



2nd Annual Maine CHW Summit



CHWs:

Innovating to Strengthen the Frontlines

April 23, 2024 - 8:30a.m. - 4:30p.m.
Augusta Civic Center

Peter Alford
Prevention &
Healthy Living Center
MaineGeneral Medical Center



MaineHealth



WELCOME

Maine CHW Initiative Co-Chairs:

Betty St. Hilaire & Kasey Dunham

Opening Remarks & Acknowledgements





Keynote Address

Lisa Renee Holderby-Fox

Co-Director for Envision & Director of
CHW Leadership Development at the
Center for Community Health
Alignment.

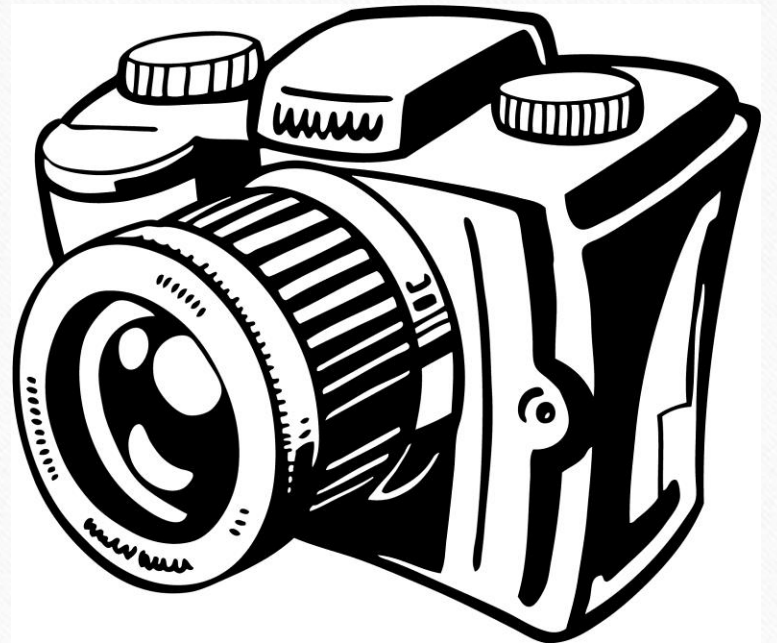
Networking & Exhibitors

- Commitment to the MECHWI
 - Post Card
 - Commitment Tree
- Visit Exhibitor Tables
- Individual Networking



Full Group Photo

- Everyone please take your seats for a full group photo.
- If you **do not** want to be in the photo, please step to the sides of the room.





National Association of Community Health Workers

Auroa Grant Wingate

NACHW Member and Partner
Engagement Manager

*Other Deck (includes video)

BREAKOUT SESSIONS

Main Room

- **CHW Supported School Based Youth Tele-Behavioral Health Pilot Program**
- **The role of CHWs and individuals with substance use disorder**

York Room

- **Stop Using That Word! Navigating Early Child Autism Diagnoses in New Mainers**
- **Help Me Grow Maine and Early Childhood Supports for Families**

Washington Room

- **The CHW Role in Obtaining Unaffordable Medicines for New Mainers and Others**
- **CHWs, Cancer Prevention, and The Community Guide**
- **A Holistic Approach to Strengthening the Frontline of Diabetes Prevention and Management**

Morning Breakouts: Main Room

**10:20-10:50
AM**

CHW Supported School-Based Youth Tele-Behavioral Health Pilot Program

Caitlyn Allen, Partnership for Health

Beth Mitchell, Northern Light Acadia Hospital

Brittany Caruso, Northern Light Acadia Hospital

Brian Cole, Warsaw Middle School

10:50-11:20 AM

The role of CHWs and individuals with substance use disorder

Karen Garland Kidder & Allison Prior,

Healthy Community Coalition of Greater Franklin County

*Other Deck

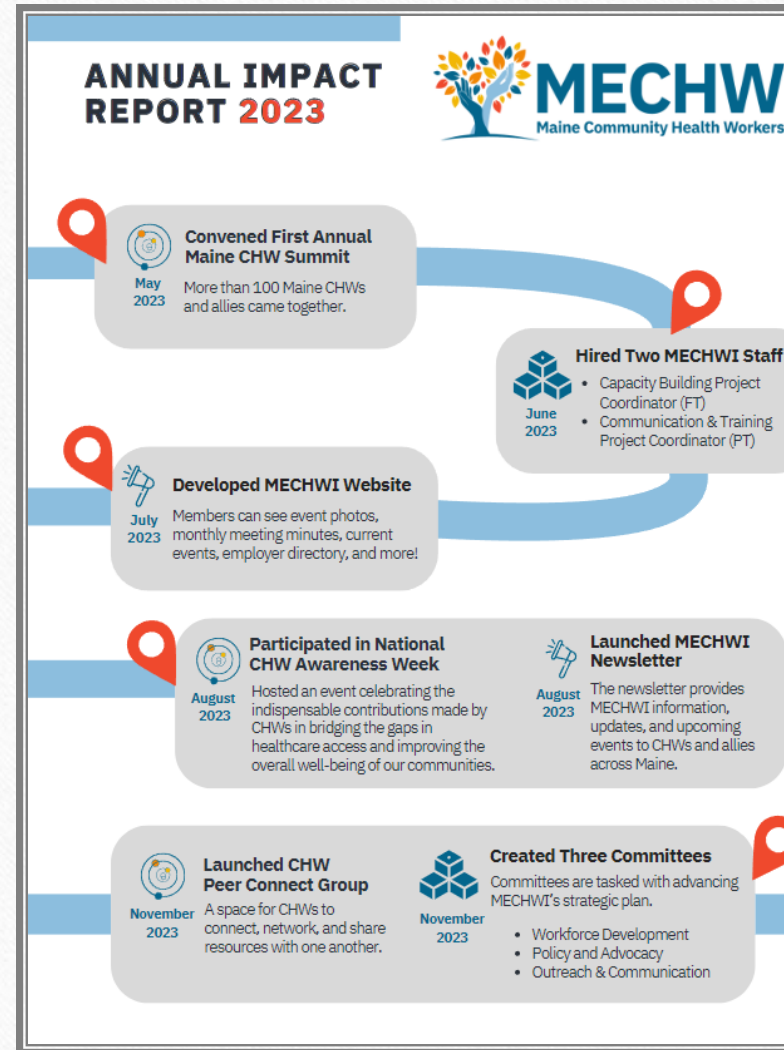
Maine Community Health Worker Initiative



MECHW
Maine Community Health Workers

2023 Impact Report

- Strategic Planning Process
- 2023 Summit
- Hiring two new staff
- Awareness Week
- Website- Directory
- Newsletter
- New Advisors
- Brochure
- 3 Working Committees
- Peer to Peer Group
- What it means to be a part of MECHWI



Strategic Plan

- In June of 2023 The MECHWI finalized the Initiative’s 3 Year Strategic Plan
- Defined MECHWI Vision, Core Functions & Goals
- For each of the 6 defined goals
- Developed Primary Strategies & Objectives for the Next Three Years
- Prioritized Objectives for Remainder of 2023

Goal I: Build and sustain the Maine Community Health Worker Initiative’s (MECHWI) organizational infrastructure

Primary Strategies	2023-2024 Objectives	2025 Objectives	2026 Objectives
<ol style="list-style-type: none"> 1. Pursue federal and state government grants 2. Pursue philanthropic, business, and individual grants 3. Hire consultants to assist with 2023 design objectives 4. Maintain a CHW leadership group to guide the network and assist with activities 5. Produce a membership packet and outreach plan 6. Identify and implement diversity, equity, and inclusion policies and practices 	<ol style="list-style-type: none"> A. Secure funding to hire 1.5 FTE staff members (operations and outreach functions) * B. Design a 5-year financial sustainability plan C. Finalize the MECHWI legal, governance, and membership structures as well as, implementation timelines, and workplans D. Finalize an interim MOU with MCD for fiscal sponsorship of MECHWI * E. Increase membership by 10% over 2022 level * F. Update the MECHWI strategic plan in December of 2023 and 2024* <p><i>*Priority objectives for 2023</i></p>	<ol style="list-style-type: none"> G. Fund and hire 3 full-time staff members (operations, outreach, and trainer functions) H. PLACEHOLDER: Financial objective, based on Objective I.B I. PLACEHOLDER: Legal, governance, and membership structure objectives, based on Objective I.C J. Increase membership by 10% over 2023 level K. Secure membership from every Maine county L. PLACEHOLDER: Membership objective for engaging priority communities, based on Objective II.A M. Update the MECHWI strategic plan in December of 2025 	<ol style="list-style-type: none"> N. Fund and hire 4 full-time staff members (operations, outreach, trainer, and communications functions) O. PLACEHOLDER: Financial objective, based on Objective I.B P. PLACEHOLDER: Legal, governance, and membership structure objectives, based on Objective I.C Q. Increase membership by 10% over 2024 level R. Secure membership from every hospital catchment area S. PLACEHOLDER: Membership objective for engaging priority communities, based on Objective II.A T. Update the MECHWI strategic plan in December of 2026





2023 Summit



Last year

- The 1st annual CHW Summit
- 109 people registered/92 attended
- 55 CHWs/27 Allies/24 Presenters
- Strategic Plan work session
- Resulted in formation of current workgroups

This year

- We have doubled that this year!
- More CHWs
- More Presentations/added breakout sessions
- Keynote
- National and Local presentations
- Added Self Care session for CHWs
- More Vendors/tabling
- Focus on resources for CHWs



Hired 2 new Staff Members



Bridgette Dairyko (Gemelli)
Project Coordinator

Bridgette has more than 30 years of experience working in public health, including her participation in the first CHW training offered in Maine by MCD in 2012 and the CHW Train the Trainer course in 2016. With this extensive experience, she has provided several training courses throughout the state.



Axels Samuntu
Project Coordinator

Axels has eight years of experience in public health, in the U.S., he worked as a hepatitis C and COVID-19 case investigator, as a community health outreach worker for a minority health program for the City of Portland's Department of Health and Human Services, and in the Democratic Republic of the Congo. He worked as a physician in rural and urban areas.

Awareness Week 2023



Awareness Week 2023 was a Great Success

Held at the Capitol Building in the Hall of Flags

Last Week in August

Well Attended:

Over 100 Attendees

8 Organizations Tabling

Governor Mills Stopped by



Awareness Week 2024 August 26th-30th

- Plans for 2024 Awareness Week:
- Last Week in August
- Proclamation From the Governor
- MECHWI Awareness Week Planning Committee Forming Now
- What will you do in your organization

The image shows a screenshot of the MECHW (Maine Community Health Workers) website. The main page is titled "Directory of CHW Organizations" and features a map of Maine with several blue location pins. A black arrow points from a pin on the map to a detailed view of the "MaineGeneral Medical Center Peter Alford Prevention and Healthy Living Center".

MaineGeneral Medical Center Peter Alford Prevention and Healthy Living Center

Zoom to

ORGANIZATION	MaineGeneral Medical Center Peter Alford Prevention and Healthy Living Center
ADDRESS	35 Medical Center Parkway, Schoolhouse
CITY	Augusta

1 of 6

MECHW
Maine Community Health Workers

Directory of CHW Organizations

To add your organization to the directory, register here

MECHW Directory of Organizations

Powered by Esri

Directory of CHW Organizations



A Message From the MECHWI Advisory Committee

Dear Maine CHWs and Allies,

Happy Spring!

April is now here and so is the MECHW Summit April 23rd! We are very excited to share this full day with you all. We will have very well-known CHW advocates traveling to Maine to celebrate with us as well as Dr. Va from the CDC. Please see the agenda below for a full list of events.

-MECHW Initiative Advisory Committee

Newsletter

MECHWI Monthly Meeting

MECHWI meets monthly. We share strategic updates, participants can network with other CHWs, and learn from community programs and resources. All are welcome!

Next Monthly Meeting: No meeting in April

You must register for this meeting monthly at info@mechw.org.



Self-Care Tip



Incorporate Music into Your Wellness Routine

- Learn/ practice an instrument
- Listen to music during physical movement/ exercise
- Listen to music while completing mundane tasks and chores
- Use music to identify and accept emotions
- Use music to inspire delight

[Read more](#)

What is self-care? Self-care means taking the time to do things that help you live well and improve both your physical, health, and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Contact Us



Bridgette Gemelli
CHW Capacity Building
Program Coordinator

Axels Samuntu
CHW Outreach & Training
Program Coordinator

MECHW Advisors



Co-Chair Advisors

Betty

Kasey

Advisors

Maha

Ketson

Henoc

Dalal

Richard

Mardochee

Zakyia



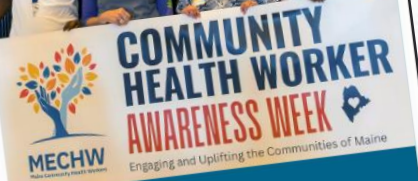
MECHWI Brochure

Join **US!**

**LEARN
MORE**

info@mechw.org
mechw.org

If you are a CHW or a CHW ally that supports the mission of the MECHWI, join our network and become an essential part of shaping the future direction of the CHW workforce in Maine!



MCD Global Health, a strategic partner of MECHW, provides CHW Core Competency Training and education.
For more information, visit mcd.org





MECHWI Committees

Workforce Development Committee

WDC

- Certification
- Competencies & Knowledge
- Peer Learning
- Host Maine Summit
- Resource Guide
- CHW Tool Kit

Policy & Advocacy Committee

PAC

- Infrastructure that supports and sustains the CHW profession
- Identify key partners, allies and contributors.
- Identify 3-5 advocacy objectives for 2025-2026.

Outreach & Communication Committee

OCC

- Develop materials and translations, including the role of CHWs in providing emotional supports to communities, to support education and promotion initiatives,
- Create informational videos/story sharing content
- Run social media campaigns



Peer to Peer Group

Creating a safe & welcoming space for CHWs only to share their struggles and resources.



CHW Peer Support Group

The CHW Peer Support Group Meets Monthly!

Virtual meetings are held the 3rd Thursday of each month at 12:00pm.

The next group meeting is April 18th at 12:00- 1:30

1-1:30pm will be a guest speaker.

Heather Washburn- Strengthen ME

This is a peer group for CHWs ONLY, to:

- Provide Support to each other.
- Address Barriers
- Share Resources
- Discuss Concerns

*What it means to be a
MEMBER
of the
MECHW Initiative*

Benefits

Peer to Peer Group

Monthly Newsletters

Informative Website

Resources



Other Benefits

- Full support from staff, advisors and peers.
- Training opportunities
- Professional updates
- Ways to become a leader
- Part of the decision-making process
- Recognition of your role and work
- Stronger together

“Nothing about us, without us !”



Lunch Break
12-12:55pm



CHW & Ally
Excellence Awards
12:30-12:55pm



Turn in your Poast Card -Drawing at 12:30 for ONE lucky Winner!

CHW- Years of Service Activity





Self-Care Session

Heather Washburn

Northern Light Healthy Life EAP

*Other Deck



BREAKOUT SESSIONS

Main Room

- **Unlocking the Power of Community Health Workers: Navigating Roles, Defining Impact**
- **Innovative Roles for CHWs in Community Health Centers**

York Room

- **Aligning with CHWs to Address Health Inequities in Greater Portland**
- **A Common Language of Care: Building Strong CHW Relationships with HealthCare Providers.**

Washington Room

- **Food is for Health**
- **The Role of CHWs in WIC Programs**

Afternoon Breakouts: Main Room

2:10-2:40 PM

**Unlocking the Power of Community Health Workers:
Navigating Roles, Defining Impact**
Cristina Leal, MCD Global Health

2:40-3:10 PM

Innovative Roles for CHWs in Community Health Centers
Lisa Tapert, Tapert Group/Maine Primary Care Association
Shane Gero, Penobscot Community Health Center
Yessenia Argudo, Maine Mobile Health Program

*Other Deck



State of Maine CHW Address

Dr. Puthiery Va

Director of Maine Center for Disease
Control & Prevention



HOW DID WE
DO?



**EVALUATIONS
15 PRIZES WILL BE DRAWN**

