



Strengthening the CHW Workforce

# Mental Health First Aid (MHFA) Training

Click or Scan QR Code To Register Today For Upcoming Training

Register TODAY!!



Only 30 spots available

Tuesday, 05/14/2024 OR Wednesday, 05/29/2024  
10am - 3pm EST

If interested, learn more at <https://www.CHWStrength.com/workforce>



EMPOWERING MENTAL HEALTH



BUILDING RESILIENCE



ENGAGING CONVERSATION



AMPLIFYING VOICES

# Strengthening You Newsletter



## 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](mailto:COMMUNITYHEALTHWORKER@VDH.VIRGINIA.GOV)

VIRGINIA CHW ASSOCIATION (VACHWA) MONTHLY MEET:

MAY 21ST, 2024 - 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)





## POWER CORNER

# EMPOWERING CHWS TO CHAMPION MENTAL HEALTH AWARENESS

IN THE REALM OF COMMUNITY HEALTH, CHWS WIELD A UNIQUE POWER—THE POWER TO ADVOCATE FOR MENTAL HEALTH AWARENESS AND DESTIGMATIZATION.

EMPOWERED CHWS RECOGNIZE THE IMPORTANCE OF PRIORITIZING MENTAL WELLNESS ALONGSIDE PHYSICAL HEALTH. WE LEVERAGE OUR INFLUENCE TO INITIATE CONVERSATIONS, SHARE RESOURCES, AND FOSTER A CULTURE OF ACCEPTANCE.

### RESOURCES INCLUDE:

- 988
- NATIONAL SUICIDE PREVENTION LIFELINE: 1 (800) 273-8255
- SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION NATIONAL HELPLINE OR SAMHSA: 1(800) 662-4357
- CRISIS TEXT LINE- TEXT "MHFA" TO 741741

EMPOWERMENT BEGINS WITH RECOGNIZING THE IMPACT WE CAN HAVE AS CHWS IN PROMOTING MENTAL HEALTH AWARENESS AND DESTIGMATIZATION.



## RESILIENCE CORNER



# BUILDING RESILIENCE IN THE FACE OF MENTAL HEALTH CHALLENGES

Resilience is not about avoiding adversity—it's about facing it head-on and emerging more robust than before. As CHWs, we encounter individuals navigating mental health challenges every day.

### Tools for CHW Practice:

1. **Self-Care Practices**\*\* Incorporate self-care into your routine through exercise, mindfulness, nature, and hobbies.
2. **Boundary Setting**\*\* Recognize limits and say “no” to prevent burnout. Take breaks.
3. **Seek Support**\*\* Reach out to colleagues, supervision, or peer groups for emotional and professional support.
4. **Coping Mechanisms**\*\* Identify healthy strategies like deep breathing, journaling, gratitude, or creative outlets.
5. **Connections**\*\* Cultivate meaningful relationships for support and belonging.
6. **Strength Recognition**\*\* Celebrate accomplishments and focus on personal strengths to boost confidence and resilience.
7. **Adaptability**\*\* Embrace change with flexibility and a positive mindset for growth.
8. **Community Resilience Promotion**\*\* Facilitate resilience-building activities in the community, fostering belonging and connection.

**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 Conversations About Mental Health

Energy is contagious—it can uplift, inspire, and drive positive change. As CHWs, we have the energy to spark conversations about mental health and create a ripple effect of awareness and understanding.

As Community Health Workers (CHWs), we are entrusted with the well-being of our communities, not only in terms of physical health but also in recognizing and addressing mental health concerns. In our roles, we often serve as the first line of support for individuals navigating challenging times. Understanding the signs and symptoms of mental health issues is essential for effective intervention and support

Educate Yourself: Stay informed about mental health issues and available resources. Websites like Mental Health First Aid (<https://www.mentalhealthfirstaid.org/>) offer valuable insights and training.

By infusing energy into mental health discussions, CHWs can ignite meaningful change within our communities.



## SOUND CORNER



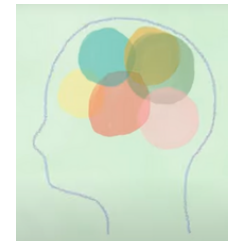
# Amplifying Voices in Mental Health Advocacy

Sounds are more than noise—they're voices, stories, and experiences waiting to be heard. As Mental Health Awareness Month unfolds, let's amplify the voices of those affected by mental health challenges and advocate for change.

CHWs serve as advocates for mental health, amplifying the voices of individuals who may otherwise go unheard. They create platforms for sharing stories, fostering empathy, and promoting understanding. By amplifying diverse voices, CHWs contribute to a more inclusive and supportive community.

Every voice matters in the journey toward mental health awareness and advocacy.

As CHWs, let's ensure that every voice is heard and valued. Listen/watch this [quick song...](https://www.youtube.com/watch?v=84598ejcG_c)



"... There's ALWAYS someone you can talk to  
There's ALWAYS someone who cares..."



**LANGUAGE MATTERS: USE PERSON-CENTERED LANGUAGE  
AVOID SAYING: "INSANE/CRAZY PEOPLE"**

**INSTEAD SAY: INDIVIDUALS LIVING WITH A MENTAL ILLNESS OR COGNITIVE IMPAIRMENT**