-787-6423 o contactar la a [mybarra@mlchc.org](mailto:mybarra@mlchc.org).

Los participantes serán asignados a un cuarto en una cabina que va a utilizar los próximos dos días.

**Es necesario que cada participante revise y firme el registro de asistencia y revise la hoja de inscripción individual que se le hará disponibles a su llegada.**

## Agenda

### Entrenamiento para Promotores de Salud

El lunes y martes, junio 4- 5, 2018

Campamento Roganunda, 3200 Old River Rd, Naches, WA 98937

#### **Lunes, 4 de junio:**

8:00am-9:00am	Desayuno y registraci3n
9:00am-9:15am	<b>Bienvenida y presentaciones</b> Camp Rogananda Staff, Carol, & Patricia
9:15am-10:30am	<b>Informaci3n de Promotores en WA-</b> Maria Blancas
10:30am-11:15am	<b>Prevenci3n de la Diabetes y las Promotoras-</b> Francisco Ronquillo
<b>11:15am-11:30am</b>	<b>Descanso</b>
11:30am-12:30pm	<b>Impacto de experiencias adversas de la infancia (ACES)</b> Francisco y Mary Jo Ybarra-Vega
12:30pm-1:45pm	<b>Almuerzo y charla: Experiencia de Promotores y otras oportunidades profesionales-</b> (Lupita Espinoza, Juanita Silva, Griselda Romero)
1:45pm -2:45pm	<b>Talleres de autocuidado (opciones):</b> T3cnicas de relajaci3n/Im3genes guiadas –Juanita Silva Arte y el autocuidado-Vision y Compromiso
<b>2:45pm-3:00pm</b>	<b>Descanso</b>
3:00pm-4:00pm	<b>Departamento de Labor e Industrias de WA: Alcance a la comunidad Hispana</b> Nora Chavez & Danny Aguilar
4:00pm-4:30pm	Qu3 les gusto/no les gusto Ejercicio de recapitulaci3n d3a 1 liderado por Promotores
<b>Tarde/Noche</b>	<b>Cena</b> <b>Actividad de noche</b> (se determinar3)

#### **Martes, 5 de junio:**

8:00am-9:00am	Desayuno y registraci3n
9:00am-9:15am	<b>Bienvenida y anuncios</b>
9:15am-10:15am	<b>Capacitaci3n de Salud Oral –</b> Vision y Compromiso
<b>10:15am-10:30am</b>	<b>Descanso</b>
10:30am-12:00pm	<b>Liderazgo discusi3n de trabajadores, establecer prioridades e identifique l3deres voluntarios-</b> Vision y Compromiso y los promotores
12:00pm-12:15pm	<b>Evaluaci3n y cierre del retiro-</b> Carol
12:15pm-1:15pm	<b>Almuerzo, Limpiar, Despedida</b>