

Advocacy

**Community
Outreach**

**Informal
Coaching**

**Medication
Review**

**Client
Centered**

**Connect to
Resources &
Services**

Healthy IDEAS

Identifying
Depression,
Empowering
Activities for
Seniors

- Screening for symptoms of depression & assessing severity.
- Educating older adults and caregivers about depression, effective treatment & self-care
- Referring & linking clients to treatment & follow-up with primary & mental/behavioral health providers
- Empower older adults to manage their symptoms of depression through a behavioral activation approach that encourages involvement in meaningful activities.
- Assess clients' progress & supporting their efforts.



The Care Transitions Intervention is a 30-day program that will help clients become more confident in managing health conditions and make sure that their needs are being met during their move from hospital back home. CTI is designed to help clients reach a personal goal, understand & manage their medications better, help prevent readmission to the hospital & help maintain the good care that they were receiving in the hospital. CTI is for those who have discharged from the hospital within the last 60 days.

Aging and Disability Resource Center of Monroe County



Community Health Worker

**315 W. Oak Street, Suite A
Sparta WI 54656
608-269-8690 | 608-269-8636**



WHAT IS A COMMUNITY HEALTH WORKER?

- A frontline public health worker who is a trusted member of the community who has a thorough understanding of the community being served.
- Serves as a link between health and social service programs and the community to promote access to services and improve the quality and cultural competence of service delivery.
- Certified Community Health Worker thru AHEC, CTI Coach, and Healthy IDEAS Leader

MEETING FOLKS WHERE THEY ARE AT



Stephanie Haas
Community Health Worker

For Assistance Call:
608-269-8690
or
608-269-8636



HOW CAN A CHW ASSIST YOU?

- ▶ Free non-biased information and assistance on Monroe County resources and services.
- ▶ Help those living with Chronic Health Conditions.
- ▶ System Navigation to build confidence in interacting with Health Providers.
- ▶ Provide Care Transitions Intervention to those that have been discharged from the hospital in the last 60 days.
- ▶ **Healthy IDEAS** Identifying Depression, Empowering Activities for Seniors