

Southern NH AHEC Community Health Worker Course

Registration Deadline:
January 23, 2026

February 2, 9 March 2, 9, 16, 23, 30, 2026
9:00am-3:00pm

As a nation and a state, we are struggling to address the transformation of the health care system as we move to a model of team based care. One strategy that other states have used to engage communities and assist with navigating services is to promote the Community Health Worker (CHW) model. Train to become a CHW in New Hampshire and incorporate your new knowledge into team based care opportunities offered in hospitals, medical practices, community health centers and social service settings.

Target Audience

There are a variety of roles and numerous titles that fall under the CHW umbrella: Outreach Worker, Lay Health Advisor, Health Promoter, Patient Advocate, community health advisor, family advocate, liaison, peer counselor, patient navigator, health interpreter and public health aide. Those listed and more are welcome to attend!

Cost: \$1,200.00-includes curriculum and training materials. A limited number of scholarships are available. Payment can be made by check or by card through Eventbrite, fees of \$82.33 will apply to card payments. Checks can be made out and mailed to: **Southern NH AHEC, 128 State Route 27, Raymond, NH 03077**

Curriculum

DAY 1:

Outreach, Service Coordination Skills and Professionalism

Learn about outreach methods and strategies, care coordination, system navigation, and explore dimensions of professional skills and conduct.

DAY 2:

Navigate Insurance Options, CHW Code of Ethics, Culture and Cultural Effectiveness

Discuss options for people who are uninsured and underinsured and identify resources to get them the information they need to navigate the health care system. This includes access to the Health Care Marketplace, Medicaid Managed Care, and Children's Health Insurance Program (CHIP). Apply ethical considerations while working as a CHW. Respond to clients in culturally effective ways.



DAY 3:

Education and Facilitation Skills & Communication and Interviewing Skills

Gain the necessary skills to provide information to members of your community in the form of formal and semi-formal presentations. You will be able to educate, inform, persuade and motivate your audience. Communicate effectively with diverse individuals and groups in a variety of community and service provider settings while gaining interpersonal skills.

DAY 4:

Assessment, Advocacy, Leadership and Care Coordination Skills

Demonstrate individual, client, and community assessment skills. You will learn how to educate and promote health behavior changes and offer concepts and approaches to living a healthy life. Learn to advocate, lead, and build capacity as a Community Health worker. Explore strategies for coordinating patient care.

DAY 5:

Chronic Disease Management and Oral Health

Gain knowledge in diabetes management, asthma, heart disease and cancer to effectively assist your community in identifying risk factors as well as managing current conditions. Describe the importance of oral health and discuss ways of keeping teeth healthy.

DAY 6:

Mental Health, Substance Abuse, Domestic Violence, and Research and Evaluation

Identify basic symptoms and signs of mental health conditions, such as depression, anxiety, substance abuse and mood disorders. Explain the process of addiction, screening methods, and resources for recovery. Review types and cycle of domestic violence abuse and discuss related resources. Identify the importance of research, evaluation and collecting data to inform CHW programs.

DAY 7:

The Environment and Prevention and Wellness

Discuss how the outside environment, and the environment in the home, school, and work affects your community. Describe the importance of oral health and discuss ways of keeping teeth healthy. Recognize the importance of self-care and how wellness strategies y can help your clients prevent and reduce current health conditions.

A graduation ceremony will be held upon the completion of the 7 day training

To register online please [click here](#).

*For more information or a scholarship form, please contact
Carli Hughes
chughes@snhahec.org*

