



# Training & Outreach Program

## HEALTH HAPPENS AT HOME

Community Health Representatives (CHRs) are a vital part of health care on Navajo Nation. They hold the trust and respect of their community members through shared culture, language, and clanship ties. Because of their connection to the people they serve, CHRs are uniquely able to empower patients and promote wellness. Working under the Navajo Nation Department of Health, CHRs conduct home visits where they provide health education, health coaching, measure vital signs and strengthen community-linkages through bi-directional referrals with health providers. They also connect their clients to additional support by linking them to other resources.

COPE recognizes the importance of Navajo CHRs and works to strengthen their role in the community by facilitating trainings, developing culturally-relevant educational materials for use with clients, and enhancing collaboration with local health facilities. This partnership is impactful: patients working closely with CHRs that benefit from COPE support are showing lasting improvements in diabetes indicators, blood pressure, and more.

In addition to working with CHRs, our team also provides training on evidence-based healthy eating and healthy living curricula that has been adapted for Navajo communities. COPE has supported more than 14 health facilities and over 200 early childhood educators in reaching hundreds of families with young children by providing manuals, family incentives, materials and instructions for simple exercises.



**100% Navajo Service Units** participate in COPE trainings



**40 Health Education Modules** incorporating Navajo terminology created or adapted



**86 Community Health Representatives** have participated in the New Mexico CHW Certification program



**8/8 Service Units** facilitate bi-directional referrals between CHRs & health facilities



**90% of Head Start staff** trained by COPE found the Color Me Healthy/Happy Homes trainings to increase their understanding of child nutrition



*Happy Homes curriculum workbook cover*

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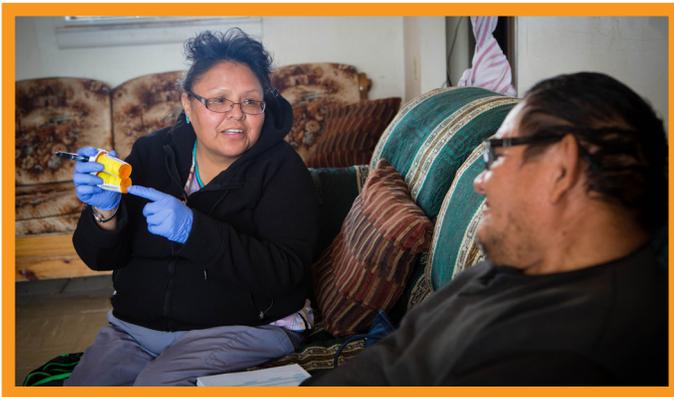
We talk to each other, like a daughter and mother... it makes you feel better. **When you talk to them, they talk the same way like you do...** she was a real help for me to get it right, do okay. Go live and look forward to another day.

—COPE Program Participant

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Shonto, AZ: Senior CHR Betty J. John checks up on her patients. Photo by: Cecile Joan Avila/PIH



Crownpoint: CHR Shorty (left) checks in on Charley. Photo by: Cecile Joan Avila/PIH

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**We have better communication with the doctors,** now with the electronic health records. I met a lot more doctors, they say, ‘you’re so and so,’ and we email each other.

—Community Health Representative

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The training on the Color Me Happy Curriculum was very interesting. **I especially like the Navajo translation on fruits and vegetables.**

—Head Start Teacher

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## WHAT CAN YOU DO?

- Advocate to support increased funding of the CHR Program
- Learn more about COPE and our partners at [copeprogram.org/trainingandoutreach](https://copeprogram.org/trainingandoutreach)
- Support COPE at [copeprogram.org/donate](https://copeprogram.org/donate)