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## SECTION HEADING

### CMHW 1250: Health Promotion I

#### Description

Health Promotion I focuses on the role of the Community Health Worker (CHW) in health promotion related to complementary, alternative and integrative health. Cultural navigation, presentation skills and connecting clients to resources and support systems will be practiced.

#### Credits

2

#### Prerequisite

CMHW 1100

#### Corequisite

CMHW 1200 and CMHW 1300

#### Topics to be Covered

1. Healthy Lifestyles
2. Mental Health/Self Care/Resiliency
3. Reproductive Health/Child Development/ACEs
4. Social Determinants of Health/Social Justice
5. Trauma Informed Care

#### Learning Outcomes

1. Discuss the relationship of mental health and trauma and the importance of self-care related to vicarious trauma.
2. Understand/discuss the traumatic journey of refugees and impact of trauma in the refugee communities.
3. Understand how poverty and ACEs impact child development and reproductive health.
4. Demonstrate understanding the role healthy eating and activity can play in overall health and well-being.
5. Define the social determinants of health
6. Demonstrate understanding the role healthy eating and activity can play in overall health and well-being.
7. Demonstrate a variety of teaching techniques in a client visit and group setting.

#### Credit Details

Lecture: 2

Lab: 0

OJT: 0

MnTC Goal Area(s): None