



# COMMUNITY HEALTH WORKERS INITIATIVE

at The Honors College

# 2022 Annual Report



# Building, Sustaining, and Deserving Trust

## Welcome

The Community Health Worker Initiative emerged in 2016 as a commitment to community engagement. The early team members were motivated by the intuition that untapped and transformative resources were available for community health in the intersections between communities, undergraduates, researchers, and community health workers (CHWs). The idea that community members without formal medical training could be transformative for public health reflected a new – and growing! – awareness in public health that the strengths of a community had to be engaged to address many of the most pressing and entrenched inequities and inefficiencies in healthcare. The CHWs are well-situated to understand what is broken and how to create trusted and effective relationships that help improve all sorts of interactions with the healthcare system from resource navigation to behavior change and health education.

Trust is the central motivation for the CHWI and learning to deserve it requires a sustained commitment to human engagement throughout our activities. That commitment to engaging at the intersection of technology and community allows us to have extraordinarily broad interdisciplinary partners, and to include students from diverse backgrounds and at different educational levels in transformative and meaningful projects across a wide range of interests. We see the community as a whole ecosystem, and we see ourselves and each separate project as part of that whole, both dependent on and responsible to the other individuals and other projects in that community.

In the following pages, we present the CHWI activities for calendar year 2022. There was much to be proud of, as we emerged from the covid epidemic, and much to look forward to, as we work to better engage all our partners, our students, and ourselves.

Sincerely,

Dan Price  
Director, CHWI  
Honors College  
University of Houston

# Executive Summary



Below, the report will present greater detail about the various activities of the CHWI, including challenges, successes, and future directions. Reports focused on Data & Society and Honors in Community Health (HICH) are separate, although some content overlaps.

We begin with a brief overview of CHWI and a statement of our mission, and then we introduce our staff and our history. The 2022 report captures a brief but transformative moment in time. In 2018, we began an encompassing and institutionally approved study of the operational effectiveness of community health workers in the community called Trust and Learn. Most of our research activities either fall within that study or implement some part of those ideas in a specific area. Our funding has followed that research agenda, and most of the money has been used to increase research capacity by funding CHWs to perform community work while we gather data about how to optimize CHW activities, especially in addressing health inequities. (pp. 10-32)

We also present the activities of our training center, which enables students – including UH undergraduates, high school students, and a diverse range of community members, including immigrant and refugee communities and residents of public housing – to become CHWs and to engage in their own community health projects. (pp. 34-46)

Finally, we present our partnerships within UH, as we engage research partners and students through data analysis and project development, and as we support our registered student organization, Honors in Community Health (HICH). (pp. 47-54)

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# Overview of the CHWI



The University of Houston Community Health Worker Initiative (UHCHWI) has taken the lead in building community capacity through a network of community health workers (CHWs), undergraduates, faculty, and staff committed to trust and advocacy. Our long-term goals are to build community trust and increase advocacy efforts by training community members to become CHWs, provide continued training and support to CHWs, increase CHW opportunities for meaningful employment, and expand into new areas of service. The first courses offered by UH faculty were under the umbrella of the UT School of Public Health's CHW training center, but a new curriculum was developed and approved to be offered at UH under an independent center in 2018. By Fall 2022, the CHW Training Center at the Honors College of the University of Houston has certified over 463 new CHWs, which makes it one of the largest in the state and country.

The training center enables:

- Undergraduate Community Engagement
- Interdisciplinary Research
- Health Education in the Community
- Community Health Worker Certification Course;
- CHW-Powered Projects
- Health Conferences;
- Continuing Education Units;

Each of these areas of activity will be detailed below, but they continue to be key points of pride for the CHWI. The broader public perception of the CHWI is dominated by the Training Center activities. Although the Trust & Learn is the source of much more of the funding, the courses and training made available through the Training Center are essential to the overall success of the CHWI. Much of the funding has a component dedicated to creating and disseminating training, and the scaling of trainings used for internal development is one of the main pathways to a larger audience for the research findings and community engagement strategies.

# Mission



## **Trust and Data Stories**

At the very beginning of the CHWI's work, the mathematical representation of trust became central to the convergence of the community work and the data science activities. The intuition was that the advantages that CHWs were having in the field implementing health and services interventions – when they were emerging – were because of this hard to measure but ubiquitous quality of either having trust (or not).

## **Community**

For the community participants, we soon realized that the 160-hour CHW training wasn't sufficient by itself to meet their employment goals. The project-based curriculum was successful at getting residents to take their roles seriously and to think about the big issues facing their communities in terms of concrete projects that create change. However, the fulltime employment opportunities in the Healthcare system were professionalized and often only went to people with college degrees on top of the CHW certification.

## **Responsive Engagement**

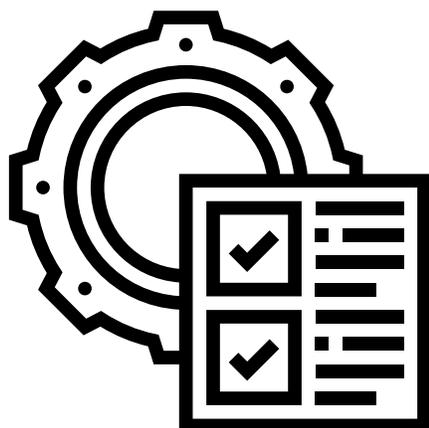
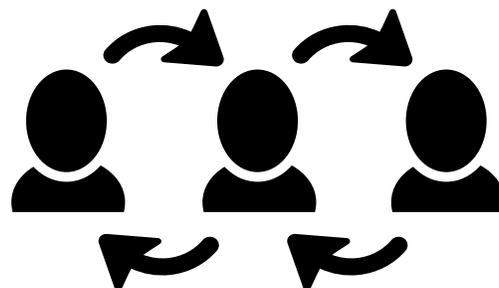
CHWI saw an opportunity to use the trust and data stories to enhance the role of CHWs from the community in healthcare. This allows us to make the case for broadening the scope of CHW roles and demonstrating their value to the system. The role of university researchers is to respond to ongoing and emerging challenges faced by CHWs and impacting community health.

This is our mission.

# Quality Improvement

## Feedback Loops

Feedback loops are an important component of our project based learning and grounded theory approaches. They give us the space to have continuous and active conversations with students and CHWs on what worked and did not work for our projects/programs/activities. They also give staff and faculty space to redirect focus back to the mission and provide any additional training. Data collected from feedback loops is used to improve processes that do not add value to the students or CHWs.

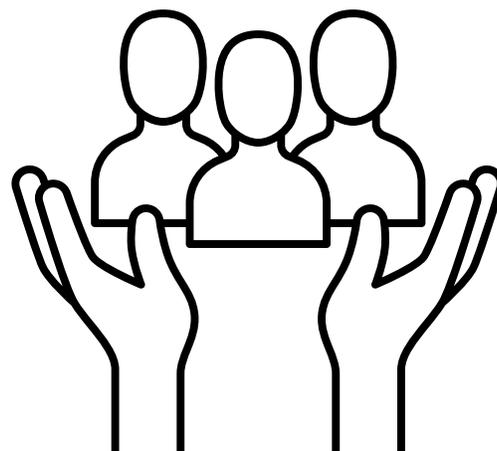


## Student Assessments

At the beginning of each semester, our students are asked to form goals for the activities/courses they are enrolled in. At the end of each semester, students are asked to evaluate whether the course/activity helped them meet their goals and what impact their participation in our Initiative had in their long term trajectories. This has been helpful in evaluating whether our students feel like our activities (CHW and undergraduate) do have a direct impact on their lives.

## Community Impact

Our community impact is evaluated through the health education CHWs deliver and the resources that they are able to coordinate for members of their communities. We focus on the trajectory of community members by evaluating whether the CHW played a role in helping them meet their goals and overcome negative social drivers of health. Evaluating the efficacy of our community impact takes an interdisciplinary role that connects data science and community health.



# CHWI Personnel



**Dr. Daniel Price**

Associate Clinical Professor at the Honors College  
Director of UH CHWI  
Co-Director of Data Analytics in Student Hands



**Cindy Paz**

CHWI Program Director



**Alejandro Quijano-Martinez**

Program Coordinator  
CHW Instructor



**Carlos Groppa**

Program Coordinator  
CHW Instructor



**Cristina Palacios-Makhoul**

Program Manager  
CHW Instructor



**Karina George**

Data Analyst  
HPE-DSI and CHWI



**Farrah Hmaidan**

Data Analyst  
CHWI



**Olivia Ruiz**

Data Analyst  
CHWI

## Community Health Workers (CHWs)

- |                               |                      |
|-------------------------------|----------------------|
| Aguilar, Adonnay A            | Manriquez, Erika L   |
| Ahmed, Nawar                  | Martinez, Jessica I  |
| Barrios, Ana L                | Mazariegos, Samantha |
| Cano, Maria M                 | Morgan, L Alicia R   |
| Carcamo, Gissele              | Nguyen, Phillip H    |
| Grant, Cher-Von E             | Ola, Angel O         |
| Guadalupe Castaneda, Gabriela | Onyekwelu, Uchenna   |
| Graves, Anthony               | Ramirez, Nohora      |
| Grossman, Jennifer            | Safay, Fathma        |
| Ha, Boi B                     | Serrano, Claudia     |
| Huang, Audrey                 | Traylor, Madelyn     |
| Jose, Raina S                 | Trimble, Davonna D   |

## CHW Instructors

- Enaohwo, Keciana Lind
- Groppa, Carlos
- Quijano-Martinez, Alejandro
- Palacios-Makhoul, Cristina

## Data Analysts

- George, Karina
- Hmaidan, Farrah I
- Jaeggi, Elliott
- Ruiz, Olivia Michelle

## UH Students (Responsive Resourcing)

- Kuruvilla, Christina
- Nune, Radha R

## Website and Social Media

- Hasnain, Huriyah
- Khan, Fahim

# Funding the Trust and Learn Research



The CHWI has received over \$1,528,000.00 in external funding over the last 12 months, encompassing a broad range of work with Community Health Workers (CHWs) as outreach specialists and service navigators over the next two years. These activities are organized under a research umbrella called Trust & Learn, which has some elements controlled by the IRB and some developed independently as program research. The overall mission is to create a responsive and trusted space of interaction where individual strengths, goals, and specific circumstances are recognized and allowed to frame the engagement between the individual and the CHW. Data from the encounters is collected with an eye toward creating greater visibility into the process and the best ways to improve the interactions. Focus is placed on removing barriers, moving toward long-term goals, and integrating resources appropriately into the larger trajectories of people's lives.

All the activities are integrated into a single overarching and integrative data approach that allows UH researchers to better understand the difficulties individuals and families are facing and to fashion longer-term and more effective strategies for better community health. CHWs are currently deployed through hubs in four different parts of Houston, but the process is modular and can be expanded to include new sites and existing CHWs working with partnering agencies are also participating in training activities and shared data practices.

## 2022 Awarded Funds

Program	Funder	Received	Amount
Vaccine Education Research	The Immunization Partnership	2022	\$93,000.00
Atypical Diabetes Research	Baylor College of Medicine	June 2022	\$33,000.00
Heart Health CEU/Research	American Heart Association	January 2022	\$15,000.00
Parenting and Child Support Research	UT Tyler	2022	\$409,858.00
Efficacy of CHW Research & Vaccine Education	Bread of Life	September 2022	\$71,758.00
Efficacy of CHW Research & Vaccine Education	City of Houston	November 2022	\$497,946.80
Apprenticeship Expansion	Texas Workforce Commission	2022	\$16,250.00
Employee Reimbursement Apprenticeships	Texas Workforce Commission	June 2022	\$1,795.84
Development of Responsive Trust Network	Outreach Strategists	November 2022	\$389,695.00
<b>Total Funds Received:</b>			<b>\$1,528,303.64</b>

## Our Partners



**Outreach Strategists**  
LLC

Helped fund the Responsive Trust Network serves as the core of respect, trust, and support in underserved Houston communities.



UHCHWI received a grant from the City of Houston from CDC's National Initiative to Address COVID-19 Health Disparities Among Populations at High-Risk and Underserved, Including Racial and Ethnic Minority Populations and Rural Communities. The innovation of the model rests in the conceptual insistence on strengths-based response to individual health needs, coordinated data tracking and analysis across organizations, and financial stability through distributed funding and tasks across embedded CHWs to leverage scope and scale.



The Rockefeller Foundation funded the partnership between CHWI and Bread of Life which allowed the hiring of 17 CHWs at Bread of Life. These CHWs facilitated 2,068 vaccines throughout the cities of Houston and Pasadena, hosting 16 events, and enrolling 159 individuals in care coordination and collecting a total of 467 stories about the barriers faced and strategies employed by struggling individuals in those communities. CHWI organized a wide variety of outreach events, all coordinated with various partners including the Harris County Public Health vaccination team.



THE UNIVERSITY OF TEXAS AT TYLER

The Building Strong Brains Together Project is an extension of the CHW Initiative of the Trust and Learn Program at the University of Houston and is a program that empowers Community Health Workers. This empowerment comes through the didactic theories and methods that teach them how to succor parents and families of toddlers in a home-based stressful environment.



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

Funding focused on apprenticeship expansion and employee reimbursement. We developed a CHW apprenticeship because we are committed to the workforce development of community health workers within different healthcare and non-profit sectors.

Baylor  
College of  
Medicine

**RADIANT**  
Rare and Atypical Diabetes Network

Funding was awarded for the creation of a 1.5 hours atypical diabetes training that touched on social determinants of health and rebuilding trust in research.



THE  
**IMMUNIZATION**  
PARTNERSHIP

Funding was used for the creation of a series of vaccine advocacy trainings that touched on social determinants of health, misinformation and rebuilding trust in vaccines.



American  
Heart  
Association.

Funding helped us focus on and Heart Health research and the creation of CEUs.

# TRUST AND LEARN ACTIVITIES

One of the innovations of the CHWI is its approach to funding shared project spaces. For example, the CHWI received significant funding from researchers at UT Tyler as part of a larger initiative at the Texas Department of Family and Protective Services to increase awareness in families of the need for strong neurological health during infant development. The funders recognized that the traditional approaches to health education weren't reaching everyone and wanted to explore how to embed the important parts of the curriculum within the longer-term and broader engagement between CHWs and families that the CHWI was creating. The CHWI also has cooperative arrangements with researchers working on diabetes and on childhood vaccinations, as well as smaller projects on mental health and STEM education. Continuing the significant funding the CHWI received last year from various COVID-19 vaccination and outreach efforts, we have ongoing projects with the City of Houston's Equitable Vaccination team. The integration of that vaccination outreach into the broader spectrum of coordination and navigation activities that create trusted relationships allowed for much greater success than the traditional health fair and event-based outreach. Put simply, trusted relationships sustained over time create better outcomes than one-off transactions.

# Community Stories and Care Coordination

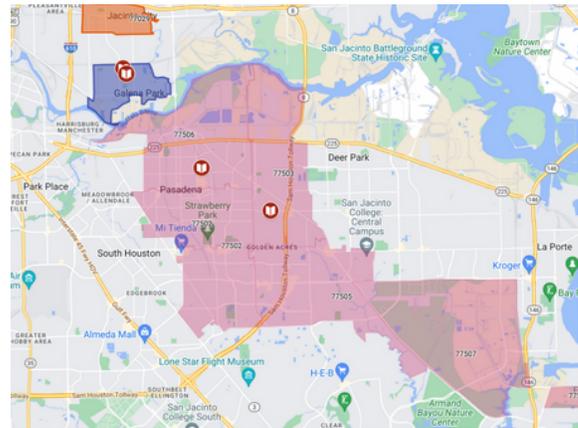


## Constructing Meaningful Data Interfaces

An early finding was that the CHWs should be seen as workers at the interface of two different representations of reality – one from the system, which seeks to optimize outcomes and costs from the perspective of the payer; and one from the individuals and families who are trying to overcome barriers to their own success and flourish on their own terms. They can best be advocates for the community members, the CHWI believes, if they embrace their role as creating visibility and communication flows between the systems. They provide what computer scientists would call a dynamic interface, and the more robust and trustworthy that interface, the better it will work for creating communication channels between the two different perspectives. The CHWI has systematically collected community stories of goals, barriers, and strategies, and it has been using that commitment to better data practices and more consistent strengths-based community work as the basis for expanding its work.

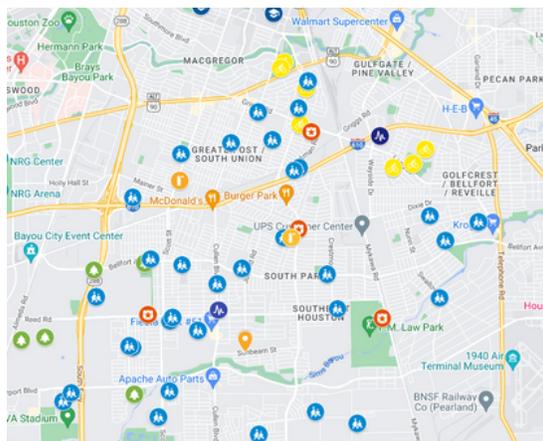
# Asset Mapping

The CHWs have been divided into different geographic hubs and their work is focused on building capacity within these hubs. The beginning of the work focused on building community assessments of their communities to identify the different ways to build capacity and needs that we would need to be ready to be responsive to. These community assessments included asset maps of their communities, demographics, and needs that they had identified through their story collection process.

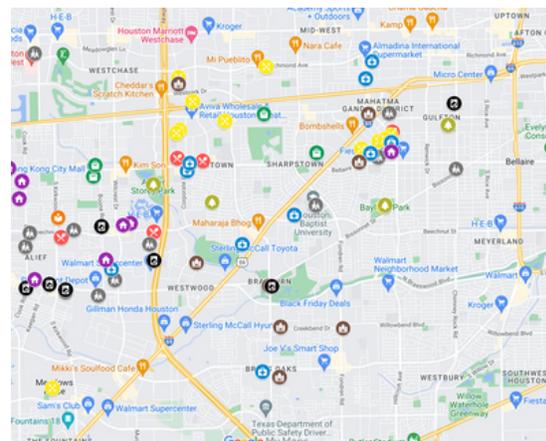


South Hub Asset Map

The CHWs began their work in August by collecting stories from people living in their community. These stories were collected to provide us with context for the community assessments that had been built. They also provide a direction for us in how we will need to be responsive to the several communities we will be serving. Between the months of August and September, in addition to collecting stories, CHWs also trained on a variety of health topics which include childhood development, atypical diabetes, immunizations, blood pressure, and COVID 19.



Southeast/Sunnyside Asset Map



Southwest Asset Map

## Local Partnerships Established:

### South

- North Pasadena Community Outreach Center
- Juan Diego Catholic Church
- Galena Park Resource Center
- Alvin D. Baggett Community Center

### Sunnyside

- Reed Parque Townhomes
- South Union Place Senior Independent Living Apartments
- Mariposa Apartments
- Royal Palms Apartments

### Southwest

- Baker Ripley Gulfton

# Care Coordination

We are beginning to see progress in the care coordination clients that CHWs are enrolling. Most of the progress is with community members being able to deal with urgent issues such as unemployment or lack of transportation. The majority of the assistance that CHWs have been able to provide are concerning social determinants of health (non-medical drivers of health) to increase the access that community members get to being able to focus on other goals.

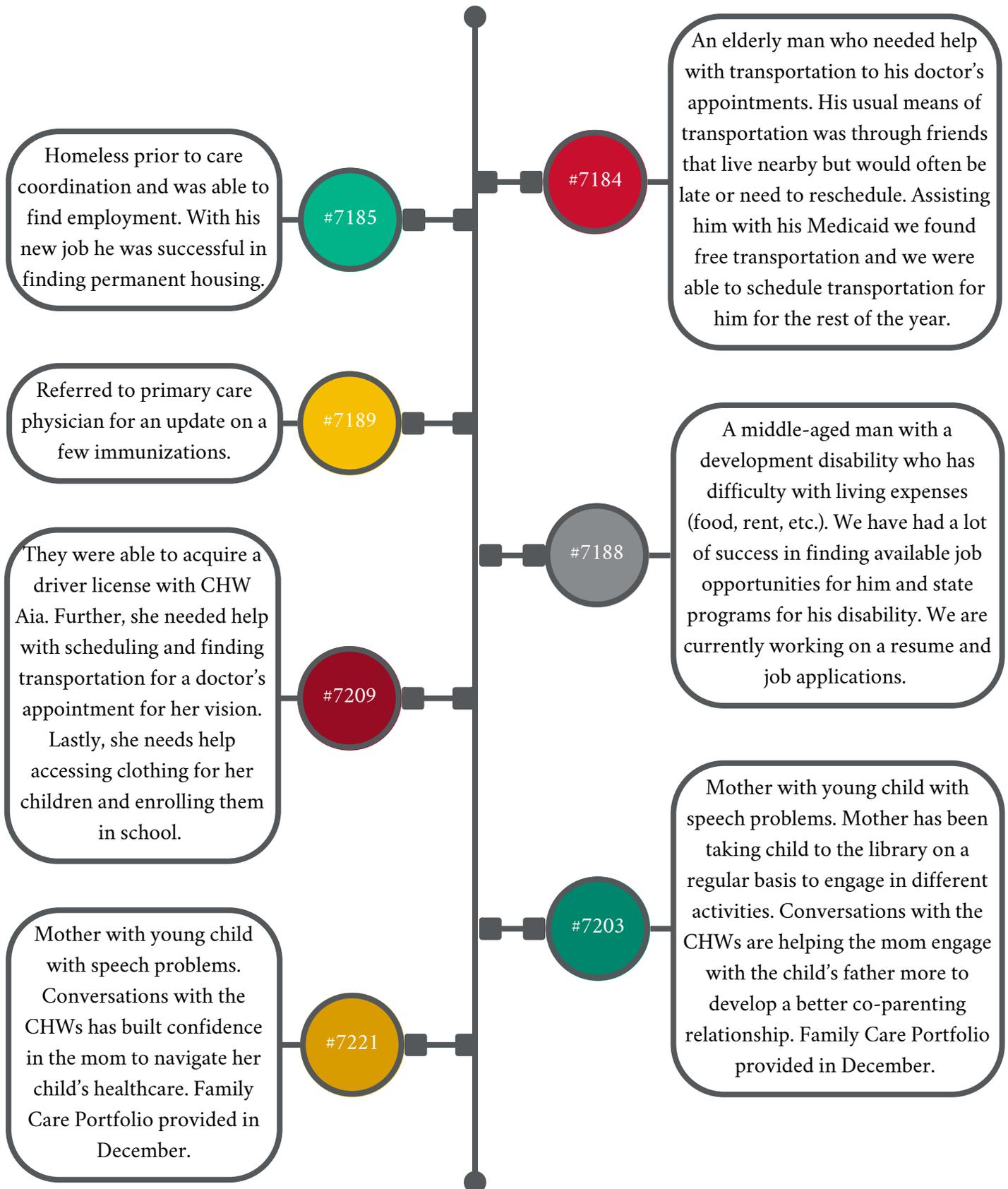
Preliminary evidence is demonstrating that helping individuals have access to a variety of resources and sources of social support can help them adopt healthy behaviors. We are looking to add to this line of research through understanding the efficacy of community health workers in helping individuals and families achieve health or social related goals that actually have a positive impact on their trajectory through seeing individuals/families adopt healthy behaviors. We are at the beginning stage of doing this work and are consistently working with the CHWs hired to build better outcomes for the individuals they are enrolling.

During the last part of November, we held additional retraining's on care coordination

due to the small output of enrollments for the month. CHWs reported that their trust building activities such as holding educational classes, attending events, and establishing projects was taking up a large portion of their available 19 hours per week. However, they reported that these trust building activities were necessary to increase their visibility within the community. Without this visibility, CHWs reported that it would be impossible to build trust and enroll individuals in care coordination to help them develop positive health outcomes.



# Preliminary Care Coordination Outcomes



# EQUITABLE VACCINE ACCESS WITH BREAD OF LIFE



In June 2021, UHCHWI established what has become to be a long term and collaborative relationship with Bread of Life. The work began in response to the COVID 19 pandemic and the health inequities that COVID 19 exacerbated. This work was funded by the Rockefeller Foundation, \$300,000 of it being granted in the summer of 2021 and an additional \$250,000 being funded toward the end of 2021. This funding was used to hire 17 community health workers at Bread of Life with the University of Houston Community Health Workers Initiative training CHWs, managing the implementation of outreach and the analysis of the data collected by CHWs.

This partnership led to CHWs facilitating 2,068 vaccines throughout the cities of Houston and Pasadena, hosting 16 events, and 159 individuals enrolled in care coordination. The Rockefeller funded portions of the project ended in August 2022. Over the 1.5 years of CHWs working within their communities to build pathways toward health equity, they had conversations with individuals in their communities culminating to 467 stories collected and 159 individuals enrolled in care coordination.







they requested it versus having longer conversations that could point to the root cause of the need such as not having enough money to pay for gas or diapers. CHWs report that they feel “used” when clients only call them when they need help and do not wish to discuss long term issues.

This issue can be fixed through providing additional training and managerial support to CHWs so they can engage in more problem solving behavior when working with clients. This is a profession that causes burn out, one of our most productive CHWs left in the middle of the project, although she had personal issues going on, her fatigue was shared by the remaining CHWs. The “transactional” care coordination she was performing could have contributed to her burn out in addition to having clients that had many difficult situations. Learning how to being able to not internalize issues faced in the community will be important for long term CHWs.

COVID 19 is not over and national public health information has created an inconsistent view on the necessity of vaccinations and mask wearing. We did learn through this project that CHWs are trusted within their community and may be one of the best channels for health information, especially when reaching out to underserved communities. They are viewed positively when interacting with individuals and most of the time, community members share information with them easily and quickly. Due to this, CHWs can be positioned to be responsive to emergencies quickly and effectively.



# CITY OF HOUSTON CDC'S NATIONAL VACCINE INITIATIVE TO ADDRESS COVID-19 HEALTH DISPARITIES



## Addressing COVID-19 Disparities

On August 2022, UHCHWI received grant from the City of Houston from CDC's National Initiative to Address COVID-19 Health Disparities Among Populations at High-Risk and Underserved, Including Racial and Ethnic Minority Populations and Rural Communities. The innovation of the model rests in the conceptual insistence on strengths-based response to individual health needs, coordinated data tracking and analysis across organizations, and financial stability through distributed funding and tasks across embedded CHWs to leverage scope and scale.

### Sunnyside CHWs

Aia Miller  
Mathew Mendoza  
Kenneth Horn  
Devonte Hill

### East End CHWs

Gabriela Castenada  
Maria Cano  
Erika Manriquez  
Nohora Ramirez

This group of CHWs were trained extensively in August in outreach strategies, health equity, and other health topics:



#### COVID 19 Hesitancy

- History of vaccines / COVID 19 Vaccine Development
- Benefits of COVID 19 vaccine / Addressing Vaccine Hesitancy
- Common Questions about COVID 19 / Role Play Activities



#### Vaccine Advocacy

- Vaccine Landscape: Then and Now
- How Vaccines Work: In Your Body and Community
- Recommended Vaccines: What They Prevent and Who Needs Them



#### Building Strong Brains Together (early childhood brain development)

- Intro to Early Childhood Brain Development
- Developmental Basics / Language Development
- Adversity, Resiliency & Support

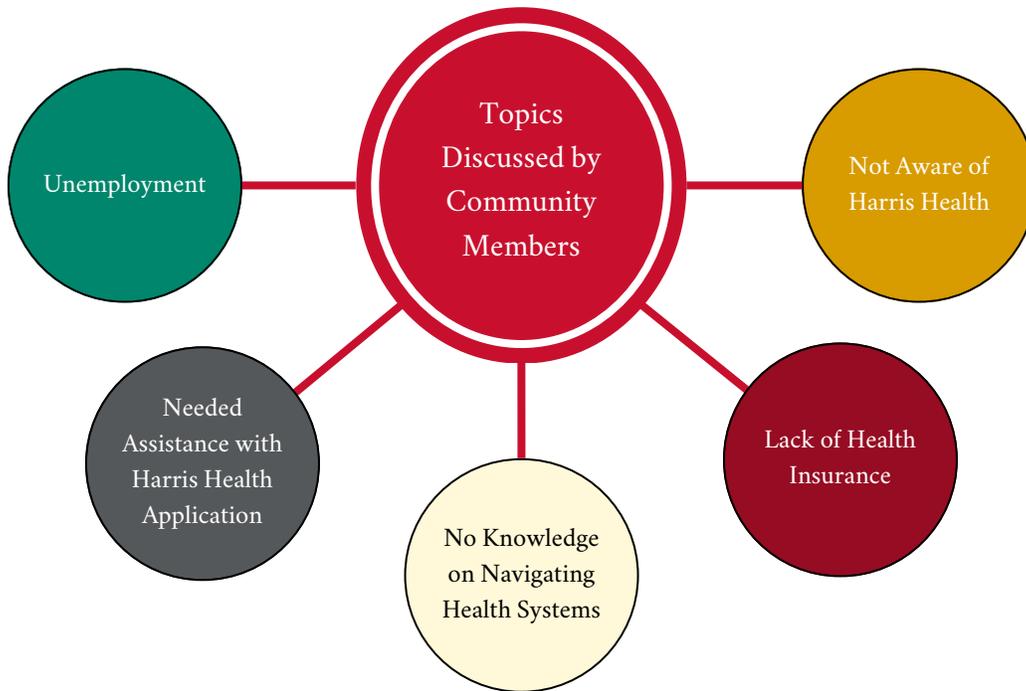


#### Atypical Diabetes

- Overview of Type I and Type II Diabetes
- Overview of atypical diabetes

CHWs learned of various topics to prepare them for care coordination so they could be better situated to provide health education and respond to the needs of the communities they are serving, in addition to COVID 19 education.

Additionally, in August CHWs collected a total of 77 stories from their communities to understand the barriers, values, and goals of the people in their community. The CHWs have the goal to collect 25 stories from their community per month separate from their role in care coordination and health education/outreach.



## Training on Data Platform

On September 12th, all CHWs began training on care coordination through the United Care Continuum Platform offered by PCIC (Patient Care Intervention Center). They began with a pre-training which covered values, goals, and integration of motivational interviewing in conversations with community members.

## Completion of CHW Certification - For New Recruits

We graduated 7 new CHWs from multiple City of Houston grant partners:

- CHAT
- Harmony Public Schools
- Arab American Cultural Center
- Fey Justicia Worker Center



# Deployment of CHWs on Site

## Sunnyside

Community health workers in Sunnyside have mobilized a variety of partners to develop capacity within their communities. The partners that they have mobilized include Missionary Village Apartments, Reed Parque Townhomes, South Union Place Senior Independent Living Apartments, Mariposa Apartments, and Royal Palms Apartments. The CHWs of Sunnyside have focused on building deep and long-term relationships with community members. The development of these relationships has proved to be time consuming but has already provided us with benefits such as seeing CHWs help individuals with access to health care, immunizations, and other resources for employment opportunities.

The relationships that they have developed with apartment complexes have provided the CHWs with access to a variety of residents and events that they otherwise would not have developed relationships with. This will be integral to the development of care coordination and helping individuals meet goals that are values based.

## East End

We are currently working with Community Family Centers to increase the care coordination capacity of its Family Program. The Spanish CHW course is being taught at CFC.

This discussion is still in progress but in December we focused on increasing the number of partnerships we had. The CHWs have developed partnerships of their own with churches and apartments nearby but have been waiting for Community Family Centers to finalize details of the work. The East End CHWs have focused their attention on helping people that they find during outreach with referrals to clinics, Harris Health, and food distribution events.



## CHW Vaccine Event

On November 23rd, 2022, CHWs Michelle Minor and Raina Jose assisted the program coordinator at Villas at Sandrock Apartments in Houston's Sunnyside neighborhood with holding a vaccination and health education/screening event for residents. The City of Houston provided vaccinations for COVID-19 and the flu for 40 individuals and the CHWs screened over 75 individuals for blood pressure and prediabetes risk. They provided information regarding blood pressure and prediabetes management and Hope Farms, a local farm with fresh produce and incentives for SNAP recipients. Bread of Life, Inc. provided household supplies, including laundry detergent, skin creams, paper towels, and more, which were packed into bags and provided for residents who received a vaccination or participated in the health screenings. Kid's Meals and Life Enhancement Services were arranged to attend the event and distribute information about their respective organizations. However, due to last-minute emergencies, they were unable to attend.

## Addressing COVID-19 Disparities

### Project Challenges

We have seen a lack of concern with COVID 19. CHWs are reporting that people in the community are not talking about it much or do not seem to be too worried for it. This is another reason we were very deliberate with our training, especially with our care coordination training so CHWs could establish a pathway to having a long and sustained relationship with individuals versus only providing one-time education. Still though, the lack of concern or attention COVID 19 has received in the past months may be a barrier to people feeling encouraged to be vaccinated. In addition to a lack of concern with COVID 19, individuals are also reporting issues with housing and mental health needs. We are concerned about these issues due to the lack of resources that these social determinants of health have in these communities., but we are working toward building up more knowledge around resource availability.

### Opportunities

We believe a health equity approach will provide us with the avenue to connect with community members and retain their trust. We have found initial success by pairing COVID 19 education with other education such as diabetes, chronic diseases, and mental health. COVID 19 is not the forefront of people's minds but that does not mean it is gone so it is up to us to continue to educate while not forgetting about the existing health disparities still faced by these communities.

# Project Accomplishments

We have successfully trained all CHWs in care coordination and provided them with ample training in motivational interviewing and outreach which we believe has increased their capacity to be able to engage with people easily. CHWs are also comfortable seeking and developing new partnerships. CHWs are eager to begin care coordination but we made the decision to move slowly and intensive on their training so they would feel capable of answering questions while on the field, be ready to enroll people in care coordination, and feel fully supported by UH staff and faculty while doing their job. We believe/hope this will be a protective factor against burnout. The work of a community health worker, especially CHWs that are on the field and not just situated in a clinic has a high burn out due to it being a helping profession.

The CHWs worked to establish many events within the Sunnyside community and enable ways to connect with community members. We have seen the CHWs have an increased sense of self agency in building relationships and creating moments of interaction with community members, stakeholders, and community based organizations.



# BUILDING STRONG BRAINS TOGETHER

IN PARTNERSHIP WITH



**UT Tyler**  
THE UNIVERSITY OF TEXAS AT TYLER



## Program Summary and Goals

The Building Strong Brains Together Project is an extension of the CHW Initiative of the Trust and Learn Program at the University of Houston. Building Strong Brains Together is a program that empowers Community Health Workers. This empowerment comes through the didactic theories and methods that teach them about how to support parents and families of toddlers in a home-based stressful environment. These methods include an outreach model using standardized CHW process and outcome measures, the implementation and evaluation of Early Child Development Parent Education in the context of CHW-led care coordination, and the evaluation of program implementation and outcomes with PCIC in coordination with the UTHSCT team.

To implement the Building Strong Brains Together Project, which is cognizant of evidence-based science. This project summarizes the available evidence from professional literature, successes, lessons learned, and case stories from the field. To share with the community, including families and professionals, the importance of knowledge about the science of brain development. The information shared, distributed, and taught is of utmost importance to the community and future generations.

# Program Details

“ Science tells us, the experiences that we have during the first years of our life actually affect the physical architecture of the developing brain. This means that brains are not just born; they are built over time based on our experiences. Just as a house needs a foundation to support the walls and roof, the brain needs a good base to support our future development. ”



Activities for CEU Courses were done through the platform of Mighty Networks:

- 242 CEU Certificates have been granted via Mighty Networks since the program started.
- Feedback completed through RedCAP
- Training and feedback have been recorded via Voice Memo and reviewed.

## BSBT Logic Model

OVERARCHING GOAL: Building Strong Brains Together 2022 Report LOGIC MODEL DATE: December 23, 2022

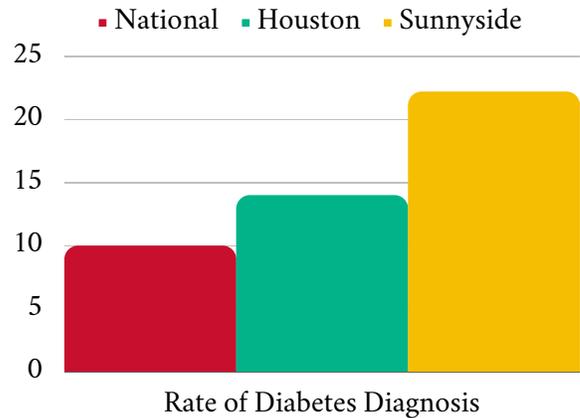
INPUTS	OUTPUTS		OUTCOMES	
	Activities and Interventions	Specific processes to measure	Short-term outcomes and measures	Long-term outcomes reflecting program objectives
<p><b>Mobilized Resources</b></p> <p>13 CHWs 5 Facilitators (CHWs)</p> <p><b>In collaboration with:</b></p> <ul style="list-style-type: none"> <li>UTHealth Science Center at Tyler team</li> </ul> <p><b>Funded by:</b></p> <ul style="list-style-type: none"> <li>Funded by the Texas Department of State Health Services &amp; The Department of Family &amp; Protective Services</li> </ul> <p><b>Places and Agencies in which program will be presented (chats.)</b></p> <ol style="list-style-type: none"> <li>St. Juan Diego Catholic Church 3301 Pasadena Blvd., Pasadena, Tx. 77503</li> <li>Galena Park Resource and Training Center 1721 16th St. Galena Park, Tx. 77547</li> <li>North Pasadena Community Outreach (NPCO) 705 Williams St, Pasadena, Tx. 77506</li> <li>North Channel WIC Clinic</li> <li>More to come from other areas in Houston.</li> </ol>	<p>CHW Training:</p> <ol style="list-style-type: none"> <li><b>1.5 Workshop – Survey Pre and Post</b></li> <li><b>8 Hours Workshop – Building Strong Brains Together</b></li> </ol> <p>Module 1. Module 2. Module 3. Module 4. Module 5. Module 6.</p> <ol style="list-style-type: none"> <li><b>Building Strong Brains Together Plan Course</b></li> </ol> <ol style="list-style-type: none"> <li>Module 1 BSBT Workshop presentation.</li> <li>Module 2. Workshop Destigmatizing Mental Health.</li> <li>Module 3. Workshop Mental Health Resources for Crises (Personal, Climate, and Pandemic Crises)</li> <li>Module 4. Taking Care of Your Well-Being</li> </ol>	<ol style="list-style-type: none"> <li>Data will be collected through PCIC</li> <li>Facilitator meetings with CHWs to collect feedback in the form of recordings, stories, and summaries.</li> </ol>	<p>All preparations, training, and materials to be ready by the first and second week of January 2023</p>	<p>Disperse through the whole community of Houston the importance about the BSBT Program provides, as well as reaching its goals.</p>

# DIABETES PREVENTION PROGRAM



## Program Details

Houston's rate of diabetes diagnosis is at 14%, compared to the national rate of 10%. In 2019, the Sunnyside community had a 22.2% diabetes diagnosis rate. When in the prediabetic range, lifestyle changes, such as healthy eating, physical activity, and reducing stress, have been proven to reduce risk of developing type 2 diabetes.



The Diabetes Prevention Program is a CDC-recognized lifestyle change program that partners with public and private organizations to deliver these interventions in communities. UHCHWI first began administering the CDC-led National Diabetes Prevention Program in 2017 and continued until the COVID-19 pandemic, when it was paused. This year, we have restarted implementation in the Sunnyside communities to prevent poor health outcomes that can result from uncontrolled prediabetes and diabetes.

# Program Goals

We began the program with a Session 0 on November 5th at the Jones Memorial United Methodist Church – Crestmont campus in Houston’s Sunnyside area with 5 participants. Since then, we have completed 16 additional sessions addressing multiple health topics from the CDC's curriculum. Three CHW interns attend sessions to participate in the discussions and support activities and two 2 interns track trends in participant progress through the program. The project aims to help people with prediabetes enact behavioral changes to reduce their risk of developing type 2 diabetes. Trained lifestyle coaches will guide participants through a year-long program. The program will encourage participants to lose 5-7% of body weight and add 150 minutes of exercise per week, along with modifying any other lifestyle changes that improve their quality of life.



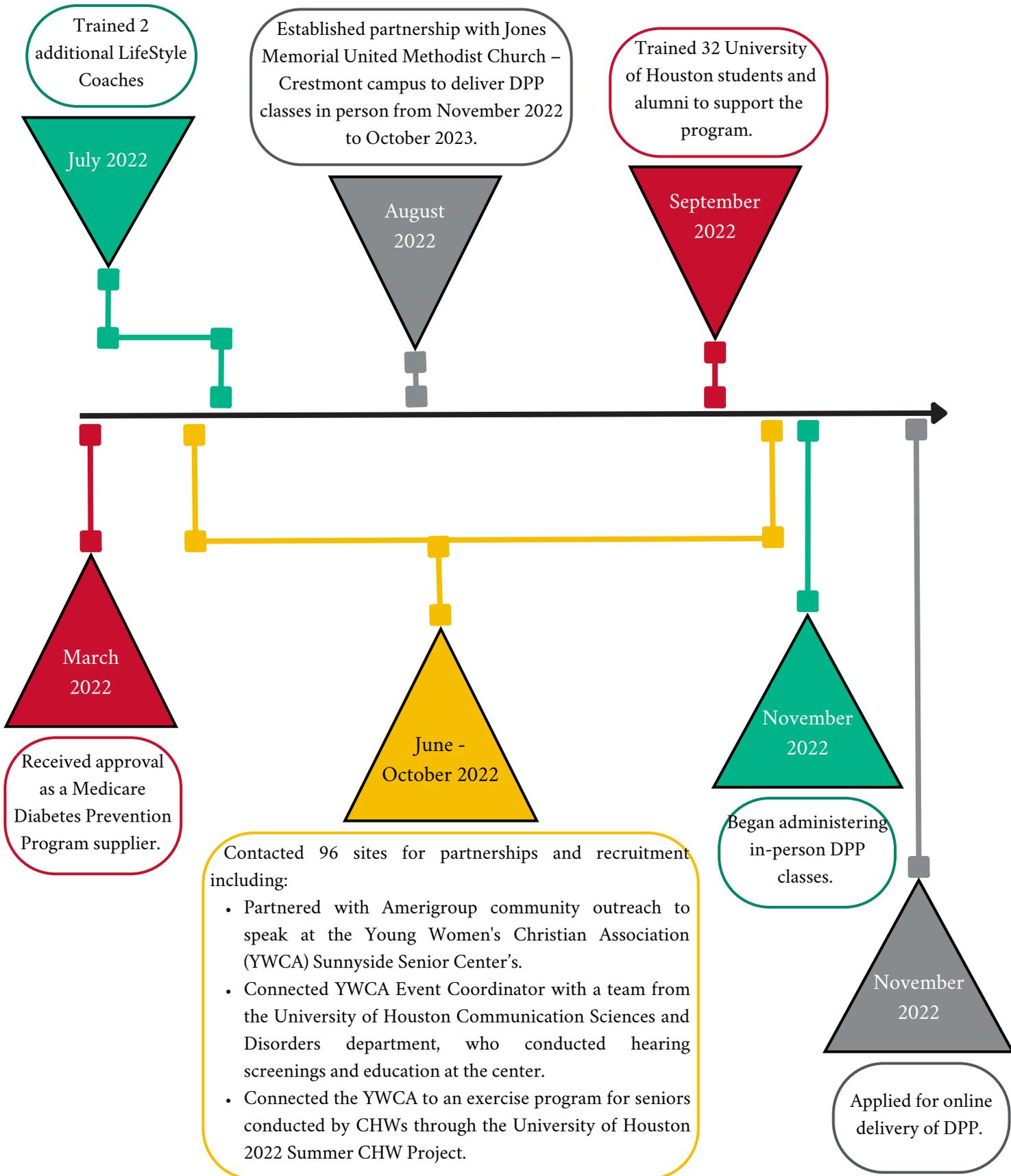
## Student Involvement

We encourage students from the University of Houston to engage in planning and delivering the sessions so they may learn about the experiences that local communities have with prediabetes and offer their insights for building an effective program. This includes planning and implementing activities outside the sessions to support participants with reaching their goals for their lifestyle change as well as data analysis which includes tracking participant progress throughout program delivery to identify barriers or successes to be addressed.

## Current Evaluation Plan

The program will be assessed by the CDC for participants’ attendance, weight changes, minutes of physical activity, and HbA1c value. These values are tracked through each session and will be reported to the CDC every 6 months. UHCHWI will additionally assess the program for personal stories from participants, the level of community and student partnerships and engagement, and sustainability.

# Program Activities and Milestones



# Future Plans

## Lessons Learned - Diabetes in the Community

During outreach in Houston's Third Ward and Sunnyside areas, many residents expressed that they were on various ends of the spectrum for diabetes. Some were not aware of their status or had a family history of diabetes but had not received a blood test for it. Once we walked them through a risk test, many of them were surprised at all of the different factors that increase their risk of developing diabetes.

We encouraged many of them to conduct a blood test and speak to their doctor about their risk of developing diabetes. Many of the residents we met expressed that they already had diabetes. We are currently developing a lifestyle change curriculum for diabetes management that is similar to the modules on the DPP curriculum. We hope that delivering this program will help us to reach all those who seeking help with controlling their diabetes diagnosis.

## Expansion

We are planning to expand our network in the communities we serve by connecting residents and resources. One such resource is Hope Farms in Sunnyside. We are setting up collaborations so that DPP participants may learn about their access to fresh produce and herbs in their community to supplement their healthy lifestyle changes.

Since the COVID-19 pandemic, we have learned how many people prefer virtual options for programs. We plan to begin online delivery between February and March of 2023. We are developing the class structure using online software for potential participants to access.



# RADIANT AND THE IMMUNIZATION PARTNERSHIP



## The Immunization Partnership

On January 2022, UHCHWI was awarded \$93,000 from The Immunization Partnership (TIP) for the creation of a series of vaccine advocacy trainings that touched on social determinants of health, misinformation and rebuilding trust in vaccines.



THE  
IMMUNIZATION  
PARTNERSHIP

In addition to the series of trainings, UHCHWI hired and trained CHWs on vaccine advocacy to deliver vaccine education to community members in their hubs. Below is the number of students who completed the TIP continuing education units on our learning platform Moodle, from 8/18/22 to 11/30/22:

**105** Total certificates distributed

**45** Completed Module 1 - Vaccine Landscape: Then & Now

**38** Completed Module 2 - How Vaccines Work: In Your Body & In Your Community

**22** Completed Module 3 - Recommended Vaccines: What They Prevent & Who Needs Them

The following TIP continuing education unit modules were recently approved by the Texas Department of State Health Services:

- Module 4 - Immunization Misinformation and How to Overcome It
- Module 5 - Social Determinants of Health and Vaccines
- Module 6 - Talking About Vaccines: Motivational Interviewing

## RADIANT

On January 2022, UHCHWI was awarded \$33,000 from RADIANT - Rare and Atypical Diabetes Network for the creation of a 1.5 hours atypical diabetes training that touched on social determinants of health and rebuilding trust in research.



In addition to the series of trainings, UHCHWI was to hire and train CHWs on atypical diabetes and inform others about RADIANT. The number of students who completed the RADIANT Atypical Diabetes continuing education units:

**50**

Total certificates distributed

**17**

Completed the course on The Story of Health Conference, on May 14th, 2022

**33**

Completed the course on our learning platform Moodle, from August 18th, 2022 to November 30th, 2022.

# CHWI TRAINING CENTER

The capacity to tie together both jobs and the skills necessary to help fellow residents navigate their barriers and reach success is key to all our CHW training and to the continuing success in the field. Classes are offered at multiple sites, in English and Spanish, with online and in-person components, and amplified by conferences and on-site trainings and continuing education opportunities. The Training Center allows for a concrete mechanism for scaling outreach and teaching activities and for creating content for multiple partners. By tying the education and training activities to Texas' official certification, the CHWI provides a broadly recognized minimum value to its trainings and supports CHW activities beyond those directly paid by UH. Community partners working with refugee and immigrant communities, as well as both the City of Houston and Harris County Health Departments have utilized our training centers to amplify their outreach effectiveness. Insurance companies, healthcare providers, and community activists have also enrolled in the courses, which have gained significant good will and a strong reputation across the Houston area for going well beyond the minimum expectations of certification and training.

# Training Center Summary



By Fall 2022, the CHW Training Center has certified over

**463 new CHWs**

since beginning in 2018.

The CHWI includes a very active training center for Texas-certified CHWs and has graduated over 463 students in the last six years. The first classes were taught at Cuney Homes and resulted in several residents being able to permanently move out of public housing and into stable jobs. The 160-hour training costs \$750, although parts of the costs are often borne by the employer or other project partners. Teaching staff and other Center activities are funded by the tuition.

On January 2022, the CHW Training Center updated its CHW Certification Course curriculum with the latest health information and new learning strategies. Learning strategies consist of language used in presentations, elements used to explain information, flow of presentation, and overall presentation of material.

Additionally a total of 18 CEUs were developed in 2022:

- Data to Action
- Atypical Diabetes
- Motivational Interviewing
- Building Strong Brains Together, Modules 1-7
- Program Evaluation
- Community Asset Mapping
- Developing Individually Targeted Vaccine Advocacy, Modules 1-6

## Current Goals

### Aim 1.

Increase the number of CHWs certified by the initiative.

UHCHWI will increase recruitment efforts for English and Spanish speaking community members.

### Aim 2.

Increase the number of available continuing education units (CEUs).

UHCHWI will look for new opportunities that lead to the creation of CEUs by:

- 1) Independently creating units based on community needs.
- 2) Partnering with organizations to educate on different health topics.

### Aim 3.

Improve support given to CHW-powered projects or activities.

UHCHWI will improve its continued support for CHW-powered projects and activities by providing training opportunities and collecting feedback.

### Aim 4.

Increase job opportunities for CHW Training Center graduates.

UHCHWI will increase the number of partners looking to hire CHWs by demonstrating their impact in the community and improve the transition from new CHW graduate to an employed CHW.

### Aim 5.

Expand the number of apprenticeships offered by the CHW Training Center.

UHCHWI will explore apprenticeship opportunities that will benefit community members in Texas. This expansion consists of an apprenticeship analysis by the initiative.

# CHW Certification Program for Spanish Speakers



The CHW certification program for Spanish speakers in collaboration with Community Family Centers (CFC) was made with the purpose of helping students overcome technological barriers by providing the tools in their own language, as well as generating successful student projects that will be implemented during the following year within the community. In the online Spring and in-person Fall of 2022 classes, 32 students graduated from the Spanish classes in CFC.

The below projects were developed during Spring 2022 Certification by the students and were implemented in the community and sponsored by Community Families Centers.



Community Family Centers

## **Obesity Prevention For Kids**

Aimed at children from 2 to 5 years of age at Ed. White Elementary, located at 9100 Triola Dr Houston, TX 77036.

## **Together with VAWA Law**

Aims to promote the VAWA law to undocumented people over the age of 40 who have experienced physical or mental abuse at the hands of their permanent resident or U.S. citizen spouse.

### **Preventing the Impact of Technology in the Early Years of Childhood**

To help prevent the impact of the use of intelligent information technology ICT's during early childhood. Aimed at children from 3 to 5 years of age at Spring Branch ISD Kindergartens.



The below projects were developed during Fall 2022 Certification by the students and were implemented in the community and sponsored by Community Families Centers.

### **Integral Habit Change Program For Families**

This project aims to be implemented at the East End Houston Community. It will attempt focus on changing habits and customs that have been ingrained for years. The objective is to educate and motivate the community to make these changes a reality. It is expected that more than 70% of the participants will obtain positive results in their habit changes.

### **Eco-Friendly Cleaning Workshop**

This project aims to be implemented at the East End Houston Community. Some families in the East End Houston area are concerned about allergic skin reactions and respiratory illnesses in the cleaning industry, ranging from housekeepers to service workers. At least 95% of the population is exposed to common cleaning chemicals. The objective of this project is to educate and raise awareness about the production and use of low-cost organic cleaning products and to take care of their health. It also aims to raise awareness about the use of organic cleaning products, thus avoiding the purchase of common chemicals and additional protective elements that also increase the cost of living, even in a low-income population.

### **Empowering Hispanic Families By Promoting Health And Preventing Diseases.**

This project aims to be implemented at the East End Houston Community. The objective of this project is to educate and raise awareness, thus empowering families from the East End Houston Community area to become aware of correct hygiene and healthy eating to become aware of the correct hygiene measures, healthy eating, physical activity and reducing the number of doctor's visits related to chronic diseases and mental health, thus reducing visits to the doctor related to chronic diseases and mental health.

# Evaluation of Training Center



The current evaluation plan for the CHW Certification Course consist of two surveys: goal setting and exit survey. The goal setting survey aims to understand how student goals align with the CHW Certification Course; and the exit survey aims to understand the impact the CHW course had on students and their goals. A plan is being developed to code goal setting responses in both surveys, however, feedback on the course has been collected and interpreted.

**136**

New CHWs

**58**

Spring 2022

**19**

Summer 2022

**59**

Fall 2022

The most recent evaluation of the training center has provided us with the following insights:



The CHW Certification Course will continue to implement components that facilitate training for instructors and participants. The total number of certified CHWs in 2022 was 136.



Continuing Education Units (CEUs) will continue to be developed and implemented with participant needs in mind. The total number of certificates distributed in 2022 was 398, from The Story of Health Conference and our learning platform Moodle.



UHCHWI will continue to support CHW-power projects by ensuring their objectives are met throughout every phase. The total number of completed or final phase projects in 2022 is seven, with 16 CHWs working.

### CHWI Continuing Education Units (CEUs)

The current evaluation plan for the Continuing Education Units (CEUs) consist of feedback surveys at the end of each course. All CEUs were rated positively by a significant number of students. Changes that need to be made are:

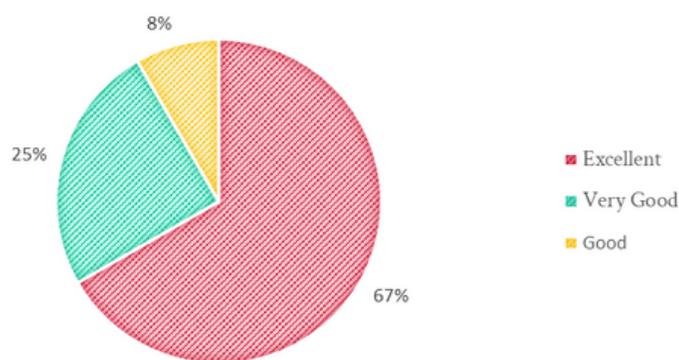
- 1) Facilitate navigation of learning platform Moodle.
- 2) Have speakers show more interest in recorded CEUs.

#### Atypical Diabetes CEU with 25 responses:

Overall, the course is rated positively by students (64.00% excellent, 24.00% very good, and 8.0% good).

Students are satisfied with the course and suggest not make any changes.

ATYPICAL DIABETES



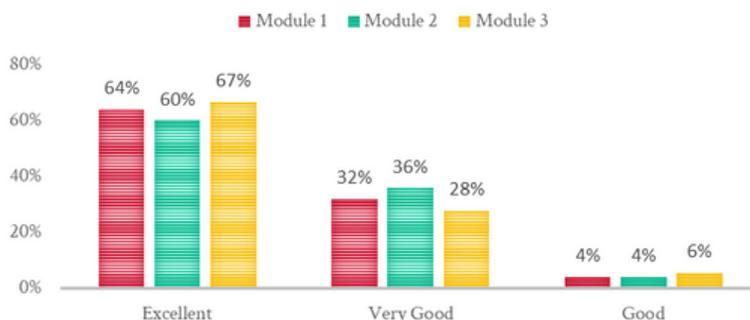
#### Developing Individually Targeted Vaccine Advocacy CEU:

Module 1 with 25 responses was rated positively overall by students (64.00% excellent, 32.00% very good, and 4.00% good).

Module 2 with 25 responses was rated positively overall by students (60.00% excellent, 36.00% very good, and 4.00% good). One student suggested having an in-person class for increase effectiveness.

Module 3 with 18 responses was rated positively overall by students (66.67% excellent, 27.78% very good, and 5.56% good).

INDIVIDUALLY TARGETED VACCINE ADVOCACY

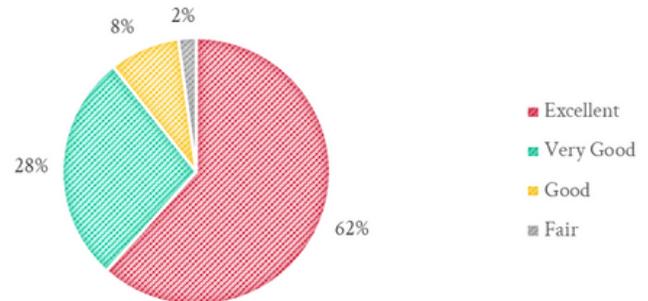


**Control Your Blood Pressure (English)  
CEU with 47 responses:**

Overall, the course is rated positively by most students (61.70% excellent, 27.66% very good, 8.51% good, and 2.13% fair).

Two students mentioned that presentation could be clearer, and speaker could benefit from showing more interest in the topic. Most responses mention enjoying the course and benefiting from the material.

**CONTROL YOUR PRESSURE  
(ENGLISH)**

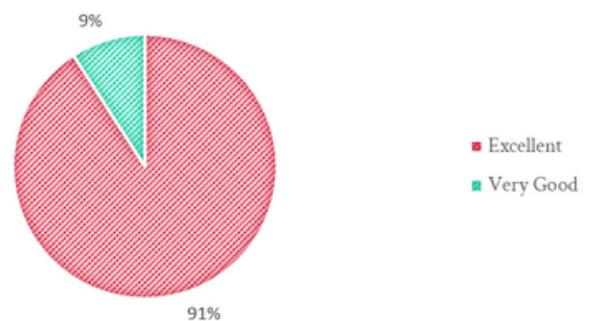


**Control Your Blood Pressure (Spanish)  
CEU with 11 responses:**

Overall, the course is rated positively by students (90.91% excellent and 9.09% very good).

Two students expressed difficulties navigating our learning platform Moodle, but otherwise, most responses enjoyed the course.

**CONTROL YOUR PRESSURE  
(SPANISH)**

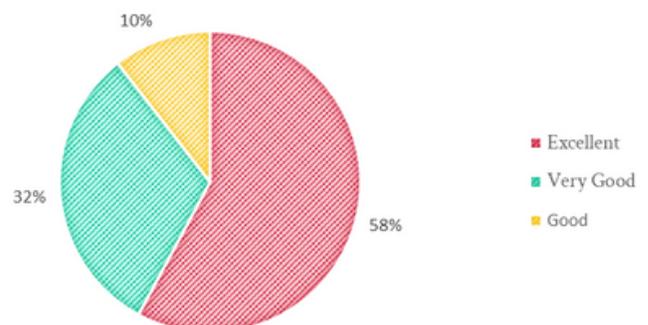


**Data to Action CEU with 19 responses:**

Overall, the course is rated positively by students (57.89% excellent, 31.58% very good, and 10.53% good).

Students expressed difficulties navigating our learning platform Moodle; and how the speaker could benefit from showing more interest in the material presented.

**DATA TO ACTION**



# CHW-Powered Projects Summer 2022 Competition



The 2022 Summer CHW-Powered Projects Competition aimed to support Community Health Workers and community members by providing funding to their projects. Five teams, across five Houston communities, were successful in making their dream projects become a reality. The 14 Community Health Workers managed to reach over 120 community members in Houston; supporting and educating our communities in physical health, stroke awareness and recognition, environmental justice and health impact, coping with loss and grief during COVID-19, and the impact of isolation and loneliness in our health.

## Project Summaries

The Stroke Awareness and Recognition Program (SARP) focuses on education community members in OST / South Union on stroke signs, symptoms, and different ways to reduce the chances of getting a stroke. SARP consisted of three educational workshops with a mix of bingo. The program managed to engage around 60 community members. These weekly activities were completed over a span of four months.

We would like to recognize the Community Health Workers, Mathew Mendoza\*, Amina Chirkli\*, Adriana De Leon, and La Wanda Brown for planning and implementing SARP.

The EVOLVE program focuses on assisting seniors (65+) develop independent exercise habits. EVOLVE managed to successfully support 18 community members in their health journey. Educating seniors on different chair-based exercises and providing an example binder for them to reference during and after program completion. Additionally, community members were eager to exercise during and after the program; sharing that they will continue to use the binder and bands on their own. These weekly activities were completed over a span of four months.

We would like to recognize Community Health Workers, Audrey Huang\* and Giselle Castroje\* for planning and implementing the EVOLVE program.

**“The community created amongst the participants was the most surprising outcome of the entire program. I initially did not think we had much impact other than increasing physical activity. But because the participants have overall enjoyed their experience with us, the music played during the sessions, the company of others, they have learned to enjoy exercising. I learned that building and strengthening a community is one of the best ways to have an effective program.”**

**– Audrey Huang, CHW**



The DUELO program aims to support community members who are grieving the loss of a loved one due to COVID-19. The inspiration behind the project stems from the lack of support available for the Hispanic community in Houston. DUELO has supported over 20 community members in their grieving process. Working together to better understand their feelings during challenging times. DUELO consist of group and individual sessions in which community members are free to express their emotions and receive support. Additionally, community members were connected to counseling and other mental health resources that are accessible to them. These weekly activities were completed over a span of four months and are now continuing the workshops with ongoing UH CHWI support.

**“The results exceed our expectations, is not an easy topic, we helped people that were very sad and emotionally unstable, they worked in processing their feelings and better comprehension about grief.”**

**- DUELO CHWs**

We would like to recognize Community Health Workers, Gabriela Casteneda and Nayaned Crispin for planning and implementing the DUELO program.

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The Earth Clinic program focuses on raising awareness and education Fifth Ward community members on the effects of pollution in their health. The program is also interested in building civic engagement around environmental justice. Phase Zero of the Earth Clinic managed to reach over 50 community members, educating them on pollution in their community and how plants can help combat harmful environmental elements. Phase One of the Earth Clinic will focus on creating the Stewards of Sustainability (SOS), comprised of Fifth Ward youth looking to better their environment. The next phases will focus on different ways to raise awareness, setting up a mobile earth clinic, and creating a community earth clinic in the community. These weekly activities were completed over a span of four months and are now continuing activities with ongoing UH CHWI support.

**“I think things are going well. We have reached many people and we are learning a lot, connecting with the community, building our volunteer base, and actively planning for our next steps.”**

**- Ginger Spencer Jeudy, CHW**

We would like to recognize the Community Health Workers, Ginger Spencer Jeudy and Briana Azad\* for planning and implementing the Earth Clinic program.

The Social Health Project aims to foster relationships through community activities to prevent negative health outcomes due to social isolation and loneliness. The program offers a range of activities in which community members, seniors and those homebound, can participate. For example, painting, gardening, reading, chair exercise, and pet therapy. The program managed to have between 10-12 community members attend the weekly activities. Additionally, the project aims to build a stronger connection between the participants and their loved ones or other community members. These weekly activities were completed over a span of four months and are now continuing activities with ongoing UH CHWI support.

We would like to recognize the Community Health Worker, BreAnn Wilson\* for planning and implementing The Social Health Project.

**“I have also learned the importance of building individual relationships with each resident. Each resident has their own goals, interests, and challenges. In spending time getting to know each resident I was able to build activities that better suit their interests. This improved relationship, I think, has contributed to more consistent participation. The residents, I feel, have a deeper sense of social connection when they see that I have brought a new activity that they casually mentioned they were interested in doing in a previous week.”**  
 – BreAnn Wilson, CHW



# Story of Health Conference



On May 14, 2022 the CHW Training Center held its third conference, The Story of Health Conference. The conference explored topics in which both community health workers, community health worker instructors, and certified health education specialists could learn new skills to better serve their community. We hosted around 100 individuals and distributed 109 certificates from five CEUs.

Number of students who completed CEUs on The Story of Health Conference, on 5/14/22:

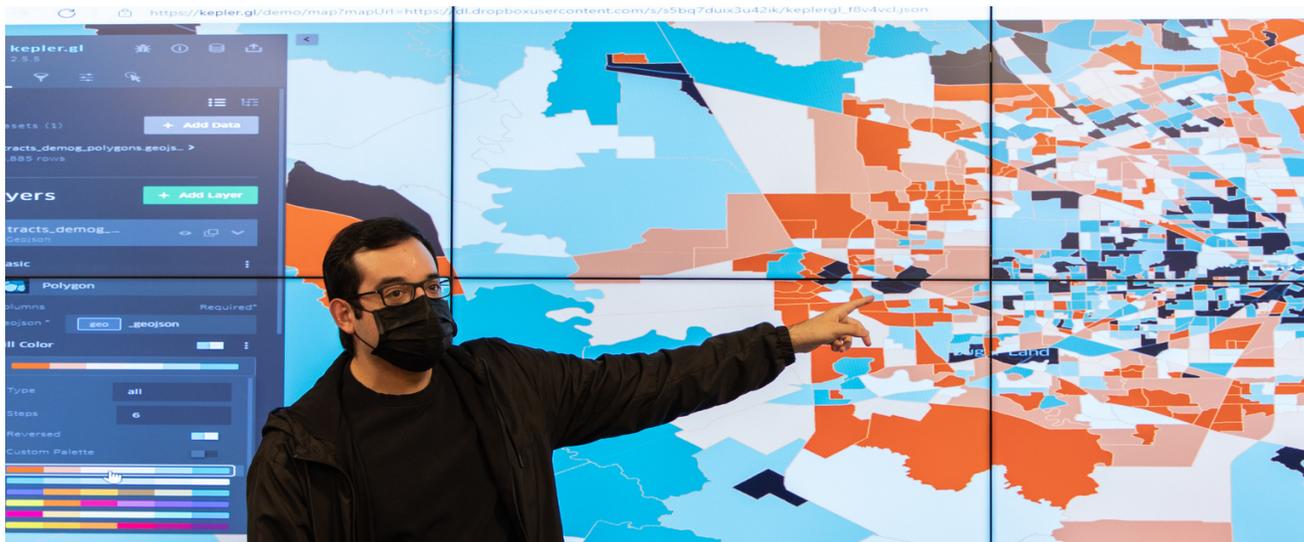
<b>109</b>	Total certificates distributed
<b>26</b>	Control Your Blood Pressure (10 in Spanish, 16 in English)
<b>40</b>	Community Asset Mapping (8 in Spanish, 32 in English)
<b>14</b>	Data to Action
<b>12</b>	Project-Based Learning Workshop
<b>17</b>	Atypical Diabetes

# ENGAGED DATA IN THE COMMUNITY

## Engaged and Ethical Data Practices

The CHWI was founded as part of an encompassing philosophical commitment to integrity and engagement in data practices, with multiple data management and app development projects led by faculty and implemented by students for the benefit of the larger community. Many of those earlier activities have now been reorganized under the single umbrella of the Data & Society Program and Minor at the Honors College, where questions about the ethics and human context of data are addressed in interdisciplinary research projects. The driving insight was that the ways in which community members – and even university students – felt excluded by the new developments in data science, including machine learning and artificial intelligence, were partly the fault of bad educational practice, both in the classes where data science was taught and in the public sphere where the algorithms and operations of the data scientists were treated as magic black boxes with secret powers. The CHWI set out to make multiple levels of open and honest engagement with community health data possible, and more specifically to empower communities and students through understanding how their stories become data, and how they can better shape their own narratives.

# Approaches to Data in the CHWI



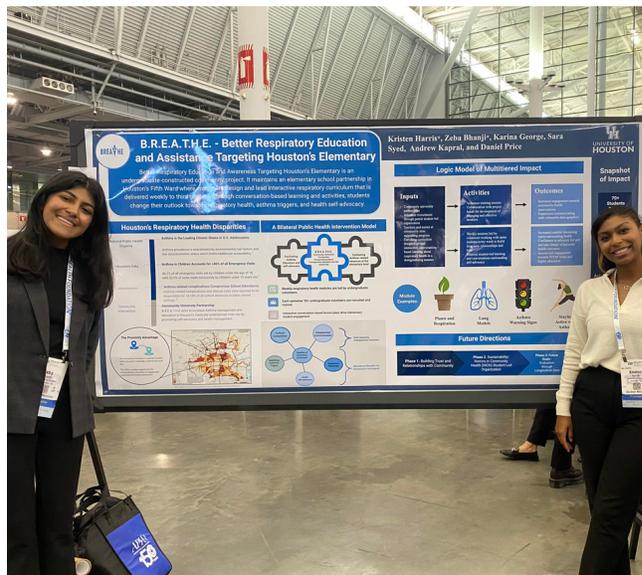
## Strengths-Based Data

The data collection and research activities have been greatly expanded because of the commitment to the strengths-based model for CHWs, which requires more care in constructing data schemas that respect the community perspective but also puts the distinction between research and service into question as CHWs and researchers work together to construct the analyses. The humanities grounding in grand challenges and the consistent interdisciplinary framing of CHWI activities has also made the presupposed distinctions less clear, as a humanities professor researching the experience of health inequities in a strengths-based context is not simply observing and recording what happens.

The potential for reframing debate by engaging critically with ongoing projects is the core of much of the humanities research and pedagogy, but that research has struggled to compete for funding with system-centered research into the effectiveness of interventions. A holistic approach to the broad range of engagement is made possible by housing the educational, research, and service components under a single umbrella, with a unified message about the importance of engaging in new terms with the old problems. A transformative approach is made possible by understanding this engagement in terms of the process of decision-making and the many ways that a strengths-based approach can bridge community and university voices. Finally, engaging with the community participants' decision-making has the potential to deliver better outcomes for the healthcare system and help orient the incentives for the healthcare system more consistently toward community health and flourishing.

# Collaboration between Data and Community

More concretely at the CHWI, the collaboration between the data and community teams has allowed the development of an innovative new approach where research is not confined to the ever-increasing refinement of the description of a situation, but where the reasons that people find themselves in those situations and how they are navigating barriers from multiple systems are incorporated into the data schemas and made available for analyses.



Pragmatically, the problem is seen in the ways that an individual trying to resolve their individual problems encounters multiple systems that each have separate funding and institutional priorities and that dissects the individual experience into the categories that the system uses.

Although many data scientists have seen the problems with not having all the social and health data collected in a single place, the traditional approach can only join the multiple perspectives of community and health system by means of the lowest common denominator in the descriptions – usually money spent in one way or another, but always in some way looking to add more detail to a description hoping for overlapping concerns. The new approach offered by the CHWI and Data & Society allows us to join the diverse categories of data collection through an understanding of the shared pathways individuals are traveling.

The approach emphasizes the movements by situating the static descriptions within connecting trajectories; the detailed descriptions are all connected explicitly to their trajectories and analyzed as results of traveling those paths. The new approach requires a lot of data, which the CHWI is in the process of collecting, but also demands a new framing of how that data is understood and how the community leads in the interpretation of their stories. Work on the mathematical abstractions, computer science implementations, and practical processes for collection and coding are all ongoing.

# Courses and Activities

We offer community health workers, community members, and UH students ways to work together in several projects. These projects foster opportunities for everyone to learn from each other in an approach that data guides the research and allows us to effectively respond to the needs and goals of communities we serve.

## **Data and Society Minor**

This minor combines humanities-informed perspectives on data with real-world engagement. Through small project-based courses, students explore the social impact of data science while honing technical skills. Through our community and business partners, members of the Data & Society program also have priority access to paid research and internship opportunities during both the summer and academic year.

## **DASH**

Both the CHW Initiative and DASH work together to nourish a new attitude towards data - both big numerical data and the ways in which we know things about others. The Community Health Workers have face-to-face interactions with other community members, and coordinating with DASH allows us to prioritize the intuitive and individual levels in our research. DASH aspires to close the loop: Understanding the human implications of technology begins with a close engagement with the new tools that let data analytics resonate with those earlier lessons about meaning and a sense of purpose.

## **Responsive Engagement**

Responsive Engagement envelops all of the projects and data that we develop and implement. Community health workers and undergraduates from our student organization, Honors in Community Health (HICH), through projects such as Responsive Resourcing, an exciting new project where students and community health workers, work together on finding, validating, and matching resources to individuals in communities.

## **Pharis Fellowship**

Our Pharis Fellows are undergraduate students that make a large impact in their 10 week summer internship through the collaborative relationship between DASH and the University of Houston Community Health Worker Initiative. Their research provides foundational support through integrating data science with community health. The 2022 Pharis Fellowship Program is sponsored by the Hewlett Packard Enterprise Data Science Institute.

# HONORS IN COMMUNITY HEALTH (HIGH)

Students The Community Health Workers Initiative (CHWI) at the Honors College of the University of Houston began in 2016 with the purpose of bringing together university students and residents of public housing through shared community health projects. The mission quickly expanded beyond public housing, and now includes partnerships and participants from across the Houston area including immigrant and refugee communities. Community projects are developed during a 160-hour class that fulfills the requirements for Texas' state certification for Community Health Workers (CHWs). The courses were enormously successful for the undergraduate participants as the project-based curriculum allowed UH students and community members to bring different sorts of strengths to shared projects. Students working with the CHWI founded the Honors in Community Health (HICH) registered student organization to house and expand on the projects that were originated in the CHW class. The key insight for the undergraduates is about the nature of community strength, which is learned by working side-by-side with people facing disparities in health, education, and income; our students do not see themselves as performing charitable work for the needy, but as partners in community flourishing. The HICH students have gone on to careers in medicine, public health, and education, with a much stronger idea of their potential contributions to a better society. Undergraduate participation continues to grow with 162 HICH members in Fall, 2022.

# Honors in Community Health in CHWI



Honors in Community Health (HICH) seeks to build healthy communities through a multidisciplinary approach to overcoming barriers for underserved populations. This collaborative, student-led organization uses its understanding of the social determinants of health to explore multiple types of service: community engagement, advocacy, and research. HICH provides all students at the University of Houston the opportunity to design, implement, and lead a wide variety of community health projects. Through support from the Honors College, Hewlett Packard Enterprise Data Science Institute, and the UH CHWI, HICH members are given the opportunity to pursue projects that best suit their interests, values, and goals.

## General Body Membership

- 178 HICH Members
- 17 Fall Distinguished Members
- 17 Spring Distinguished Members

## 2022 Year Composition

- Freshman: 29%
- Sophomore: 23%
- Junior: 24%
- Senior: 24%
- Graduating Seniors: 13



# HICH Programs



The Better Respiratory Education and Assistance Targeting Houston's Elementary (BREATHE) program is designed to help asthmatic and non-asthmatic elementary-age children learn about asthma, respiration, and their environment. At its core, we aim to help students build better health awareness and provide the tools that enable them to advocate for themselves. As a volunteer, you will facilitate lessons using interactive activities, breathing exercises, yoga, and more!



The Creative Care project aims to collaborate with Cuney Homes to increase mental health outcomes through a curriculum that encourages self-expression, physical activity, and reflective writing. The Creative Care project is dedicated to providing a safe space for the children to be themselves and gain the tools needed to deal with their life stressors.



Project Engaging Encouraging Rising Students (PEERS), supported by the University of Houston, Honors College, Community Health Workers Initiative, and the Hewlett Packard Enterprise Data Science Institute, focuses on encouraging STEM education and providing mentorship to underserved students in grades 9-12. PEERS grew from and embodies the Community Health Workers (CHWs) model as simultaneous educators and advocates. Initially conceived in a CHW class, this program pairs high school students and the University of Houston undergraduates to create long-lasting, effective, and engaging community projects that are meaningful and relevant



Responsive Resourcing (RR) aims to support the local community members during the COVID-19 pandemic and beyond by collaborating with Community Health Workers (CHWs) in resource matching. Our goal is to help CHWs enable community members with the right tools to address their individual needs. By doing so, we are bringing awareness to existing resources in the Houston area to ensure that they do not go to waste.



The Wildlife and Environmental Advocacy and Relief (WEAR) program emphasizes engagement with nature and wildlife through project-based activities. WEAR aims to build member capacity to enhance their environmental quality of life and wants to create sustainable, long-lasting projects such as a "Watch it Grow" plant activity. Additionally, WEAR aims to foster meaningful community engagement and encourage members to connect with their environment.



Operation Fusion aims to serve the refugee and immigrant children of Las Americas Newcomer School while partnering with Amaanah Refugee Services. The goal of Operation Fusion is to blend culture and health through education and empowerment to allow the students to define their identity and set their personal health goals. This program emphasizes explicitly channeling cultural diversity to promote a sense of agency and belonging.

# CHWI Student Involvement

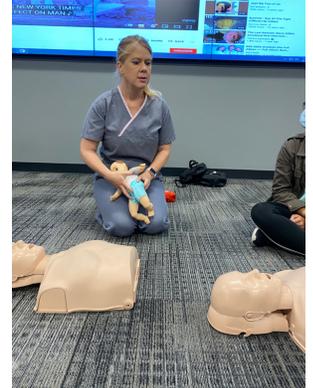
## Bread of Life (Equitable Vaccine Access)

Rani Nune - Biology  
Christina Kuruvilla - Biomedical Engineering  
Khayla Joseph - Biochemistry  
Ben Tran - Kinesiology



## CPR Workshop (with BOL)

Ben Tran - Kinesiology  
Huriyah Hasnain - Public Health  
Christina Suarez - Biology  
Anderson Chitsosa - Biology  
Christina Kuruvilla - Biomedical Engineering  
Rani Nune - Biology  
Paula Nichols Biology



## EVOLVE Volunteering:

Genesis Stiggers: Psychology  
Christina Kuruvilla: Biomedical Engineering  
Rani Nune: Biology



## CHWI Training Center Graduates

Grace Sewell - Public Health Major  
Mariyah Kazim - Public Health Major  
Nawar Ahmed - Psychology Major  
Olivia Tran - Honors Biomedical Sciences



## CHWI Interns/Apprenticeships

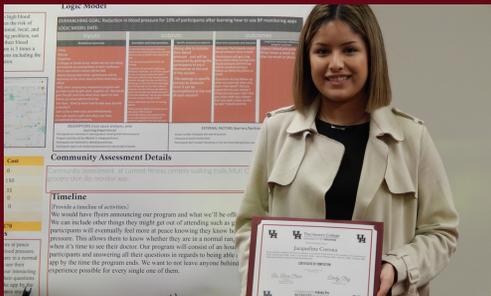
Huriyah Hasnain - Public Health Major  
Olivia Tran - Honors Biomedical Sciences



A group of people are seated around a table in a meeting room, engaged in a discussion. The room has a drop ceiling and a window in the background. A large, semi-transparent yellow box with rounded corners is overlaid on the image, containing a quote in dark red text. The quote reads: "Our goal is to empower folks in the community to be more effective advocates for better health in their own communities – both through helping people change their unhealthy behaviors, and working toward making the social services and healthcare system work better for them through care coordination."

**“Our goal is to empower folks in the community to be more effective advocates for better health in their own communities – both through helping people change their unhealthy behaviors, and working toward making the social services and healthcare system work better for them through care coordination.”**

**- Dr. Daniel Price**




**COMMUNITY HEALTH WORKERS INITIATIVE**  
at The Honors College

Contact us [chwi@central.uh.edu](mailto:chwi@central.uh.edu)  
Connect on our social media @UHCHWI



