

NEWSLETTER

December 2023 | Quarter 2

Unify. Equip. Empower.



Welcome to the second issue of QC Connect Quarterly! Our mission at QC Community Connect Coalition is to unify, equip, and empower Community Health Workers to serve Mecklenburg County communities by unifying the workforce across organizations in a collaborative forum. The creation of this newsletter aims to serve as a great resource for our community to unify and connect with other CHWs, equip CHWs with knowledge to better serve Mecklenburg County, and empower all CHWs to keep striving for greatness!



“Open yourself to receive as much as you give. You are worth the effort, joy and passion you give to others.”
— CHW, Birmingham, AL

2024

Meeting Schedule

February 6th @ 11 AM - 12:15pm

April 2th @ 11 AM - 12:15pm

June 4th @ 11 AM - 12:15pm

August 6th @ 11 AM - 12:15pm

October 1st @ 11 AM - 12:15pm

December 3rd @ 11 AM - 12:15pm

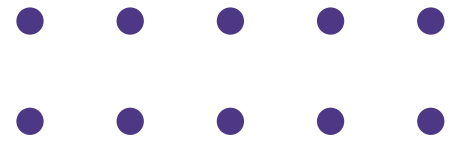
Locations TBD

Explore!

Check out our updated website!

Have you had a chance to check out our latest website updates? Immerse yourself in valuable education about CHWs, discover inspiring stories through our spotlight nominations, and delve into an updated gallery showcasing CHWs impactful work and contributions. Stay informed with our insightful blog posts that highlight the dedication and achievements of the unsung heroes in community and public health!

 QCCommunityConnect.org



QUEEN CITY CONNECT QUARTERLY

Burnout & Compassion Fatigue 101

By: Brittany Weatherall

Community health workers can face burnout and compassion fatigue with being frontline public health professionals. Burnout can manifest as exhaustion, cynicism, and reduced effectiveness; while compassion fatigue involves emotional exhaustion from empathizing with other's difficulties.


To combat these challenges, it's important to prioritize self-care, establish boundaries, seek support, and engage in activities that rejuvenate your mental and emotional well-being!

Learn to formulate self-care and stress management tools with this free webinar from NACHW! [Self-Care Strategies for Community Health Workers](#)



Training & Opportunities

Looking for some opportunities to expand your knowledge and skillset? Check below!

- [Free COVID-19 Vaccine Basics](#)
 - [Free John Hopkins CHW Training with Certificate](#)
 - [Free CHW Client Interviewing Course](#)
 - [Free CHW Perinatal Prenatal and Postpartum Course](#)
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Contributions!


By: Brittany Weatherall

CHWI Comprehensive Action Plan

I want to extend my heartfelt gratitude to the dedicated CHWs whose active participation during the October Bi-Monthly Meeting has been instrumental in shaping the CHWI comprehensive Action Plan. Your commitment to reviewing, developing, and implementing strategies reflects your unwavering dedication to advancing the CHW profession.

Key components of the comprehensive action plan include empowering CHWs with advanced technical skills, ensuring they have the necessary resources to address social determinants effectively, and focusing on their well-being by addressing burnout through supportive measures and self-care practices.

By participating in this activity, you directly contributed to the improvement and advancement of the CHW profession. This lays the foundation for a future where CHWs are not only recognized for their indispensable role but are also empowered to lead transformative changes in community health. Together, we are shaping a future where the CHW profession stands resilient, dynamic, and responsive to the evolving needs of the Mecklenburg County communities you serve. Thank you for being the driving force behind the positive transformation that lies ahead.



COMMUNITY HEALTH WORKER INITIATIVE

QC CONNECT QUARTERLY

Advocacy

Interested in advocacy for the CHW profession? Check out this course that trains CHWs on how to advocate for improved working conditions, telling engaging and impactful stories, and how to use tech to participate in global, virtual discussions about community health!

[CHW Advocacy Training](#)

“

Self-care should be your number one priority. Your work will be ineffective, lack passion, and direction if you aren't intentional about taking care of you”

— CHW Supervisor, Greenville, NC

CHW Spotlight

In each edition of our newsletter, we will recognize the incredible efforts of our CHWs who are at the forefront of creating positive change in our communities.

Tamika Williams

In this quarter's spotlight, we are thrilled to feature Tamika Williams, whose unwavering passion for helping others is evident in the impactful work she does. Tamika's commitment to addressing health disparities has been a driving force in her journey!

Tamika's outstanding contributions make her a shining example of the impact a CHW can have, not only in addressing health disparities, but also in fostering empowerment and resilience within the community.

Interested in learning more about the stories of our CHWs? Click [here!](#)



Got something to share?

Interested in contributing to the QC Connect Quarterly?

- Highlight your programs/services at your organization for a future meeting/newsletter edition!
- Highlight any organizational events or opportunities that expand the CHW workforce!
- Highlight your team and/or team member for doing extraordinary work in Mecklenburg County!

Publishing Criteria: Must pertain to the CHW workforce and contribute to QC Community Connect Coalition common agenda and values.

Please submit all content to Brittany Weatherall at Brittany.Weatherall@mecknc.gov