

KANSAS COMMUNITY HEALTH WORKER COALITION

SPOTLIGHT

A Call for "Kindness"

By Vanessa Lohf for [ACES Connection](#)

As I'm writing this, Kansas has confirmed its 15th case [3/17/20] of the novel coronavirus and our teams have switched to telecommuting for the foreseeable future. At the same time, our public health and healthcare partners are working tirelessly to protect our families, friends, and neighbors – some bravely putting themselves in harm's way to keep others safe. This also likely means they aren't the most popular people in our communities as we are asked to institute "social distancing" and stay away from public gathering spaces. As we lead our work with helping others become more Trauma-Informed in how they conduct their work, I'm reminded that the process challenges us to be more kind to others – and that "kind" and "nice" are not always the same thing. Setting clear expectations and enforcing them can be a form of kindness...but it doesn't necessarily feel "nice". Add to that the anxiety, fear and worry that many of us are experiencing and we may find it difficult to be either of these things.

During this time, it will be important that we practice good individual self-care and the Substance Abuse and Mental Health Services Administration (SAMHSA) has released some tips for us to do just that. But above all, we need to take good care of each other. You may need to check with others in your family, workplace or community more frequently than usual. Organizations can work to find safe and appropriate ways to care for their employees – whether they are on the front lines, working from home, or dealing with frightened customers at our grocery stores and pharmacies. Some communities, like here in Wichita, have rallied volunteers to pick up groceries for our more vulnerable neighbors or found ways to provide food to those most affected by the changes. Encourage those who may be experiencing symptoms of severe stress to seek help.

To all our partners and friends who are working to keep us healthy and safe...we see you and we thank you. It will be your "kindness" that will be appreciated and remembered as we move forward together.



CONTENTS IN THIS ISSUE

SPOTLIGHT

IN THE NEWS

UPCOMING EVENTS

COMMITTEE UPDATES

ACKNOWLEDGMENTS

Vanessa Lohf, *Community Engagement Institute*

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We are collecting Community Health Worker success stories and want to know yours! Please [click here](#) and take a moment to share so that we can raise awareness of CHWs in Kansas.

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kschw.org

@kschwcoalition



COVID-19

We are finding ourselves in unprecedented times, which has caused abrupt change in every area of our life. During this time, we hope you know it is okay and natural to feel extra stressed, fatigued, and/or anxious. It's okay to grieve vacations, conferences, seeing client in person, birthdays, and the things that bring us joy that are currently on pause. Our **bodies are responding** to the traumatic events occurring in our world.

During this time, it's important to pay special attention to your physical and mental well-being. **[Here is a great tool](#)** for CHWs (and your families, clients, etc.) to use to help you think about self-care during this time. Below we will be sharing tools and resources related to COVID-19 that may be useful for you, your clients, and loved ones at this time. Lean into your relationships and things that will bring you joy during this time. We hope everyone takes care of themselves during this time.

COVID-19 Resources

- Resources for Talking to Children and Youth about Coronavirus
- Talking to Children about COVID-19 (Parent Resource)
 - Spanish Version
- Sustaining the Well-Being of Healthcare Personnel During COVID-19
- Information on COVID-19 For Survivors, Communities, and Domestic Violence/ Sexual Assault Programs
- Resources for Undocumented Communities (English and Spanish)
- KDHE COVID-19 Resource Center (Toolkits, Guidance, and Kansas Updates)
- Helping Older Adults Cope with Stress During COVID-19 Outbreak
- Supporting the Needs of People with Disabilities During COVID-19 Outbreak
- Supporting People Working in the COVID-19 Response
- NAMI COVID-19 Info and Resources for Mental Health and Other Resources
- CDC Mental Health and Coping
- Staying Resilient During COVID-19
- Tips for Remote Working
- List of Common Crisis, Resource, and/or Info Hotlines



Census Day!

April 1 is Census Day! You and your communities participation in the 2020 Census ensures your community receives their fair share in the distribution of more than \$6 billion in federal funds to Kansas annually. This money funds K-12 and higher education, Head Start, SNAP, public health (WIC), health care, roads, and other important services! The U.S. Census will also determine how many congressional seats Kansas will hold for the next decade.

The Census is 10 questions that takes about 10 minutes/person. ALL answers are confidential! It can be taken online, over the phone, or by mail! These methods involve no visits from a Census worker and also prevents in-person follow-up for households that haven't completed it. Every Kansan missed is over \$2000 in funding! Urge your family, friends, and community to take it in honor of Census Day! Find resources and learn how to take it at **kansascounts.org**! #KansasCounts

COMMITTEE UPDATES

The **Advocacy Committee** identified key partners with advocacy related activities in the strategic plan. Their next regularly scheduled meeting is on April 14th at 11am.

The **Education Committee** is partnering with the Kansas State University Research and Extension department. A work group was convened on March 13th to explore grant opportunities to offer the CHW educational opportunities to as many people as possible in Kansas. Their next meeting will be held on April 21st at 3pm.

The **Executive Committee** continued to complete the strategic planning process. In addition, they formed the certification task force that will meet to discuss documents provided by KDHE. These include the KS Credentialing Review Program Manual for Applicants and several Kansas Statutes associated with Certification. The team also spent a portion of their time planning for the March 2nd collective KCHWC meeting. Their next meeting will be held on April 1st at 1pm.

The **Sustainability Committee** discussed a brief literature review by Dr. Laila Cure regarding performance measures for CHW impact. She collected these and shared her findings through this literature. The next meeting will be held on April 28th at 2pm.

The **Symposium Committee** is continuing to raise sponsorship dollars. Dr. Lee Norman was identified as a potential keynote speaker. The Save-The-Date flyer is available at <https://kschw.org/symposium/>. Please distribute the image and/or PDF that is downloadable at the bottom of the page. Their next meeting will be held on April 20th at 10am.



Read all notes at <https://kschw.org/>

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You are receiving this email because you expressed interest in the
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