

# Traditional Health Workers: Oregon's Model



**Community Health  
Workers**

**Peer Support Specialists**

**Peer Wellness Specialists**

**Personal Health  
Navigators**

**Birth Doulas**



# Traditional Health Worker Types

- **Community Health Worker:** a trusted, trained community member who promotes, advocates and organizes for improved health in their communities.
- **Peer Wellness Specialist:** an individual who has lived experience with a psychiatric condition(s) plus intensive training, who works as part of a person-driven, health home team, integrating behavioral health and primary care to assist and advocate for individuals in achieving well-being.
- **Peer Support Specialist:** an individual who provide supportive services to a current or former consumer of mental health or addiction treatment.
- **Doula:** a birth companion who provides personal, nonmedical support to women and families throughout a woman's pregnancy, childbirth, and post-partum experience.
- **Personal Health Navigator:** an individual who provides information, assistance, tools and support to enable a patient to make the best health care decisions.

# Oregon's Traditional Health Workers



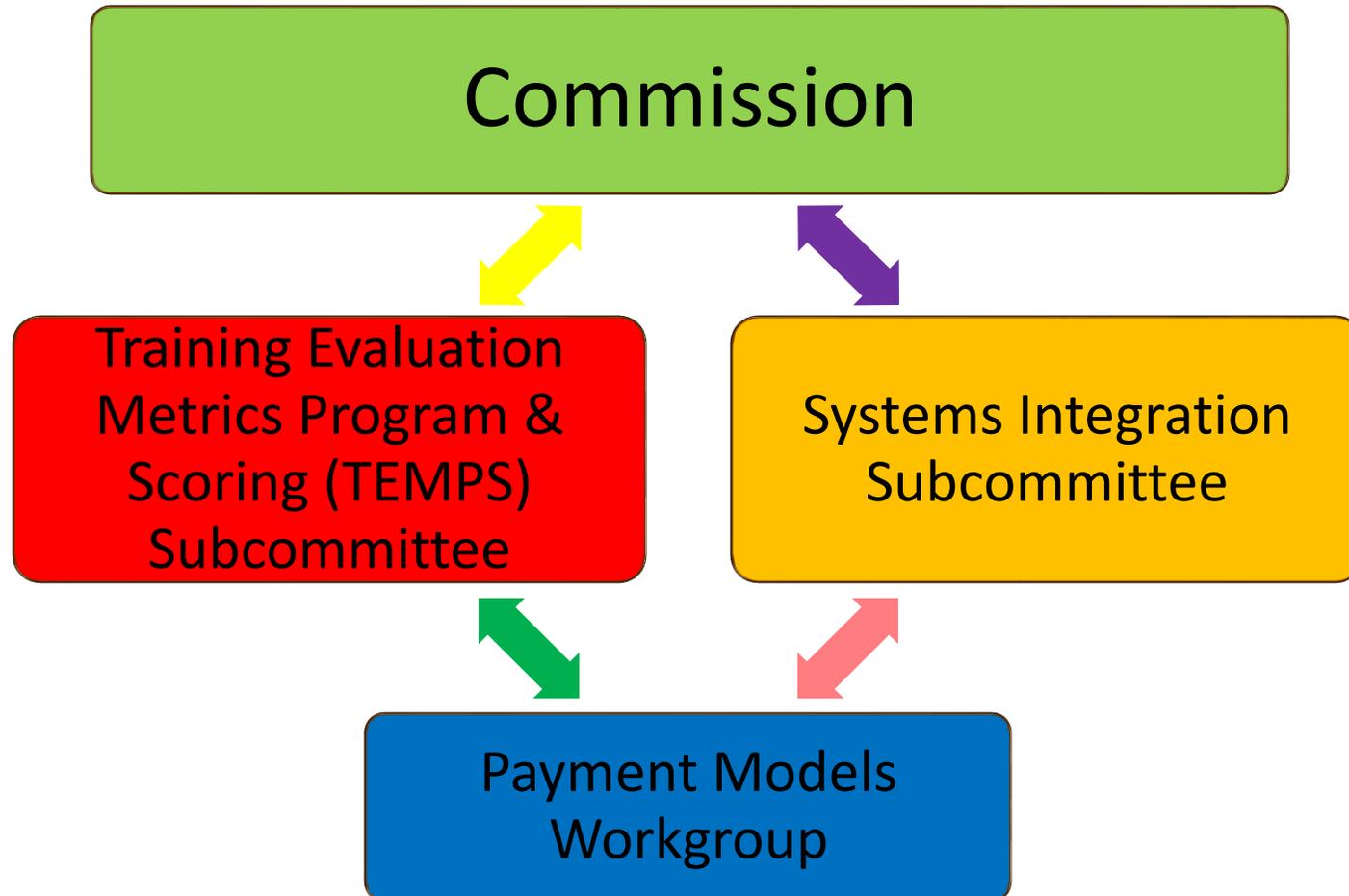
# Traditional Health Workers ...

- Reduce costs associated with health care
- Understand and address the social determinants of health
- Address health disparities in culturally-appropriate ways
- Support integration and whole person care

## **An effective THW workforce consists of individuals**

- **from the community served**
- **who have shared “lived experiences”**
- **who are representative of the population served**

# Traditional Health Worker Commission



# Oregon Traditional Health Worker Training & Certification

## Training

- OHA-approved training provider offers core curriculum
- Assessment



## Certification

- Certification application
- Registry Enrollment



## Employment

- Clinics
- Hospitals
- CBOs
- Public Health



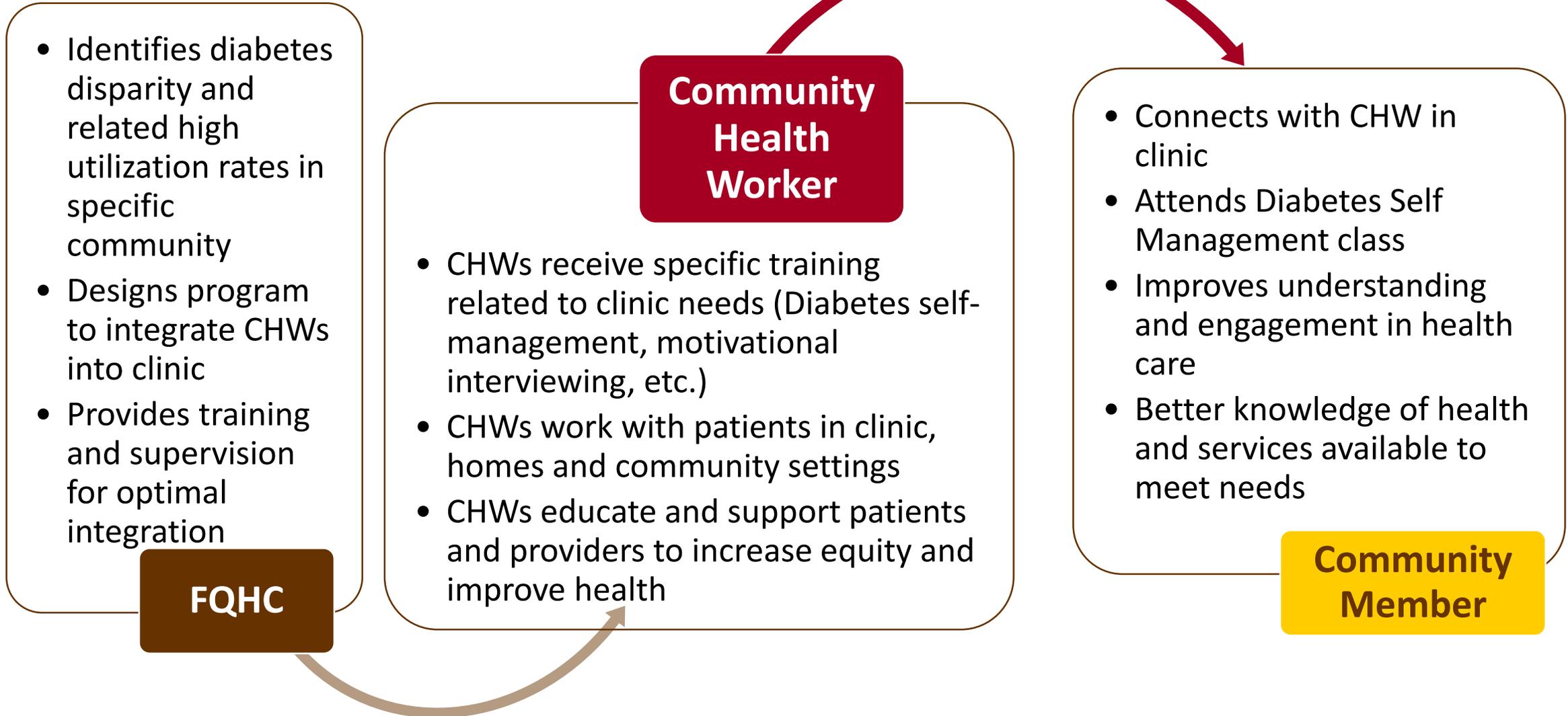
## Continued Learning

- On-site training
- Continuing education

# Examples for Integrating THWs

Setting:

**Primary Care**



# Examples for Integrating THWs

Setting:  
**Primary Care**

- Funds grant proposal from community-based organization that pays for all training needed for a diverse community of doulas to become state certified as THW Doulas.
- Coordinates with CBO to refer state prioritized populations for THW Doula Services
- Referral for THW Doula services documented by licensed provider

**CCO**

## THW Doula

- CBO assigns culturally matched THW Doula
- THW Doula provides 2 prenatal support visits, labor and birth care, and 2 postpartum visits
- Educates woman on healthy birth practices and helps her create a birth plan
- Also refers woman for prenatal education, mental health evaluation, and lactation consultant

- Becomes better informed and the support reduces her stress
- Improved birth outcomes and lower costs
- Receives culturally appropriate care which increases her satisfaction
- Receives treatment for depression
- Breastfeeding is successful and of longer duration

**Community Member**

# Examples for Integrating THWs

Setting: Mental Health &/or Addictions

- Partners with CBOs to conduct Community Assessment
- Identifies peer support disparity and related high utilization rates in demographic-specific community
- Subcontracts with CBO serving specific community
- Finances outreach, support activities, utilization within other systems (jail, child welfare, hospital, etc.)

**CCO/County**

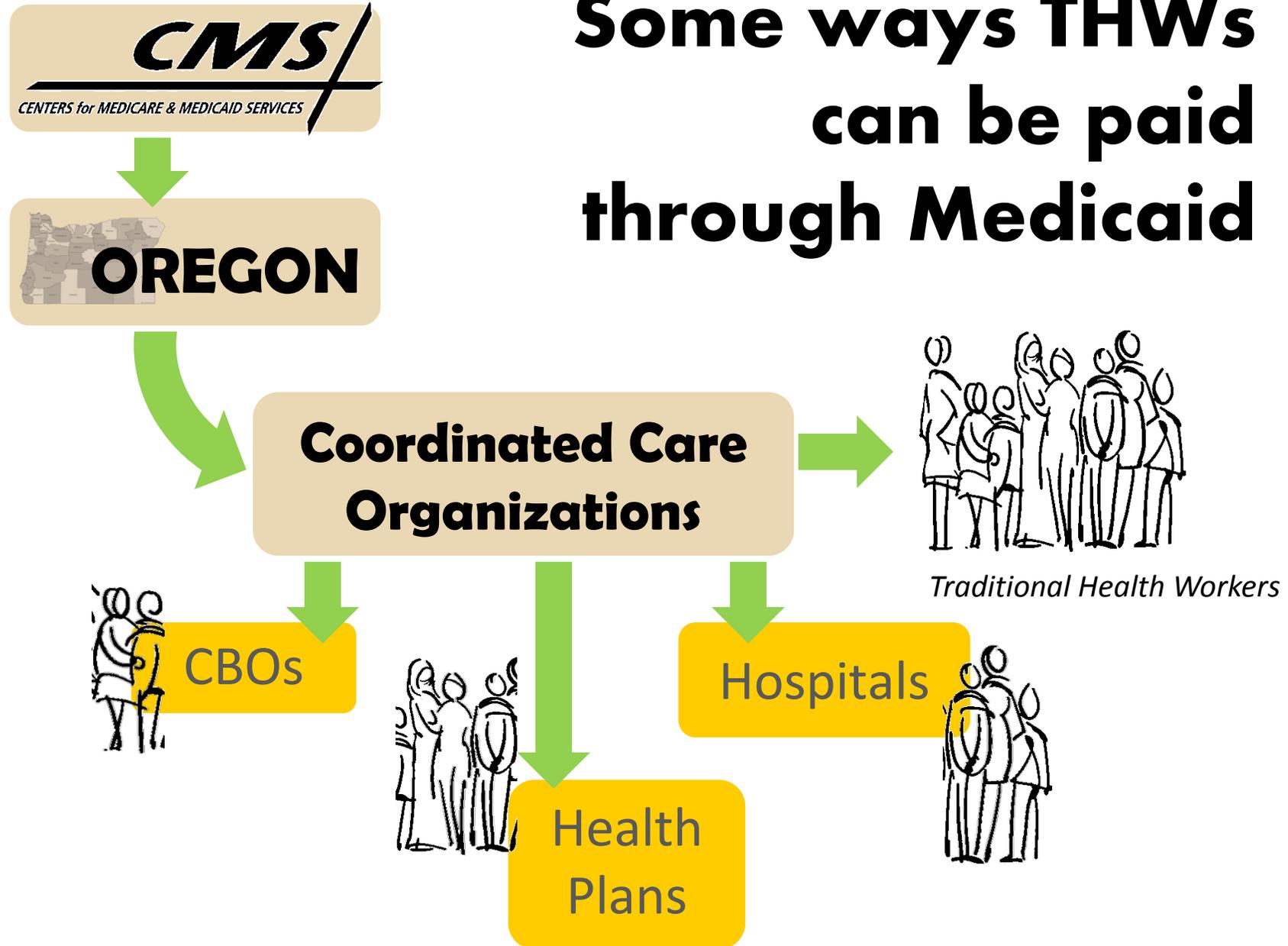
## Peer Support Specialists

- CBO trains Peers to provide support and navigation of systems
- Deploys Peers in this community
- Peer meets individuals where they're at and supports them in exploring new wellness and recovery goals
- Peer provides ongoing support and system navigation

- Connects to other services if the person requests this type of support
- Receives culturally and linguistically appropriate services
- Receives regular check-ins by the peer
- Engages in more appropriate utilization

**Community Member**

# Some ways THWs can be paid through Medicaid



# Resources

Office of Equity and Inclusion

<http://www.oregon.gov/oha/oei/Pages/index.aspx>

Tip Sheets for Working with THWs

<http://www.oregon.gov/oha/OEI/Documents/Traditional-Health-Worker-Tip-Sheet-9-2016.pdf>

# **Additional Resources for Oregon Expertise re: Traditional Health Workers**

## **Community Health Workers**

ORCHWA: [www.orchwa.org](http://www.orchwa.org)

## **Birth Doulas**

Oregon Doula Association, [www.oregondoulas.org](http://www.oregondoulas.org), Debra Catlin:  
[debcatlin@aol.com](mailto:debcatlin@aol.com)

## **Addiction Peers**

Addiction Counselor Certification Board of Oregon: <http://www.accbo.com/>

## **Mental Health Peers**

FolkTime: [www.folktime.org](http://www.folktime.org)