



Strengthening the CHW Workforce

www.CHWStrength.com



COMMUNITY HAPPENINGS

FOR A LIST OF TRAININGS OFFERED AT
CHW STRENGTH

[HTTPS://WWW.CHWSTRENGTH.COM/CALENDAR](https://www.chwstrength.com/calendar)

VIRGINIA COMMUNITY HEALTH WORKER
DEVELOPMENT COUNCIL, REQUEST TO BE
ADDED TO THE LISTSERV BY EMAILING:
COMMUNITYHEALTHWORKER@VDH.VIRGINIA.GOV

VIRGINIA CHW ASSOCIATION (VACHWA)
MONTHLY MEET: January 21st, 2025 -
REGISTER BY VISITING [VACHWA
MEETING LINK](#)

SUPPORT BY DONATING TO THE
CHW STRENGTH FOUNDATION MISSION
AT [WWW.CHWSTRENGTH.COM/SUPPORT](http://www.chwstrength.com/support)



Strengthening the CHW Workforce

CHW 201 Training (Advanced Training)

[Click](#) or [Scan](#) QR Code To Register
Today For Upcoming Training



Mon-Fri from 2/10/2025 to 3/7/2025

*9:30am - 11am EST

*No training on the following dates: Mon 2/17/2025

[If interested, learn more at](#)
<https://bit.ly/CHWStrength-TrainingRegistration>

CHW 201 Training

Registration Closes February 3, 2025!

Are you ready to enhance your skills as
a Community Health Worker?

The **CHW 201** Training kicks off on
February 10, 2025, and will equip you
with the tools to make a real impact in
your community.



The **Power** of Trauma Informed Care



Building **Resilience** using Mental
Health First Aid



Energizing Efforts for Recognizing and
Treating Mental Health issues



The **Sound** of A
CHW on Center Stage

The Power of Trauma Informed Care

Trauma Informed Care is a powerful way to help people who have been through hard or scary experiences. Instead of asking, “What’s wrong with you?” ask “What happened to you?” It focuses on understanding those experiences and creating a safe, kind space where people can heal.

Reasons why Trauma Informed Care is empowering and important:

- **Safety:** People feel protected and secure, which helps them rebuild trust.
- **Trust and Honesty:** Clear and truthful communication makes people feel valued and supported.
- **Support from Others:** Sharing and listening to stories shows people they’re not alone.
- **Teamwork:** Giving people a voice in their care helps them feel stronger and more in control.
- **Building Strength:** Focusing on what people are good at helps them believe in themselves.
- **Respecting Differences:** Understanding each person’s background shows respect and kindness.



Building Resilience using Mental Health First Aid

Mental Health First Aid (MHFA) is a great way to help build strength. MHFA teaches people how to notice when someone is struggling with their mental health, how to respond with care, and how to connect them to the right support. By learning these skills, we can build resilience within our community and reduce the fear and misunderstanding around mental health. When more people in the community are trained in MHFA, we create a network of support that helps everyone build resilience and face challenges together. With the power of MHFA, we can strengthen our community and make sure everyone feels safe, supported, and able to recover from difficult times. Resilience is the foundation of a thriving community, empowering us to rise above adversity and support one another in meaningful ways.



CHW FORUM - Have a topic you want to discuss with other CHWs? We invite you to share in our forum.

[HTTPS://WWW.CHWSTRENGTH.COM/FORUM](https://www.chwstrength.com/forum)





ENERGY CORNER

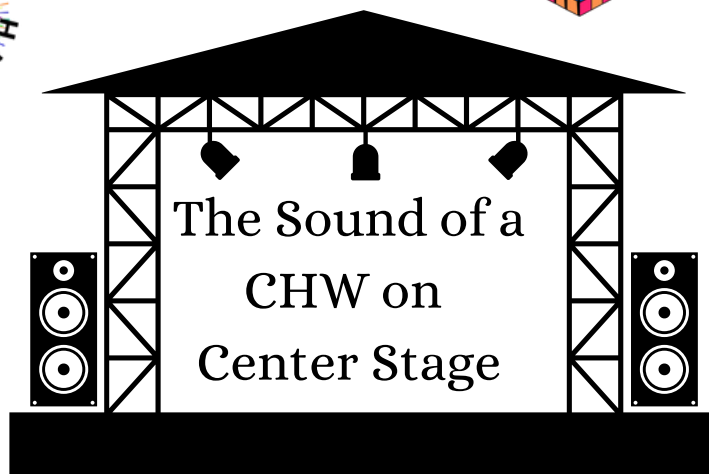
Energizing Efforts for Recognizing and Treating Mental Health Issues

Community Health Workers (CHWs) and their allies have the energy and passion needed to make a real difference in mental health awareness. By putting energy into community projects, we can create safe spaces where people feel supported to talk about mental health and seek help without fear of judgment. Together, we can energize efforts to break down stigma, making it easier for everyone to understand that mental health is just as important as physical health.

CHWs can use their energy to lead the way by learning to recognize signs of mental health challenges and connecting individuals to the resources they need. By investing in education, training, and outreach, we can energize communities to take action and provide support for those in distress. Teamwork and collaboration allow us to share our energy, ensuring everyone feels included in the fight for better mental health.



SOUND CORNER



The CHW on Center Stage this month is
***** Aba Anison-Amoo *****

Watch this video as Aba answers the following
thought-provoking question:

1. Who are you?
2. What do you do?
3. Why does what you do Matter?
4. What is your CHW story?
5. What influenced you/How did you become a community health worker?

