Western Region Public Health Training Center

Course Catalog 2024

Western Region Public Health Training Center
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ABOUT

Western Region Public Health Training Center
The Western Region Public Health Training Center (WRPHTC) is one of ten Regional Public Health Training Centers funded to support the public health workforce. The WRPHTC is located in HRSA Region 9, which includes Arizona, Nevada, Hawai'i, and US-Affiliated Pacific Islands. We are a consortium of public health professionals that work to develop and provide innovative, skill-based training to address gaps identified by training needs assessments for the public health workforce.
https://wrphtc.arizona.edu/

This course catalogue outlines the public health trainings available through the Learning Portal of the Western Region Public Health Training Center. These resources are provided free of charge, many with Continuing Education Units available for those that complete all course activities.
https://learn.wrphtc.arizona.edu
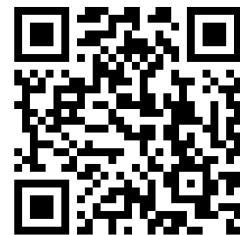
Visit the WRPHTC Learning Portal to access our courses!

Public Health Training Center Network
The Public Health Training Center (PHTC) Network is a consortium of regional Public Health Training Centers that collectively represent the nation's most comprehensive resource for public health workforce development. Visit the website to see more resources available through the PHTCN and to connect with your regional PHTC.
https://www.phtcn.org/

Public Health Learning Navigator
The Public Health Learning Navigator is a curated, guided, and individualized experience to help public health learners navigate to high-quality training, tools, and resources they need to support community and population health. This tool helps ensure learners have access to trainings that have been reviewed for quality, relevancy, and accessibility.
https://www.phlearningnavigator.org/

TRAIN Learning Network
Powered by the Public Health Foundation (PHF), the TRAIN Learning Network brings together agencies and organizations in the public health, healthcare, and preparedness sectors to disseminate, track, and share trainings for the health workforce on a centralized training platform.
https://www.train.org/

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SELF-PACED COURSE

CREATING BOARDS OF HEALTH

Given that not all statewide public health systems include local health departments (LHD), it is important to provide educational materials regarding public health practice for local health officials in these systems. This toolkit is designed to introduce new and existing local board of health (LBOH) members to the nature of public health practice, and what role they can play in improving their community's health - even without a LHD. This series of short videos will introduce LBOH members to various topics, and then suggest additional resources they may access for more information. The topics covered here include:

- The Six Functions of Governance from the National Association of Local Boards of Health
- Types of statewide public health systems
- Types of organizations that might be included in local public health systems
- Nevada Revised Statute as it pertains to rural and frontier LBOHs
- Community health needs assessments
- Community health improvement planning
- Strategic planning
- Quality improvement

Learning Objectives:
- Define the term "Local Board of Health."
- Provide examples of how LBOHs may implement the Six Functions.
- Familiarize with different types of statewide public health systems.
- Describe the purpose of Community Health Assessments.
- Describe the role of LBOH's in Community Health Improvement Planning.

Duration: 1 hour 30 minutes

Continuing Education Information: n/a

Created/Updated: 7/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=135

LARSON INSTITUTE
HEALTH IMPACT AND EQUITY

SELF-PACED COURSE

KYAH'S EPICOURSE FOR FOOD SERVICE

The Kyah Rayne Foundation (KRF) was launched in August 2019 by Lisa Cohen in honor of her daughter, Kyah Rayne, who died of anaphylactic shock at the age of 21 after mistakenly ingesting a peanut. KRF is dedicated to advancing food allergy awareness and education. We believe that by increasing the availability of epinephrine auto-injectors and educating more people on how to use them, we can save more lives of those with food allergies.

Learning Objectives:
- Define keywords, identify common trigger foods, and recognize symptoms of severe allergic reactions and anaphylaxis.
- List steps in administering an epinephrine auto-injector (EAI) in an emergency.
- Identify ways to create safe and clean kitchen environments.
- Explore common examples of cross-contact in food service establishments.
- Recognize cross-role responsibilities in food service establishments.
- Explain the significance of the statements: 1) Epi FIRST, Epi FAST, 2) ReACT, 3) Step In, Step Up, Save a Life

Duration: 15 minutes

Continuing Education Information: n/a

Created/Updated: 8/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=452

KYAH'S EPICOURSE PARA EL SERVICIO DE ALIMENTOS

La Kyah Rayne Foundation (KRF) fue lanzada en agosto de 2019 por Lisa Cohen en honor a su hija, Kyah Rayne, quien murió de un shock anafiláctico a la edad de 21 años después de ingerir un maní por error. KRF se dedica a promover la concienciación y la educación sobre alergias alimentarias. Creemos que al aumentar la disponibilidad de autoinyectores de epinefrina y educar a más personas sobre cómo usarlos, podemos salvar más vidas de personas con alergias alimentarias.
https://learn.wrphtc.arizona.edu/course/view.php?id=473

RECORDED PRESENTATION

MAKING THE CONNECTION: HOW THE DRIVE TO CONNECT IN A SOCIALLY DISTANCED WORLD COULD IMPROVE OUR APPROACHES TO LEARNING IN PUBLIC HEALTH

WITH JENNIFER MCKEEVER

During the COVID-19 pandemic, public health professionals across the U.S. and globally have used video conference technology to exchange vital information, build knowledge, provide peer support, and work collaboratively. As we transition into recovery, we have an opportunity to leverage these shifts in the way public health professionals work and learn together to create more permanent systems for connecting professionals and developing workforce capacity. In this session, we will explore two learning/capacity building models that are based in human connection, mutual interest, and adult learning theory that build long-lasting public health capacity. Specifically, we will focus on communities of practice (aka learning communities, learning collaboratives, peer networks, etc.) and Project ECHO.

Learning Objectives:
- Name the characteristics of communities of practice and Project ECHO that make them well-suited for emergency response and recovery.
- Identify the principles of communities of practice and Project ECHO that support adult learning.
- Identify the core elements of launching and managing successful communities of practice, including participant engagement and facilitation.
- Access resources for more guidance on communities of practice, Project ECHO, Connecting Learning, and similar models.

Duration: 40 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=367

ARCHIVED WEBINAR

PALLIATIVE CARE AND HOSPICE: SUPPORTING END OF LIFE CARE

WITH JEANETTE KOIJANE & HOPE YOUNG

What is Palliative Care? Palliative Care is specialized medical care that focuses on providing patients with relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and their loved ones. Palliative Care is appropriate at any age and at any stage in a serious illness, along with curative treatment. Learn more about how Palliative Care can support individuals with serious illness and where Palliative Care is available in Hawaii. Join Jeannette Koijane MPH and Executive Director of Kōkua Mau and Hope Young, Advance Care Planning Coordinator of Kōkua Mau as we explore the benefits of Palliative Care.

Learning Objectives:
- Define Palliative Care.
- Understand who may benefit from Palliative Care.
- Identify how to access Palliative Care and provide resources and materials to providers, patients, and loved ones.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES; 1.5 CPEUs for RDNs

Created/Updated: 11/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=475

HAWAI'I
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SELF-PACED COURSE

PUBLIC HEALTH CORE COMPETENCIES

This training introduces the public health competencies that were designed by the Council on Linkages and customized by the Pima County Health Department. Specifically, this training acquaints you with the competencies so you can begin to use them for career development.

Learning Objectives:
- Identify the domains associated with the public health competencies.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 10/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=208

SELF-PACED COURSE

PUBLIC HEALTH ESSENTIALS IN ACTION

Look at the most fundamental aspects of public health to break down the overarching goals and strategies of the field. You'll gain an understanding of the Three Public Health Core Functions and the Ten Essential Public Health Services* as a framework for the responsibilities of local public health systems, and how this framework serves to improve health equity.

This training has been updated to sign with the revised version of the Essential Public Health Services.

Learning Objectives:
- Define public health.
- List the social determinants of health.
- Recognize the three public health core functions.
- Identify ways each of the Essential Public Health Services works to improve health equity.
- Identify the role your work plays in public health.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES; 1.0 CPEU for RDs

Created/Updated: 6/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=402

This course is also available in Spanish:

FUNDAMENTOS DE SALUD PÚBLICA EN ACCIÓN

Analizar los aspectos más fundamentales de la salud pública para separar los objetivos y estrategias generales del campo. Obtendrá una comprensión de las Tres Funciones Básicas de Salud Pública y Los Diez Servicios Esenciales de Salud Pública* como marco para las responsabilidades de los sistemas locales de salud pública, y cómo este marco sirve para mejorar la equidad en salud.

https://learn.wrphtc.arizona.edu/course/view.php?id=484

RECORDED PRESENTATION

SKILLS & STRATEGIES FOR WHERE THE PUCK IS GOING - WAIT, IS IT EVEN STILL A PUCK?

WITH BRIAN CASTRUCCI

The future of the public health field is uncertain, and that will continue to be true. Workforce development will play a critical role in preparing in an uncertain and constantly evolving environment. Cuts to budget health and turnover are likely to continue. It's more important than ever that staff have strategic skills, many of which were identified several years ago by the National Consortium for Workforce Development. In particular, skills in change management and persuasive communication have grown in importance. The de Beaumont Foundation is partnering with other public health leaders and practitioners to develop several tools to equip the workforce, including a project to identify the appropriate ratio of public health staff for communities and new tools for effective communication with community partners the public. Health agencies should carefully consider how they're using their training dollars to ensure that they are building resilient and sustainable skills.

Learning Objectives:
- Gain insights about the current and future needs of the public health workforce.
- Learn which strategic skills are particularly valuable in an environment where change is the norm.
- Get access to practical tools that can help build skills.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

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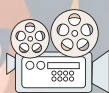
RECORDED PRESENTATION

THE FUTURE OF TELEMEDICINE IN PUBLIC HEALTH

WITH ELIZABETH KRUPINSKI

COVID-19 has dramatically changed the delivery of healthcare. Providers and patients have experienced in a a very short amount of time some of the greatest changes to the healthcare system ever seen. Those who were reluctant to embrace Telehealth prior to COVID found themselves obliged to implement it often just to stay in business. The rapid utilization of telemedicine was enabled by equally rapid changes in regulations and waivers for billing. This talk will summarize where we might be going with telemedicine post-COVID, especially in the public health arena. In particular, the focus will be on how to transition from a rapidly implemented program using readily available platforms to more sustainable long-term use of telemedicine integrated in usual practice. Resources available to help with this transition will also be discussed.

Learning Objectives:
- Understand the key aspects of the status of COVID-related Telehealth regulators and waivers.
- Appreciate the broader role of mHealth, apps, sensors, and remote monitoring post-COVID.
- Learn about ways to transition the use of telepath into traditional practice models
- Know where to look for resources and technical assistance with telemedicine questions.

Duration: 35 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=365
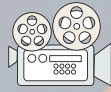
RECORDED PRESENTATION

THE POST-COVID WORKFORCE OF THE FUTURE

WITH BETTY BEKEMEIER & DOUGLAS TAREN

This presentation will provide insights on the need for the continual evolution of public health practices in light of COVID-19 and the current social movements that highlight how social determinants effect health disparities. A focus on what trainings are needed to strengthen the current and future public health workforce will be discussed to respond to the necessity that public health services must be redefined and redesigned. Examples of current and novel steps that are starting to be taken by health departments and public health education programs to meet the challenge will be presented. We will conclude our presentation by proposing what new knowledge and skills are needed by the public health workforce so our current communal approach to infectious disease prevention can be leveraged to reduce a variety of health disparities.

Learning Objectives:
- Evaluate how COVID-19 has further amplified the relationship between public health efforts and social determinants undermine health.
- Identify new areas of knowledge and skills that are needed with an expanded definition of the public health workforce.
- Discuss what is needed to create a more diverse, community-centric public health workforce.

Duration: 35 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=368

SELF-PACED COURSE

ADDRESSING BIAS WITH INCLUSIVE COMMUNICATION

Using inclusive language is one way to address bias in order to create a safe, positive environment for employees and clientele. A positive environment will engage both staff and the public, increasing productivity and satisfaction. Public health and health professionals will be challenged to improve their understanding of implicit bias and inclusive language to implement a more equitable workplace in this course.

Learning Objectives:
- Define, recognize, and review examples of implicit bias;
- Identify microaggressions and microaffirmations and examine microaggressions in the workplace;
- Discuss people-first language and inclusive language and practice inclusive language for public health professionals.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES; 0.75 CPEU for Registered Dietitians

Created/Updated: 7/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=448
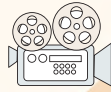
RECORDED PRESENTATION

ADDRESSING SYSTEM RACISM: A PLACE-BASED APPROACH TO BUILDING HEALTHY COMMUNITIES

WITH RENAE BADRUZZAMAN

Renae Badruzzaman describes place-based interventions that bring in community development as a key partner to address social determinants of health; explores moving further upstream to systemic, institutional, and structural change; and demonstrates how the public health workforce can adapt to address systemic racism and health inequities.

Learning Objectives:
- Describe place-based interventions that bring in community development as a key partner to address social determinants of health.
- Explore moving further upstream to systemic, institutional, and structural change.
- Demonstrate how the public health workforce can adapt to address systemic racism and health inequities.

Duration: 26 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=354
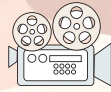
RECORDED PRESENTATION

ADDRESSING THE CONJOINED CRISIS OF COVID-19 & HOMELESSNESS: TOWARDS RACIAL & HOUSING JUSTICE

WITH ANANYA ROY

Ananya Roy addresses the persistent crisis of homelessness in U.S. cities and presents recent research from Los Angeles that demonstrates how the economic and social devastation wrought by the COVID-19 pandemic will greatly worsen the crisis of housing insecurity during this presentation. The crisis of homelessness, as well as that of impending evictions, are disproportionately borne by Black, Brown, and Indigenous communities, making these matters of racial inequality. While public health experts have drawn attention to the dangers of congregate shelters and the need for emergency non-congregate sheltering, what is urgently needed are new visions and models of housing provision. Adopting a Housing First approach, Professor Roy will make a case for how access to housing can be rapidly and significantly expanded, and the principles of racial and housing justice that must undergird such efforts.

Learning Objectives:
- Understand the economic and social impact of COVID-19 on housing insecurity, particularly the disparities faced by Black, Latinx, and Indigenous communities.
- Describe the Housing First approach.
- Identify strategies to expand access to housing in the context of racial and housing justice.

Duration: 34 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=358
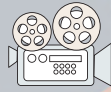
RECORDED PRESENTATION

ADVANCING EQUITY DURING COVID-19: LESSONS & OPPORTUNITIES

WITH TRACY DELANEY

We are seeing dramatic inequities in COVID-19 impacts, with people of color being severely and disproportionately affected. The virus starkly laid bare racial inequities facing this nation which are deeply rooted in structural racism and historic disinvestment. The tragic and unjust deaths of George Floyd, Breonna Taylor, and Ahmaud Arbery catalyzed a broader awareness and awakening of what many of us in the public health field already knew: racism is a public health crisis. How can these confluent, historic events advance equity during the COVID-19 response and beyond? Review this presentation by Tracy Delaney, founding director of the Public Health Alliance of Southern California, to explore real-time learnings and opportunities for Public Health practice to advance equity in this unprecedented moment.

Learning Objectives:
- Identify key data indicators to support an equitable COVID-19 response and recovery.
- Describe public health practices that positioned local health departments to successfully engage with communities most impacted by disproportionate COVID-19 outcomes.
- Identify at least 3 strategies to elevate and begin to address racism as a public health crisis.

Duration: 26 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=355

SELF-PACED COURSE

ADVANCING FOOD SAFETY SYSTEMS FOR PUBLIC HEALTH

The Center for Disease Control and Prevention (CDC) estimates that 48 million people get sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases each year in the US. US consumers report that they consider health professionals as the most trustworthy sources of food safety information, especially for the elderly (older than 65) who are vulnerable to foodborne illnesses.

This self-paced course prepares public health professionals to utilize health risk information related to food safety issues by increasing their general knowledge of the legal basis for food safety regulation. Learners will explore regulatory agencies and food safety laws that ensure the safety of our food and contemporary issues that shape food safety and quality control.

Learning Objectives:
- Examine food safety hazards to identify prevention, control, and mitigation measures available to state and local public health agencies.
- Differentiate key food safety regulatory bodies in the US and their unique legislative authorities, missions, and jurisdictions.
- Identify public health approaches to food safety.

Duration: 1 hour

Continuing Education Information: 1.0 Continuing Competency Credit for CHES; 1.0 CPEU for Registered Dietitians

Created/Updated: 8/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=455

ARCHIVED WEBINAR

BIOETHICS IN THE TIME OF COVID

WITH LINDA AXTELL-THOMPSON

The COVID-19 pandemic has battered the entire world over the last two years, with no clear end yet in sight, though some populations and some locales have fared better than others. This public health disaster has thrown into stark focus many shortcomings in health care policy and delivery across the world, and has raised profound ethical concerns at international, national, state, community, and personal levels. Bioethics has been called to apply its conceptual approaches and deliberative tools to help shape policies and assist decisions with life-and-death consequences "in the time of covid."

Learning Objectives:
- Review basic foundations and theories of bioethics.
- Review applications of bioethics to epidemics and disasters.
- Assess events in the COVID-19 pandemic through the bioethics lens.
- Identify needed changes to better prepare for the "next pandemic."

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 11/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=422

HAWAI'I
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ARCHIVED WEBINAR

BRIDGING THE GAP: HOW TO BUILD & SUSTAIN EFFECTIVE MULTIDISCIPLINARY COLLABORATION

WITH JULIE GERMANN & ERICA OLSON

When professionals, teams and communities collaborate well, they effectively bridge what we call the "justice gap" for victims of interpersonal violence and abuse. Bridging the justice gap through coordinated community responses, or CCRs, results in better outcomes for victims and survivors, more efficient use of limited resources, and healthier communities with less violence. This multidisciplinary approach is shaped by many unique factors such as population, locality, culture, resources, and level of cooperation and commitment of individuals, offices, and systems.

In Part 1 of this two-part training, we will address assessing the needs in your community and identify concrete, foundational supports necessary for effective multidisciplinary and cross-organization/system work. In Part 2, we will share information and evidence-based practices and skills that promote clear and effective communication, diffuse and de-escalate tension, build trust among individuals and disciplines, and result in better outcomes for survivors and communities. We will also learn the three pillars of system change and how teams can use protocol, training, and audits to successfully change the system.

Duration: ~ 4 hours

Continuing Education Information: 4 CECH for CHES

Created/Updated: 5/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=459

HAWAI'I PUBLIC HEALTH INSTITUTE
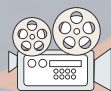
RECORDED PRESENTATION

COVID-19 RESPONSE & ROLLING RECOVERY: CENTERING THOSE MOST IMPACTED & A SOCIAL DETERMINANTS OF HEALTH INFORMED RESPONSE

WITH MELISSA JONES

Public health professionals have warned that the COVID-19 pandemic and the accompanying financial strains of a recession will require an agile response. COVID-19 response and recovery are occurring simultaneously. This session will apply a racial equity lens to pandemic response and share a model from the San Francisco Bay Area focused on COVID-19 responses focused on the Social Determinants of Health. Some have referred to COVID-19 as the great equalizer because viruses don't discriminate. But while viruses don't discriminate, people and policies can and do. The cost of this outbreak has been disproportionately borne by communities of color. Black and brown workers make up the majority of essential personnel and are more likely to be locked into expensive, unstable housing thanks to exclusionary rental and lending practices. This has left a significant percentage of the country unable to shelter in place, forced to continue working and risking infection and transmission. Melissa Jones, Executive Director of the Bay Area Regional Health Inequities Initiative (BARHII), will discuss what rolling recovery means for these workers--and how policies and systems can create protection factors for their health.

Learning Objectives:
- Examine the BARHII Regional Response and Rolling Recovery Plan, which combines public health equity infrastructure and policies to protect the social determinants of health;
- Discuss the Bay Area model of regional response, which focuses on building momentum with early wins and targeted investment in communities with less infrastructure;
- Identify strategies to be led by communities most impacted throughout the rolling pandemic,

Duration: 18 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=356

SELF-PACED COURSE

DATA VISUALIZATION FOR HEALTH EQUITY

Stories from public health data are communicated through data visualizations. These stories are shaped by the perspectives and experiences of those asking the questions, collecting and analyzing the data, and creating the visualizations. Learn to apply a health equity lens through a systematic approach when creating visualizations for public health data to best represent the populations being described.

Learning Objectives:
- Describe a systematic approach to preparing effective data visualizations of public health data
- Apply a health equity lens to the general systematic approach for effective visualization of public health data
- Compare and contrast chart and graph options to match chart strengths to data visualization needs
- Identify resources for continued self-learning

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES; 1.0 CPEU for Registered Dietitians

Created/Updated: 3/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=486

ARCHIVED WEBINAR
FOOD SECURITY & PUBLIC HEALTH
WITH DR. SUSAN MERCADO

Dr. Susan Mercado will provide an overview of how the food system impacts on health outcomes. Different aspects of the food system will be described. Driving forces behind food systems will also be discussed including climate change, conflict, COVID-19 (the triple Cs). The role of the public health in achieving food security will highlight some good practices from Hawaii and other places.

Learning Objectives:
- Understand the definitions of food insecurity, hunger and food access, and how these impact on different population groups by age and race.
- Discuss the determinants of food systems and how food systems can create or destroy health.
- Share good practices in integration of food security in health systems.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES; 1.5 CPEUs for Registered Dietitians

Created/Updated: 4/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=494

SELF-PACED COURSE

FOOD SYSTEMS INITIATIVES TO ADVANCE HEALTH EQUITY

This self-paced course prepares public health professionals to identify interventions for advancing health equity through food system transformation. Explore a variety of initiatives leading to food access and nutrition, stable employment, income supports, and community health. This overview of the drivers of inequalities within the food system helps to focus public health efforts where they are most needed.

Learning Objectives:
- Describe drivers of inequalities in the food system that weaken healthy food environments.
- Identify critical domains that must be addressed for food system transformation to improve diets, nutrition, and health in an equitable manner within planetary boundaries.
- Explain initiatives to increase access to healthy affordable food and reduce food system inequalities at the community level.

Duration: 1 hour

Continuing Education Information: 1.25 CECH for CHES; 1.25 CPEUs for Registered Dietitians

Created/Updated: 8/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=454

SELF-PACED COURSE

HEALTH EQUITY

Disparities in health are prevalent and persistent across the United States. Poverty, discrimination, access to jobs and other resources present obstacles to health and wellbeing for many people. This training is the first module in a series that introduces the concept of health equity and how to apply it in examining and addressing public health issues.

Learning Objectives:
- Define health equity.
- Explore life expectancy and public health.
- Identify ways to use a health equity lens in public health and clinical work.
- Discuss frameworks for improving health equity.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES; 0.5 CPEU for Registered Dietitians

Created/Updated: 4/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=444

ARCHIVED WEBINAR

LGB&T CULTURAL HUMILITY - KNOWING OUR PLACE

— WITH KUNANE DREIER & MADDALYNN SESEPASARA —

Increase your knowledge and skills to effectively interact with LGB&T people, as well as support and provide affirming care and support. This training integrates the unique viewpoints of local and Hawaiian culture as related to māhū. Utilizing the unique viewpoints of our Hawaiian and local cultures, we aim to increase humility and capacity for understanding when engaging with our most vulnerable populations.

Learning Objectives:
- Increase understanding of the culture, family values, and place of our Native Hawaiian māhū community;
- Increase understanding of the differences between cultural and western views of our LGB&T community;
- Tailor existing services and support to better meet the needs of our LGB&T and māhū communities.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES; 1.5 CPEU for Registered Dietitians

Created/Updated: 5/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=497

HAWAI'I PUBLIC HEALTH INSTITUTE

ARCHIVED WEBINAR

PROFESSIONAL ETHICS GUIDING DECISION-MAKING IN DEMENTIA CARE

WITH LINDA AXTELL-THOMPSON

Professional ethics can be a code of principles and well as represent how healthcare professionals handle their conduct with best standards and informed decisions. Professional ethics can be viewed as the best benefit for both the health professional and the client and especially for dementia clients. There are good guiding principles to utilize while engaging in the process of sound ethical decision making.

Learning Objectives:
- Examine what is meant by professional ethics for healthcare professionals.
- Discuss guiding principles and examples of good ethical decision making.
- Review recommendations in dealing with dementia clients with professional ethics and sound ethical decision making outcomes.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 5/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=244

SELF-PACED COURSE

PROFESSIONAL ETHICS, PERSONAL VALUES, AND DECISION MAKING

This training was created for people working in any discipline wanting to learn more about ethics. There is another version of this training designed for health professionals with public health examples and case-scenarios: *Public Health Ethics.*

Ethical dilemmas are persistent in all disciplines. Decision making processes can be very complex, often with conflicts and competing values and interests. In this training, examine ethics and ethical based approaches to decision making. Learn about using ethical frameworks to make decisions confidently and justify decisions with transparency. Explore ways to address ethical challenges respectfully in ways that build trust with all involved.

Learning Objectives:
- Review foundations and theories of moral philosophy and applied ethics.
- Define ethics.
- Examine what is meant by professional ethics (and personal values).
- Discuss guiding principles of ethical decision making.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 9/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=478
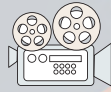
RECORDED PRESENTATION

PROTECTING THE HEALTH OF PEOPLE EXPERIENCING HOMELESSNESS IN THE COVID-19 PANDEMIC

WITH G. ROBERT "BOBBY" WATTS

Homelessness is a public health crisis fueled by racial inequities and society's policy choices. The conditions under which people experiencing homelessness (PEH) live place them at increased risk of exposure to the novel coronavirus. They are also more likely to develop COVID once exposed, and less likely to receive care and have conditions that will enable them to recover. We will review some of the data on PEH's health status, measures taken by providers to protect the health of PEH during the COVID pandemic, recommendations made by CDC and HUD, and partnerships that were formed among health and shelter service providers in the pandemic. We will also explore some of the limited data about COVID and PEH and public health measures that should be taken to protect the health of PEH and to end homelessness.

Learning Objectives:
- Understand homelessness in the broader societal framework and the risk factors affecting health status faced by people experiencing homelessness (PEH)
- Understand some responses to the COVID pandemic by Health Care for the Homeless Programs, Medical Respite programs, local health departments, CDC and HUD
- Evaluate what short- and long-term steps need to be taken to protect the health of PEH as a means to end homelessness

Duration: 32 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=357

SELF-PACED COURSE

PUBLIC HEALTH ETHICS

Ethical dilemmas are persistent in public health. Decision making-processes can be very complex, often with conflicts and competing interests. In this training, examine public health ethics and ethical based approaches to decision making. Learn to use ethical frameworks to make decisions confidently and justify decisions with transparency. Practice addressing ethical challenges respectfully in a way that builds trust with communities and stakeholders through simulated case scenarios. Practice identifying ethical dilemmas and the exploration of solutions.

Learning Objectives:
- Review foundations and theories of moral philosophy and applied ethics.
- Define public health ethics.
- Identify key ethical issues in public health.
- Compare ethics in public health vs health care.
- Examine what is meant by professional ethics (and personal values) for public health professionals.
- Discuss guiding principles of good ethical decision making, including ways to integrate ethical considerations into public health decision making.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES; 1.25 CPEU for Registered Dietitians

Created/Updated: 9/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=458
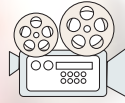
RECORDED PRESENTATION

REFRAMING DISABILITY: IMPLICATIONS FOR CREATING ACCESSIBLE & INCLUSIVE COMMUNITIES

WITH AMANDA KRAUS, PHD

Analyze how we commonly frame disability in society and examine how these frames influence professional practice in this presentation by Melinda Wharton. We will discuss language media, and design and the power of each to shape the disability experience. By analyzing existing systems, we will discuss concepts of universal design and identify ways for participants to increase access by removing the barriers that exclude individuals from participation. Finally, we will review the resources available on the University of Arizona campus to faculty, staff, and students through the Disability Resource Center.

Learning Objectives:
- Frame disability in society and examine how these frames influence professional practice.
- Identify language, media, and design and the power of each to shape the disability experience.
- Identify concepts of universal design.
- Identify ways for participants to increase access by removing the barriers that exclude individuals from participation.
- Identify the resources available on campus to faculty, staff, and students through the Disability Resource Center.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 2/2013

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=228

SELF-PACED COURSE

RURAL HEALTH: EXPLORING THE GROWING DISPARITIES

Gain an understanding of the health disparities facing rural America and some of the determinants of health that factor into the health status of rural communities in this quick course.

Learning Objectives:
- Inform about prevalent health issues that rural residents face.
- Discuss determinants/barriers that factor into rural communities' poor health.
- Present current and potential implementations to improve rural health.

Duration: 30 minutes

Continuing Education Information: n/a

Created/Updated: 12/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=156

SELF-PACED COURSE

SOCIAL DETERMINANTS OF HEALTH

Being healthy is about more than seeing a doctor or personal health behaviors. Access to clinical care actually accounts for only 10-20% of a person's overall health. The rest is shaped by external conditions - where they live and work, how much money they make, or their position in the community. Explore the social determinants of health and their impact on health outcomes in this short course.

Learning Objectives:
- Define the social determinants of health;
- Give examples of ways social determinants of health contribute to disparities in health outcomes;
- Identify strategies to improve systems and policies that affect social determinants of health.

Duration: 1 hour

Continuing Education Information: 1.0 Continuing Competency Credits for CHES, 1.0 credit for RDNs

Created/Updated: 10/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=472

SELF-PACED COURSE

TOWARD UNIVERSAL DESIGN SERIES

Toward Universal Design is a 3-part series starting with a presentation given by Dr. Amanda Kraus, followed by an archived version of a live question and answer session, and finishing with a panel discussion with people discussing their experience living with a disability. Universal design refers to an over-arching set of ideals to create buildings, environments, products and activities that are Universally accessible to all members of society. While this is a hefty goal, this module will help individuals to understand its importance from a disability standpoint.

Learning Objectives:
- Develop a practical understanding of Universal Design (UD) concepts.
- Identify barriers to access and inclusion in physical, technology, and curricular environments.
- Describe the positive and negative impacts of design in personal and professional experiences.
- Use first-hand narrative to explore the impact of design in the disability experience.

Duration: ~2 hours

Continuing Education Information: 2.0 CECH for CHES

Created/Updated: 1/2012

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=150

SELF-PACED COURSE

ANTIMICROBIAL STEWARDSHIP FOR SKILLED NURSING FACILITIES IN NEVADA

National and international organizations have recognized antimicrobial resistance as a growing problem and have published guidelines and recommendations to combat it. Despite the recognition of the merits and benefits of Antimicrobial Stewardship Programs (ASPs), only 48% of all US hospitals currently have an ASP in place. Health care facilities, such as skilled nursing and long-term acute care facilities are the sites that see multi-, extremely-, and sometimes pan-resistant bacteria and therefore carry a high responsibility for proper stewardship of our antimicrobial resources. This course is designed to overcome and address the barriers to facilitate practical implementation of ASPs in the health care setting.

Learning Objectives:
Learners will develop an understanding of antibiotic resistance and antimicrobial stewardship at a local and national level. Learners will also understand the CDC Core Elements of Antimicrobial Stewardship and how to implement it within Skilled Nursing Facilities (SNFs).
- Understand what antibiotic resistance is, and how it has come about.
- Understand numbers and figures from various literature sources regarding antibiotic resistance.
- Become aware of antibiotic-resistant threats.
- Observe what issues have arisen due to antibiotic resistance.
- Understand antibiotic use in Skilled Nursing Facilities (SNFs), and the facts, pros, and cons about antibiotic use in the SNF environment.
- Understand the impact of C. difficile infection within the SNFs.
- Understand the CDC Core Elements of Antimicrobial Stewardship and how to implement them within the SNF environment.

Duration: 45 minutes

Continuing Education Information: n/a

Created/Updated: 7/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=238

LARSON INSTITUTE
HEALTH IMPACT AND EQUITY

ARCHIVED WEBINAR

BEST PRACTICES & SUCCESS STORIES: NATIVE HAWAIIAN UPDATES ABOUT E OLA MAU ASSESSMENT

WITH SHERI DANIELS

Papa Ola Lokahi have been tasked with the re-assessment of outcomes from the E Ola Mau a Mau Assessment. Learn about the initiatives that Papa Ola Lokahi is undertaking to improve the health and wellbeing of Native Hawaiian people and communities. This includes success stories from the Native Hawaiian Health Care Improvement Act.

Learning Objectives:
- Review the updates of the E Ola Mau a Mau Assessment report.
- Summarize best practices and recommendations that have positively influenced Native Hawaiians.
- Share success stories from native Hawaiian Health Care Improvement Act including Resource Mapping Project

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 2/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=193

SELF-PACED COURSE

BEST PRACTICES IN PROGRAM PLANNING FOR LOCAL OBESITY PREVENTION

Evaluators from the Arizona Supplemental Nutrition Assistance Program - Education Arm (SNAP-Ed) provide an overview of their program planning process, specifically as related to re-evaluating and defining the focus of their obesity prevention initiative. This course presents examples of conducting a root cause analysis, developing a logic model, and utilizing the Socio-Ecological Model throughout the process of program planning and evaluation. This course will help learners develop evaluative thinking and understand best practice program planning and evaluation in public health.

Learning Objectives:
- Employ appropriate methods to engage your priority users in program planning for obesity prevention.
- Prepare to create or revise a program logic model that is informed by root-cause analysis and evidence-based theory.
- Appraise your obesity-prevention program's current stage of development as it relates to best-practice planning.

Duration: 45 minutes

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 7/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=144

RECORDED PRESENTATION

COMMUNITY FOOD SOVEREIGNTY ASSESSMENTS

WITH VICKY KARHU

Vicky Karhu introduces how to conduct a Community Food Sovereignty Assessment as a way to realize and document the food and diet-related health story of a community through a community-driven and participatory process of information gathering. The assessment is a conversation-starter, a program planning tool, a fundraising tool, and a way to bring attention to the inter-relationships between a community's food, public health, and future food security. The information can reveal disparities and public concerns, community assets, and economic and health profiles. The results will provide direction for community health and wellness program planning with a focus on the food sources, habits, and needs of community members who will be served by future programs.

Learning Objectives:
This presentation was created to assist tribes working to strengthen their food sovereignty. After watching the presentation, learners will be able to:
- Understand the concept of food sovereignty and how it relates to health.
- Describe the basic seven steps for conducting a Community Food Sovereignty Assessment.
- Determine ways to use the data from a Community Food Sovereignty assessment to improve and strengthen public health and local food systems.

Duration: 30 minutes

Continuing Education Information: n/a

Created/Updated: 10/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=105

RECORDED PRESENTATION

COMMUNITY-BASED PLANNING & EVALUATION FOR WELLNESS

WITH TRISTAN READER

Tristan Reader introduces strategies for involving the community when planning public health projects and programs, and shares the experiences of Tohono O'odham Community Action in creating a common vision, formulating effective strategies, and providing evaluative standards for a healthy Tohono O'odham community.

Learning Objectives:
- Understand the role a community can play in planning public health projects and programs.
- Determine strategies for involving a community involving a community in the planning process.
- Identify activities for formulating a community vision for health.

Duration: 30 minutes

Continuing Education Information: n/a

Created/Updated: 10/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=108

SELF-PACED COURSE

COMMUNITY-BASED POLICY DEVELOPMENT: LESSONS FROM THE FIELD

WITH MERRILL EISENBERG

In this self-paced training, Merrill Eisenberg will help public health advocates understand the policy making process at the state and local levels and to use this understanding to plan policy action to benefit the public's health.

Learning Objectives:
This presentation was created to assist public health workers in navigating policy change. At the end of this presentation, learners should be able to:

- Distinguish between public health and health care policy.
- Describe the policy process in local policy making.
- Define the "Three Streams" theory of policy making.
- Determine potential policies to address community health problems.

Duration: 32 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 10/2017; 2/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=292

RECORDED PRESENTATION

COPE FOOD ACCESS & FOOD POLICY INITIATIVES WITH THE NAVAJO NATION

WITH SONLATSA JIM-MARTIN

Sonlatsa Jim-Martin examines the strategies used by Community Action and Patient Empowerment (COPE) on Navajo Nation to promote healthy, prosperous, and empowered Native communities, Namely, three collaborative approaches are reviewed: 1) robust, community-based outreach; 2) local capacity building and system-level partnerships; and 3) increasing access to healthy foods. COPE promotes access to healthy foods. They are focused on a range of efforts, including supporting the formation of local and regional Food Policy Councils and Wellness Councils, connecting community members on Diné Food Traditions and Farm-to-School initiatives, and mentoring high school youth on food literacy and communications.

Learning Objectives:
This presentation was developed to portray an example of an organization's policy and program initiatives to address food access and disparities in diet-related diseases in Native American populations. After watching this presentation, learners should be able to:
- Describe COPE's food access programs and policy initiatives.
- Identify key health statistics for Navajo Nation and other factors that shape food programs and policy initiatives.
- Understand the role sugary drinks play in health on Navajo Nation.

Duration: 36 minutes

Continuing Education Information: n/a

Created/Updated: 11/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=122

RECORDED PRESENTATION

HEALTHY DINÉ NATION INITIATIVE: EMPOWERING OUR COMMUNITIES

WITH DENISA LIVINGSTON & DANNY SIMPSON

Denisa Livingston and Danny Simpson provide information on the background, process, and future of the Healthy Diné Nation Act of 2014, the elimination of 5% tax on healthy foods, the Community Development Projects Fund Management Plan, and the Healthy Diné Community Wellness Development Project Guideline and Distribution Policy.

Learning Objectives:
This presentation was created to portray a case study in public health policy, particularly for tribes considering implementing a junk food tax as a method of addressing obesity and diabetes disparities.
- Understand the development of the Healthy Diné Nation Act.
- Identify outreach strategies used by the Diné Community Advocacy Alliance.
- Distinguish approved uses of the revenue raised by the Healthy Diné Nation Act.

Duration: 33 minutes

Continuing Education Information: n/a

Created/Updated: 10/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=109

SELF-PACED COURSE

IMPROVING POLICIES & PRACTICES TO SUPPORT BREASTFEEDING

Review current breastfeeding rates in the U.S. and ways to promote increased breast-feeding rates. Specifically, we'll highlight two programs that support women's breastfeeding goals: Baby Friendly Hospitals and Workplace Policies and Support, including "Babies at Work" programs.

Learning Objectives:
- List strategies for implementing successful maternal and infant programs that will promote exclusive breastfeeding
- Propose workplace policies that can support breastfeeding
- Identify assets and resources available to support the implementation of a baby friendly hospital or a workplace breastfeeding policy

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 12/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=378

SELF-PACED COURSE

INTRODUCTION TO STRATEGIC PLANNING

This module provides an introduction to strategic planning. It includes: 1) an overview of terminology, 2) a background about the benefits and uses of strategic planning, 3) and a description of a methodology for conducting planning in simple contexts. It concludes with examples of strategic plans from public health and other agencies.

Learning Objectives:
- Define planning, strategy, and strategic planning.
- Outline why strategic planning is done, as well as the benefits of strategic planning.
- Distinguish between simple, complicated, and complex situations in strategic planning.
- Describe two strategic planning processes:
    - Bryson's 10-Step Model
    - Lynch's Prescriptive Model
- Consider several practical examples of strategic planning.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=145

ARCHIVED WEBINAR

NATIVE HAWAIIAN HEALTH & WELLBEING: PROGRESS AND RECOMMENDATIONS

WITH SHERI DANIELS

Papa Ola Lokahi has completed the update of the 1985 E Ola Mau (EOM) health needs assessment and is calling it E Ola Mau a Mau. The original EOM report is the basis for the Native Hawaiian Health Care Act which was passed by Congress in 1988. Papa Ola Lokahi and the Native Hawaiian Health Care Systems were established as a result and they continue to work to improve the health and well-being of the Native Hawaiian people.

Learning Objectives:
- Review the findings and outcomes of the 2018 E Ola Mau a Mau report.
- Summarize progress made since 1985 in improving the Native Hawaiian Health.
- Discuss the recommendations and strategies to improve Native Hawaiian health and well-being (Mauli Ola)

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 5/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=240

SELF-PACED COURSE

PREPARING FOR THE NEW WORKING WORLD

Based on a foundational framework of a healthy workplace, this course focuses on return-to-workplace principles and strategies and highlights how to improve wellbeing while working-from-home. It features many examples of programs and strategies, including several interviews with corporate health experts. Whether your organization is considering returning to the office or continuing work from home, take this self-paced online course that highlights important strategies and considerations for the workplace as we continue to navigate the COVID-19 pandemic.

Learning Objectives:
- Describe key characteristics of the future working world.
- Recognize the importance of a comprehensive and sustainable health strategy in organizations.
- Define the principles and essential elements of a safe return to the workplace.
- Explain how to create a healthy working from home experience while maintaining a good work-life balance.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 1/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=375

SELF-PACED COURSE

PRIORITIZATION & TIME MANAGEMENT

Prioritization and time management are critical skills for success. Managing your time means that you spend time on your priorities, and that you do not waste time on non-priorities. This training presents time management and prioritization techniques to improve the work activities of local health departments.

Learning Objectives:
- Identify the main components of effective time management.
- Understand the role of time management and prioritization in local health department activities.
- Describe the Eisenhower prioritization technique.
- Utilize a prioritization matrix.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 2/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=90

SELF-PACED COURSE

PROGRAM EVALUATION 101

This training consists of two training modules. The first presents information about the steps and process of evaluation. The second is a virtual role play where you will have a chance to apply the knowledge and skills you learned in the first part of the training.

Learning Objectives:
- Identify best practices for developing a program evaluation, engaging stakeholders, and measuring outcomes.
- Develop S.M.A.R.T. goals for program and program evaluations.
- Explore different methods and common challenges related to program evaluations.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 3/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=176

LARSON INSTITUTE
HEALTH IMPACT AND EQUITY

ARCHIVED WEBINAR

PUBLIC HEALTH CAMPAIGNS AND MOVEMENTS FOR A JUST SOCIETY

WITH SARI BILICK

The Nevada Public Health Training Center is pleased to share a recording of the February 2019 Public Health ECHO presented by Sari Bilick. This webinar will discuss the work of Human Impact Partners (HIP) and their theory of change which centers power and building power to create health for all. We will look at two initiatives of HIP — the Health Instead of Punishment Program and Public Health Awakened. These initiatives are calling on the field of public health to look beyond traditional health indicators and focus on health equity and building power while aligning ourselves with social justice movements.

Learning Objectives:
- Introduce Human Impact Partners and their theory of change
- Discuss the health impacts of immigration policies
- Identify Public Health Actions for Immigration Rights (PHAIR) for public health departments

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 2/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=237

LARSON INSTITUTE
HEALTH IMPACT AND EQUITY
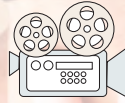
RECORDED PRESENTATION

QUALITY IMPROVEMENT SERIES

This quality improvement series focuses on different quality improvement topics and uses short instructional videos to illustrate strategies organizations can use as quality improvement measures. Each video is a stand-alone topic that blends with the other topics as an instructional series. Topics within the series include:

- Affinity Diagrams
- Brain Writing
- Fishbone Diagrams
- Histograms
- Pareto Chart
- Workplace Refocus
- Radar Charts
- Scatter Diagrams
- Force Field Analysis
- Prioritization Matrices
- Run Chart

Learning Objectives:

- Identify various tools that may be used to compare data within your organization.
- Differentiate between various tools for identifying problems, organizing ideas, and presenting data that can be used in program planning.
- Describe ways in which you can prevent fatigue in the workplace.

Duration: 1 hour

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 2/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=151
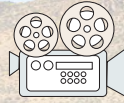
RECORDED PRESENTATION

TOHONO O'ODHAM FOOD SOVEREIGNTY: MOVING MOUNTAINS

WITH TERROL DEW JOHNSON & TRISTAN READER

The founders of Tohono O'odham Community Action (TOCA), Terrol Dew Johnson and Tristan Reader, discuss traditional Tohono O'odham food production, recent efforts to strengthen Tohono O'odham food sovereignty, and the intersection between food sovereignty, cultural revitalization, and community health in this recorded presentation.

Learning Objectives:
This presentation was created to assist tribes working to address diabetes in their communities by strengthening their food sovereignty. After watching this presentation, learners will be able to:
- Identify main elements of the traditional Tohono O'odham food system.
- Understand the impact of the decline of the traditional Tohono O'odham food system on health.
- Determine integral elements of TOCA's programs.

Duration: 42 minutes

Continuing Education Information: n/a

Created/Updated: 11/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=129

ARCHIVED WEBINAR

UTILIZING PALLIATIVE CARE AND NAVIGATING THE OUR CARE ACT

WITH JEANNETTE KOIJANE & HOPE YOUNG

This presentation will help attendees understand palliative care and learn about the Our Care, Our Choice Act.

Learning Objectives:
- Define Palliative Care and who benefits from Palliative Care.
- Define the distinctions of Palliative Care and Hospice when referrals are appropriate.
- Review the process for the Our Care, Our Choice Act for medical aid in dying.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.0 CECH for CHES; 1.5 CPEU for Registered Dietitians

Created/Updated: 2/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=296

SELF-PACED COURSE

ACANTHOSIS NIGRICANS: SCREENING & REFERRAL FOR INSULIN RESISTANCE

Acanthosis nigricans is a skin condition known to be associated with insulin resistance. This training explains more about the condition, and discusses recommended identification and referral techniques.

Learning Objectives:
- Explain how acanthosis relates to diabetes.
- Identify the different levels of acanthuses based on a numeric rating scale.
- Demonstrate skills for screening and referral for acanthosis.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 4/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=173

SELF-PACED COURSE

ADOLESCENT OBESITY-PREVENTION IN THE UNITED STATES

Preventing adolescent obesity is essential to bettering the overall health in the nation. This training will discuss adolescent obesity in the US and highlight three programs that have been successfully implemented specifically for the prevention of adolescent obesity.

Learning Objectives:
- Discuss the short- and long-term consequences of adolescent obesity.
- Describe the prevalence of overweight and obesity in U.S. adolescents.
- Understand the need for adolescent obesity-prevention programs.
- Explain characteristics of effective interventions to prevent overweight and obesity in adolescents.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 10/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=115

SELF-PACED COURSE

ASSESSING FAD DIETS

About 45 million adults go on diets each year, and fad diets promise rapid weight loss with minimal effort. This updated course will help you navigate fad diets, diets that are supported by evidence-based science, and screening tools to identify the difference. Use scenario-based activities to practice identifying fad diets and responding to those interested in them to prevent future health problems or malnutrition.

Learning Objectives:
- Identify key characteristics and hallmarks of a fad diet.
- Recognize different varieties or commonalities of fad diets for both well known and unfamiliar diets.
- Identify components of a fad diet that make it less healthy and potentially unsafe.
- Define evidence-based practice (EBP).
- Apply knowledge of EBP to assess multitudes of fad diets.
- Utilize tools to educate clients abut the safety of fad diets and to help clients identify ways to improve upon specific fad diet recommendations.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES; 0.5 CPEUs for Registered Dietitians

Created/Updated: 9/2017; updated 5/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=391
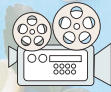
RECORDED PRESENTATION

BLUE ZONE APPROACHES: LESSONS LEARNED FROM THE WORLD'S LONGEST LIVING & ACTIVE PEOPLE

WITH KEOLAMALIE MCCOMBER

Research from extraordinary long-lived communities--Blue Zones-- around the globe highlight the lifestyle, diet, outlook, and stress-coping practices that will add years to your life and life to your years. A long healthy life is no accident. It begins with good genes, but it also depends on good habits. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer with a good quality lifestyle.

Learning Objectives:
- Discuss the Blue Zones regions in the world and the findings for their longevity.
- Summarize nine best practices that positively impact successful aging, active lifestyle, and emotional wellbeing.
- Share success stories from Blue Zones evidence-based research on diet, happiness, and active living.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 1/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=192

SELF-PACED COURSE

BREASTFEEDING EXPOSED! TECHNOLOGICAL ADVANCES IMPACT KNOWLEDGE AND PRACTICE

WITH MADELEINE SIGMAN-GRANT & MEREDITH POLLARO

With the use of current technology we know more than ever that breastfeeding is about more than nutrition. Technological advances in nanotechnology, epigenetics, ultrasound, infant brain imaging and the human microbiome have given us critical information. With all the knowledge that we have, practices need to change as well. Changes in simple practices can lead to increased success for women with breastfeeding. This training presents a case study highlighting areas of practice where interventions can improve breastfeeding success.

Learning Objectives:
- Describe two current technologies that have improved our ability to understand the anatomy and physiology of breastfeeding.
- Describe two practices that can increase the likelihood of success for breastfeeding mothers.

Duration: 30 minutes

Continuing Education Information: n/a

Created/Updated: 9/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=182

SELF-PACED COURSE

CHILDHOOD OBESITY PROGRAMS: COMPARATIVE EFFECTIVENESS OF INTERVENTIONS

WITH BRIAN MANGUM

The overall aim of this presentation is to allow the public health practitioner to choose those prevention methods and settings specific to Childhood Obesity Prevention which are most appropriate to their target audience using evidence-based methods.

Learning Objectives:
- Summarize the rising prevalence of childhood obesity, particularly among at-risk populations, such as ethnic and minority groups.
- Identify the various factors that result in childhood obesity, with an emphasis on environmental factors.
- Describe why, from the public health standpoint, the major goal is prevention as opposed to treatment of childhood obesity.
- Examine which settings are most effective for childhood obesity prevention programs, and apply this knowledge critically to your specific target population given their need and resources.
- Discuss why a settings-based approach that uses multiple settings is more effective than a single setting approach.
- Explain the benefits of using evidence-based approaches to obesity prevention in children.

Duration: 45 minutes

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 10/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=114

SELF-PACED COURSE

EATING DISORDERS: IDENTIFICATION & MANAGEMENT

WITH KATIE STOUT

Eating disorders are serious and often fatal illnesses characterized by persistent disturbance in eating behaviors and associated distressing thoughts and emotions. Katie Stout, MBA, Executive Director of the Center for Hope of the Sierras in Reno, NV, reviews types of eating disorders, signs and symptoms, and treatment methods in this presentation. At the end, you will be asked to complete a role play exercise where you provide information based on the material covered in the presentation.

Learning Objectives:
- Identify diagnostic criteria for anorexia nervosa, bulimia nervosa, binge eating disorder, and diabulimia.
- Identify etiology, epidemiology, and signs/symptoms of eating disorders.
- Explore treatment methods and challenges related to eating disorders.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 3/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=94

LARSON INSTITUTE
HEALTH IMPACT AND EQUITY

SELF-PACED COURSE

HAWAI'I ELDERLY EVIDENCE-BASED HEALTH PROMOTION PROGRAMS

Explore two evidence-based health promotion programs that have been successfully implemented in Hawaii. The successes and challenges of the two programs will be presented, giving you ideas for the successful implementation in your own community.

Learning Objectives:
- Review two evidence-based programs being integrated through a statewide Hawaii initiative.
- Discuss the development of Hawaii Healthy Aging Partnership and its activities.
- Distinguish Hawaii Healthy Aging Partnership successes and challenges for better use by other partners.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 10/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=139

SELF-PACED COURSE

HELPING HANDS FOR THE HOMELESS: INFORMATION ABOUT FOOD ASSISTANCE PROGRAMS DEDICATED TO THE HOMELESS

This course provides an overview of homelessness and food insecurity, discussing the benefits and barriers associated with creating a food program for the homeless. Various food programs in the United States are highlighted as examples, and resources for starting food programs for the homeless are provided.

Learning Objectives:
- Identify the correct definition of homelessness.
- List some of the prominent causes of homelessness.
- Describe the link between homelessness and food insecurity.
- Summarize the possible benefits of creating a food program for the homeless.
- Explain the barriers that are associated with creating a food program for the homeless.
- Compare and contrast varying examples of food programs for the homeless that are well established within Southern Arizona, as well as on a national level.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 6/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=101

SELF-PACED COURSE

IMPROVING ACCESS TO HEALTHY FOOD FOR COMMUNITIES USING FARMERS' MARKETS

Become familiar with a variety of food programs that can be used at Farmers' Markets while learning the benefits of Farmers' Markets and ways to promote Farmers' Markets within your community.

Learning Objectives:
• Identify food programs that can be used at Farmers' Markets.
• Describe the benefits of Farmers' Markets.
• Examine ways to promote Farmers' Markets within your community.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 5/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=140

SELF-PACED COURSE

IMPROVING COMMUNITY FOOD SECURITY THROUGH COMMUNITY & SCHOOL GARDENS

A food system consists of the entire process from which food moves from farm to fork. This includes the production of food such as growing and harvesting, processing the food to increase its value, and packaging raw and processed food. This training is designed to provide knowledge and tools needed to improve community food security using community and school gardens.

Learning Objectives:
- Identify the benefits of local food systems, including community and school gardens specifically, to public health, the environment, and the economy.
- Identify key indicators for data collection to evaluation the impact of community and school gardens.
- Explain the process for gaining School Garden Certification.
- Explain the role of comprehensive plans and zoning regulations in establishing community and school gardens.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 9/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=133

SELF-PACED COURSE

INCREASING LOCAL FOOD IN HOSPITALS & CLINICS FOR HEALTH & NUTRITION

Health care institutions have the potential to play an influential role in creating a healthier food system. Hospitals have large food service budgets, reach a large population, and are trusted authorities on health issues, created for the purpose of preserving wellness. This course is designed to provide knowledge and tools needed to increase the use of healthy, local food in healthcare facilities.

Learning Objectives:
- Understand the policies that direct health care facilities' involvement in community health initiatives and local food systems.
- Identify positive food safety practices for produce farms that are potential suppliers for farm-to-institution initiatives.
- Identify strategies for local food procurement for farm-to-hospital initiatives.
- Identify strategies maximizing the access of low-income community members to local produce sold in farmers' markets on hospital campuses.

Duration: 50 minutes

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 9/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=132
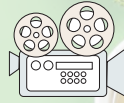
RECORDED PRESENTATION

MY PLATE AND THE MEDITERRANEAN DIET: A NUTRITIONAL PARTNERSHIP

WITH CHRISTY WILSON

This short informational video discusses strategies that public health professionals can use in directing individuals in using the My Plate food model in cooperation with the Mediterranean Diet model in promoting healthy food choices for families.

Learning Objectives:
- Gain valuable knowledge related to using the My Plate food model and the Mediterranean diet.
- Develop intervention strategies that will assist in promoting healthy eating habits with clients, employees, and families that have questions regarding utilizing dietary models.

Duration: 5 minutes

Continuing Education Information: n/a

Created/Updated: 11/2015

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=143

SELF-PACED COURSE

NATIVE FOOD SOVEREIGNTY

Environmental factors and federal policies have had a large impact on the health and cultural identity of our Indigenous populations. With increasing rates of diabetes, obesity, and cancer in Native American communities, strengthening Native food systems offers an opportunity to improve Native economies, health, and culture. This course is meant to give an overview of how health departments and public health workers can help strengthen Native food sovereignty, for the purpose of improving Native health and revitalizing Native cultures.

Learning Objectives:
- Identify contributing factors to the high prevalence of diet-related diseases in Native Americans.
- Introduce how to use a Food Sovereignty Assessment to identify a community's food system assets.
- Identify funding sources for projects aimed at strengthening Native food sovereignty.
- Explain how tribal food policies can be used to strengthen Native health.
- Provide examples of how knowledge of Native foods can be used to improve food sovereignty.

Duration: 45 minutes

Continuing Education Information: 1.0 CECH for CHES, 1.0 CPEU for Registered Dietitians

Created/Updated: 3/2017; 11/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=420

SELF-PACED COURSE

NUTRITION & MENTAL HEALTH

There are many factors related to the prevention and treatment of mental health and substance use disorders, and there is developing evidence that nutrition plays a role. This series of modules is designed to introduce evidence connecting nutrition to the treatment and prevention of depression, anxiety, and substance use disorders. The final module concludes with practical public health applications.

Learning Objectives:
- Describe benefits of adequate nutrition with common behavioral health disorders.
- Recognize nutrients identified as important to the prevention and treatment or management of depression, anxiety, and substance use disorders.
- Identify foods important to people receiving treatment for anxiety, depression, and substance use disorders or those who are at risk for these disorders.
- List ways to integrate nutrition and mental health approaches in public health organizations.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES; 1.25 CPEU for Registered Dietitians

Created/Updated: 4/2019; updated 3/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=433

SELF-PACED COURSE

NUTRITION ASSESSMENT METHODS

Nutrition assessment is a useful and important tool to assess a person's food intake or to reveal patterns in food intake for a group or population. This training will review various nutrition assessment methods and present benefits and limitations for their use in different settings. This training will also present ways of using nutrition assessment in local programs.

Learning Objectives:
- Define and identify differences in various nutrition assessment methods.
- Recognize potential measurement issues in nutrition assessment.
- Apply the most appropriate nutrition assessment method given a particular situation.
- Discover new approaches and technological advances in nutrition assessment methods.
- Identify ways nutrition assessment can be used to improve local programs.

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES; 0.75 CPEU for Registered Dietitians

Created/Updated: 1/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=424

SELF-PACED COURSE

OBESITY IN HMONG & OTHER SOUTHEAST ASIAN COMMUNITIES

Familiarize yourself with factors that increase risk of obesity in Hmong and other Southeast Asian communities in the United States in this short course.

Learning Objectives:
- Describe the consequences and seriousness of obesity
- Explain cultural differences of the Hmong and other Southeast Asian populations compared to non-Hispanic White Americans
- Address how acculturation and cultural differences cause barriers in healthy eating habits and behaviors, as well as increase risk of obesity
- Explain the relationship between Southeast Asian history and obesity
- Discuss the inadequacy in research, data, and programs to better obesity prevention in Hmong and other Southeast Asian populations

Duration: 30 minutes

Continuing Education Information: n/a

Created/Updated: 12/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=155

SELF-PACED COURSE

REFUGEE NUTRITIONAL CHALLENGES & STRATEGIES TO OVERCOME THEM

This course helps public health workers and/or volunteers to identify common nutritional challenges refugees experience upon resettlement. Strategies to address various challenges including difficulty navigating a new food environment, lack of food safety knowledge, food preparation difficulties, and nutrition knowledge deficit will be addressed. The importance of conducting a needs assessment and various assessment tools will be discussed.

Learning Objectives:
- Learn common nutritional challenges refugees face upon resettlement.
- Recognize difficulties refugees encounter upon arrival to a new food environment.
- Apply strategies to help refugees overcome common nutrition challenges.

Duration: 20 minutes

Continuing Education Information: n/a

Created/Updated: 3/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=102

SELF-PACED COURSE

SKATEBOARD PARKS 101

WITH NATALIE KRISHNA-DAS

Skateboarding has become increasingly popular. Many local parks & recreation, as well as public health organizations will benefit from learning about the skateboarding culture including; skateboarding lingo, skateboard park design and maintenance, and policy and regulation information connected to the culture. This course provides learners with information that will aid in understanding the culture of skateboarding and the policies centered around skateboard parks. Information about different aspects of skateboarding, park design, and statistics are provided.

Learning Objectives:
- Understand the culture of skateboarding.
- Become familiar with policies that govern the maintenance and oversight of skateboard parks.

Duration: 30 minutes

Continuing Education Information: n/a

Created/Updated: 8/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=86

SELF-PACED COURSE

STRATEGIES FOR IMPLEMENTING PUBLIC HEALTH NUTRITION & PHYSICAL ACTIVITY PROGRAMS FOR ADULTS

The course highlights two case examples of best practices in nutrition and physical activity programs for adults. The programs will be reviewed compared based on their strengths, challenges, future needs, and areas for potential growth.

Learning Objectives:
- Identify ways to incorporate nutrition education into a food aid program.
- Determine ways within a program to provide additional connections for underserved populations.
- Examine the use of marketing and technology in nutrition and physical activity programs appropriate for the target population.
- Apply aspects of two "best practices" examples to your current program or program planning.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 10/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=137

SELF-PACED COURSE

THE ROLE OF HEALTH APPS IN DIETETICS PRACTICE

This training discusses the use of Mobile Health Apps to enhance nutrition intervention. Learn best practices to use when introducing health apps to clients, discuss a screening tool that can be used to gauge the usefulness of various Health Apps for your clients, and participate in a simulated role play experience introducing a Health App to your client.

Learning Objectives:
- Assess the usefulness of different types of health, wellness, and physical activity applications.
- Select appropriate and evidence-based applications to recommend to clients.
- Determine whether the use of nutrition and physical activity applications can enhance nutrition intervention based on each individual client.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 3/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=83
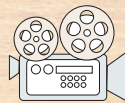
RECORDED PRESENTATION

TOOLS AND APPROACHES TO OPTIMIZING NUTRITION EDUCATION

WITH YAEL GREENBLATT

This training will inform nutrition educators about the most effective approaches to nutrition education based on current literature, in order to develop the skills and plans necessary to implement these approaches. There are nutrition education tools and approaches available to public health professionals that can be used to improve the nutrition of families. The video will demonstrate some of those tools and approaches and provide examples of agencies already operating to provide effective nutrition education.

Learning Objectives:
- Learn strategies to make nutrition education more meaningful and effective in your community.
- Identify and compare WIC nutrition education techniques.
- Identify the most effective educational approaches based on research findings.
- Describe recommendations for nutrition education.

Duration: 35 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 3/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=141

SELF-PACED COURSE

WEIGHT MANAGEMENT DURING AND AFTER PREGNANCY

Excess weight gain during pregnancy and excess weight retained after pregnancy can contribute to lifelong development of obesity and increasing cycles of obesity and diabetes in mothers and children. This training reviews body mass index (BMI), prevalence of obesity in women, health consequences of excess weight in pregnancy, guidelines for weight management during and after pregnancy, and components of effective community-based postpartum weight loss programs.

Learning Objectives:
- Define overweight and obesity in pregnancy and recommended weight gain guidelines.
- Define overweight and obesity in the postpartum period and safe weight loss recommendations.
- Identify health risks associated with excess weight gain in pregnancy and retaining weight after pregnancy.
- Evaluate components of effective community-based postpartum weight loss programs.

Duration: 1 hour

Continuing Education Information: 1.0 Continuing Competency Credit for CHES; 1.0 CPEU for Registered Dietitians

Created/Updated: 6/2017; 7/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=398

SELF-PACED COURSE

WORKING INTERPROFESSIONALLY FOR OBESITY CARE

Build a working knowledge for facilitating an interdisciplinary, team-based approach to obesity management through this course. The training presents the range of skills needed for an interdisciplinary obesity management team and six strategies to improve interdisciplinary care.

Learning Objectives:
- Identify the range of skills needed for an effective interdisciplinary obesity management team.
- Demonstrate how to improve services within the interdisciplinary team.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 4/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=171

SELF-PACED COURSE

YOUTH SPORTS & PUBLIC HEALTH

Review the connection between youth sports and public health and ways that local health departments may work with youth sports organizations to improve health. Learn how national public health goals are in line with youth sports participation, ways to consider equitable access to youth sports, and how youth sports organizations can support positive mental and physical health. Develop your skills to strengthen connections between local health departments and sports organizations and support equitable sports participation.

Learning Objectives:
- Describe how youth sports participation aligns with national public health goals.
- Explain disparities that exist in youth sports participation nationally.
- Propose public health approaches to improve equity in sports participation in your local community.
- Implement public health systems to support positive mental and physical health in participating athletes.

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES; 0.75 CPEUs for Registered Dietitians

Created/Updated: 5/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=392

SELF-PACED COURSE

ACTIVE LEARNING STRATEGIES USING VIDEO

Help support learners as they put the information they have learned into practice. In this course, we explain differences between teaching with video alone versus using active learning strategies with videos. Sample activities are demonstrated with existing videos produced by the WRPHTC on "preparing healthy foods on a budget." The videos are available for download in English and Spanish as a resource for this training. Activities presented are customizable for use with any videos you may be interested in using as part of group education.

Learning Objectives:
- Describe how youth sports participation aligns with national public health goals.
- Explain the ways that video and interpersonal interaction influence learning.
- Describe two active learning strategies to use when teaching with video.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 10/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=210

SELF-PACED COURSE

AN INTRODUCTION TO EFFECTIVE PROFESSIONAL COMMUNICATION

Being professional is much more than appropriate dress and the degree you earned; it's how you interact and respond to the environment and people around you. This training module is to prepare you for the workplace, or to give you a refresher on effective, professional communication in the workplace.

Communication is at the core of effective public health practice, and effective public health communication has been recognized by many public health leaders as a requirement to promote health and protect the public.

Learning Objectives:
- Understand the role of emotional intelligence plays in professional communication
- Recognize ways to engage professionally in the workplace
- Identify five components of proper email communication in a professional setting

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 6/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=318

SELF-PACED COURSE

BUILDING COMMUNITY LEADERS: AN ADVOCACY GUIDE

"Building Community Leaders" is designed to get people comfortable advocating for change in various settings and to empower community members to make healthy changes in their communities. This training was adapted from the Maricopa County Department of Public Health Community Leaders Training for this online format by the Western Region Public Health Training Center.

Learning Objectives:
- Describe public health and community health.
- Define advocacy.
- List the steps to advocate for an issue.
- Utilize a SWOT analysis to identify strengths and weaknesses within a community.
- Practice communicating effectively in various settings (meetings, communicating with the right people, limited time).
- Identify the benefits of storytelling when advocating for an issue.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES; 1.0 CPEUs for Registered Dietitians

Created/Updated: 2/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=425

This course is also available in Spanish:

> ### CONSTRUYENDO LÍDERES COMUNITARIOS: UNA GUÍA DE ABOGACÍA
> "Construyendo líderes comunitarios" está diseñado para que las personas se sientan cómodas abogando por el cambio en varios entornos y para empoderar a los miembros de la comunidad para que realicen cambios saludables en sus comunidades.
> https://learn.wrphtc.arizona.edu/course/view.php?id=451

SELF-PACED COURSE

COMMUNICATING WITH PARENTS & CAREGIVERS ABOUT WEIGHT

Positive interactions with families to discuss their child's health can make the difference in promoting positive change, improving health, and reducing overweight and obesity. Sometimes these conversations can be difficult or may feel uncomfortable. Building communication skills can help reduce discomfort and improve confidence in communicating with families about their child's weight and overall health. This training will discuss communication strategies, and provide the opportunity to practice conversations through simulated case examples.

Learning Objectives:
- Practice principles for effective communication: trust, active listening, positive psychology, and a strength-based approach.
- Adjust communication strategies based on stages of change or readiness to change.
- Utilize communication tools including growth charts and other visual aids.
- Explore the idea of cultural safety as it relates to communication.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 10/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=344

SELF-PACED COURSE

COMPOSING A SCIENTIFIC PAPER

The goal of this training module is to help you organize your information and synthesize your work for presentation in a public health scientific paper. It details essential topics such as formatting, and it discusses strategies such as critical thinking that can facilitate good writing.

We recommend checking out the training on "Identifying a Research Question" before taking this course.

Learning Objectives:
- List the required section titles of a scientific paper.
- Utilize strategies and tools to compose the main body of a scientific paper.
- Utilize appropriate writing styles to synthesize content.
- Identify tools for organizing literature reviews.
- Explore citation styles.

Duration: 50 minutes

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 10/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=352

ARCHIVED WEBINAR

CRISIS & EMOTIONAL INTELLIGENCE: A FAMILY PERSPECTIVE

WITH ANISA WISEMAN

This presentation will discuss crisis intervention, emotional intelligence and how to work with patients in crisis.

Learning Objectives:
- Learn what crisis intervention means and how it is applied within our community
- Identify and learn some coping skills to put into your toolbox
- Learn how to communicate during a crisis
- Define emotional intelligence and identify aspects of it within themselves
- Discuss aspects of emotional intelligence within themselves and others

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 5/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=308

SELF-PACED COURSE

DESIGNING A PUBLIC HEALTH POSTER

A poster is a common communication tool in academia used to represent your work through a combination of brief text and graphics, supplemented by an oral presentation. Posters are widely used at conferences and universities to summarize research, programs, and other initiatives. This short training will provide a quick overview of tools and strategies to design an engaging poster.

Learning Objectives:
- Define the purpose of a poster.
- List essential content to include in a poster.
- Describe best practices in poster layout and design.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 9/2020; 8/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=346

SELF-PACED COURSE

EFFECTIVE ADVOCACY IN THE CONTEXT OF CHILDHOOD OBESITY PREVENTION

Public health advocacy includes promoting education, processes, and legislation that are designed to improve the general health of people living within a defined geographical location. The process of advocacy also involved identifying potential threats to the health of people living in the community and communicating to others to the seriousness of those threats. This training will help you develop advocacy skills and strategies that can be used in community advocacy. Examples are presented in the context of childhood obesity prevention.

Learning Objectives:
This training will teach you to advocate for policies, interventions, or resources to benefit the public health by helping learners:
- Explain when and why advocacy is necessary.
- Develop a plan for advocacy.
- Explore ways to display data to inform policy development, community engagement, and collaboration.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 8/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=242

SELF-PACED COURSE

IDENTIFYING A RESEARCH QUESTION

This training is designed as as the first module of a 4-part series that includes *Composing a Scientific Paper*, *Designing a Public Health Poster*, and *Preparing and Submitting an Abstract*. This module introduces the concept of critical thinking, the 4Cs rule, a skill that can be utilized to identify a research question for a study or project. It will also introduce types of research questions and the research approach.

Learning Objectives:
- Identify the purpose and components of a scientific paper.
- Utilize critical thinking to identify a research question.
- Utilize appropriate language to present the research question.

Duration: 20 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 10/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=351

SELF-PACED COURSE

INTRODUCTION TO DATA VISUALIZATION

Data visualizations make data easier to understand for people like policy makers, journalists, and community members. This training provides an introduction to data visualization, why it is important in public health, and how to identify the proper type of visualization for the data you're examining through examples and scenario-based exercises.

Learning Objectives:
- Define data visualization
- Discuss why data visualization is important for public health
- Identify various settings and styles of data visualizations
- Identify types of data visualizations and when to use each one

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES; 1.0 CPEU for Registered Dietitians

Created/Updated: 5/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=393

SELF-PACED COURSE

INTRODUCTION TO SCIENCE & HEALTH COMMUNICATION

This online short course will cover topics including: how science/health communication happens, who does it, the challenges of communicating science/health, science literacy and best practices for effectively communicating science/health information to the public.

Learning Objectives:
- Recognize that effective transfer of knowledge is active and engaging.
- Critique the premise that science and health communication aids the public in making informed decisions that have a direct impact on public health policy.
- Understand the process of science/health communication.
- Describe how to avoid common mistakes when communicating science and health to people.

Duration: 40 minutes

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 12/2015

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=170

ARCHIVED WEBINAR

KEEPING EQUITY AT THE FOREFRONT: HOW LOCAL HEALTH DEPARTMENTS CAN HELP CREATE THE NEW NORMAL

WITH KATHERINE SCHAFF

Berkeley Media Studies Group studies how the media portrays public health issues and supports public health practitioners, advocates, community groups, youth leaders, and other interested in shifting the public debate on health and social justice issues. COVID-19 creates unprecedented communication challenges for public health and creates opportunities to speak powerfully about the need to create a new normal, that is equitable, inclusive, and offers everyone the opportunity to be healthy. This session will focus on resources that help public health practitioners communicate more effectively about COVID-19 as it intersects with other important health issues so we can shape the debate and create a new normal that centers racial and health equity.

Learning Objectives:
- Distinguish media advocacy from other approaches to health communications.
- Apply strategy and messaging tools that provide the foundation for a strategic approach to communications.
- Explore tools to communicate more effectively about COVID-19 and racial and health equity.

Duration: 36 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=363

SELF-PACED COURSE

LGBTQ+ AND INCLUSIVE LANGUAGE

The LGBTQ+ population faces disproportionate health risks. Stigma, discrimination, and a general lack of understanding of specific needs of the LGBTQ+ population reduces access to safe healthcare and services. Learn about health disparities faced by the LGBTQ+ population and the health consequences of ongoing stigma and discrimination. Familiarize yourself with current terms and practice using language appropriately to contribute to improving health equity for the LGBTQ+ population.

Learning Objectives:
- Demonstrate appropriate use of language related to LGBTQ+ identities
- Summarize health risks disproportionately impacting LGBTQ+ communities
- Explain the effects of stigma and discrimination on the health of LGBTQ+ communities

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES; 1.0 CPEU for Registered Dietitians

Created/Updated: 8/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=450

Arizona Center for Tobacco Cessation

PUBLIC HEALTH
CERTIFIED QUALITY
LEARNING NAVIGATOR

ARCHIVED WEBINAR

MEDIATION SKILLS: PEACEFUL RESOLUTION & SOOTHING COMMUNICATION TIPS

WITH TRACEY WILTGEN

Mediation is at the core of dispute resolution. By educating and helping people to resolve conflict, their quality of life is enhanced, as well as that of their family, friends, neighbors, and co-workers. The Mediation Center of the Pacific, Inc. provides Hawai'i residents with peaceful approaches to working through conflict through programs and processes that meet the unique needs of Hawai'i's culturally diverse population.

Learning Objectives:
- Discuss the techniques for good negotiation and dispute resolution.
- Examine how to practice processes needed to advance negotiation to peaceful resolution.
- Share case studies of how people have negotiated and resolved conflict creatively.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 6/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=197

SELF-PACED COURSE

MICROAGGRESSIONS: TRANSFORMING THE MINDSETS OF ADULTS WORKING WITH STUDENTS

Take a dynamic look at microaggressions from a youth and student perspective and examine how microaggressions affect rapport building with adults. Learners will gain understanding in how youth may respond to microaggressions and action steps to how youth-serving professionals can transform these negative instances into a more affirmational approach. This course will also touch upon strategies to better communicate with youth and students.

Learning Objectives:
- Define and describe microaggressions with youth in mind
- Reflect on everyday examples of microaggressions
- Recognize what microaggresions look and sound like
- Interrupt microaggressive behavior
- Transform microaggressions into a more strengths-based approach
- Practice microaffirmations in scenario-based learning

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES

Created/Updated: 6/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=394

SELF-PACED COURSE

MOTIVATIONAL INTERVIEWING

Motivational Interviewing is a communication technique that helps empower patients to make desired behavior changes to improve their health. It has been used effectively by professionals to guide changes in many different contexts, including smoking cessation and weight loss. Available literature demonstrates the use of motivational interviewing in patients with diabetes significantly enhances adherence to treatment recommendations and weight loss efforts. This training will get you familiar with the concept of motivational interviewing in the context of weight management.

Learning Objectives:

- Describe the key concepts and steps in motivational interviewing
- Demonstrate ways to lead a client through the steps of motivational interviewing
- Describe how using motivational interviewing can produce better results with patients than other instructional or interviewing methods.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES; 0.5 CPEU for Registered Dietitians

Created/Updated: 8/2021

Link: https://learn.wrphtc.arizona.edu/course//view.php?id=403

This course is also available in Spanish:

ENTREVISTA MOTIVACIONAL

La entrevista motivacional es una técnica de comunicación que ayuda a empoderar a los pacientes para que realicen los cambios de comportamiento deseados para mejorar su salud. Los profesionales lo han utilizado de manera efectiva para guiar los cambios en muchos contextos diferentes, incluido el abandono del hábito de fumar y la pérdida de peso. Este curso lo familiarizará con el concepto de entrevista motivacional en el contexto del control de peso.

https://learn.wrphtc.arizona.edu/course/view.php?id=436

SELF-PACED COURSE

PREPARING & SUBMITTING AN ABSTRACT

Abstracts serve several purposes in academia: summarization, description, sorting, and indexing. Abstracts are designed to highlight key points and sufficient details to classify whether the information is relevant to a readers' clinical or research interests. The focus of this training is to describe two types of abstracts in public health, abstract composition, and lean writing. It will also review the use of the 4Cs rule and the concept of critical thinking to improve abstract composition skills.

We recommend checking out the training module on "Identifying a Research Question" and "Composing a Scientific Paper" before taking this course.

Learning Objectives:
- Identify the appropriate abstract type for your work
- Define the purpose of an abstract
- Describe the appropriate language for writing an abstract
- Identify the appropriate content to include in an abstract

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 9/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=353

SELF-PACED COURSE

RECOGNIZING & CHALLENGING STIGMA

Stigma is an intense human experience. Stigma causes suffering and worsens health. This training focuses on recognizing and challenging stigma. In the first section, we explain what stigma is, how it feels, and how to recognize it. In the second section, we explore the ways stigma is entangled in the practices and assumptions of healthcare professionals, often unwittingly. In our final section, we identify ways that health professionals can help recognize and reduce stigma to improve patient outcomes and improve population health.

Learning Objectives:
- Identify different forms of stigma and explain why they emerge and persist.
- Explore the personal experience of stigma and evaluate your own stigmatizing attitudes.
- Recognize the signs and impacts of stigma in health care and public settings.
- Identify solutions to reducing stigma.

Duration: 1 hour and 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 6/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=309

SELF-PACED COURSE

USING SOCIAL MEDIA FOR HEALTH COMMUNICATION

Social media is an ever-growing outlet that allows people to share whatever they would like with others around the world. Organizations are easily able to spread information about any topic to a very wide audience using social media. This can make sharing health resources and information with your community much more simple, reaching more people, and ideally making a greater impact. This training will teach you 6 rules of social media for creating effective posts. You will have the opportunity to practice identifying components of well-executed posts, learn positive ways to interact with your virtual community, and optionally create and share your own social media post.

Learning Objectives:
- Explain the benefits of using social media to promote initiatives within your organization.
- List the 6 rules of posting on social media.
- Determine the appropriate action(s) to take when interacting with your virtual community.
- Identify components of social media posts that are more likely to be effective for encouraging people to act.
- Construct your own social media post.

Duration: 2 hours

Continuing Education Information: 2.0 CECH for CHES; 2.0 CPEUs for Registered Dietitians

Created/Updated: 5/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=442

SELF-PACED COURSE

BUILDING TRUST IN PUBLIC HEALTH: MARKETING, MEDIA, & COMMUNITY-BASED STRATEGIES

Trust is critical in accomplishing public health goals. You may have heard people say, "If public health does its job right, no one ever really hears about us." This training reframes that statement to:"if public health does its job right, the community has trust in decisions made to improve or protect the health of the community." As public health professionals, we need to consider how we can establish, build, or maintain trust. Through this training learn ways to promote trust in public health with branding strategies, strategic communication with the media, and through community engagement.

Learning Objectives:
- Describe ways a branding strategy is linked to developing public trust.
- Summarize tips to prepare for a media interview.
- Recommend approaches for building community engagement.

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES; 1.0 CPEU for Registered Dietitians

Created/Updated: 4/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=443

SELF-PACED COURSE

CREATING A HEALTHY AND FAIR WORKPLACE CULTURE

The COVID-19 pandemic has left its mark in many ways, not least on the way we work and on workplace culture. Employee wellbeing has become a business priority as employees are re-evaluating their work arrangements and purpose in life. It is not clear yet what long-term impact these significant changes will have on the health and wellbeing of employees. Published studies, survey, and assessments so far have produced varying findings.

Did you know: According to Gartner research in 2021, only 18% of employees indicate they work in a fair work environment.

This course will help you get ready to address the changes in working arrangements and create a healthy and fair workplace culture. It will feature many examples of programs and strategies, and also several corporate case studies. We will conclude with a test of competency and leave you with numerous useful resources for continued learning.

To continue learning more on this topic, after the completion of this training, enroll in "*Towards a Healthy Workplace Culture: Management Strategies and Tools*".

Learning Objectives:
- Recognize the significance of wellbeing strategies to address the future workplace challenges
- Describe key characteristics of a healthy and fair workplace culture
- Apply leadership strategies and practices for better wellbeing

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES; 1.0 CPEU for Registered Dietitians

Created/Updated: 10/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=521

SELF-PACED COURSE

LEADERSHIP FOR SUPERVISORS

Leadership skills better equip people to influence others to develop new skills, realize their potential, and work collectively toward a common goal. This training will focus on building and strengthening leadership skills for mid-level supervisors. Participants will learn what makes an effective leader and techniques for managing work that help support supervisors.

Learning Objectives:
- Identify various leadership strategies to improve team performance.
- Describe ways to facilitate change in the workplace.
- Apply successful methods for managing the work of employees.

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES

Created/Updated: 09/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=335

ARCHIVED WEBINAR

LEADERSHIP TRAINING: COMMUNICATION & NEGOTIATION STRATEGIES

WITH ELIZABETH KENT

Good negotiation skills are important tools and solutions to "sticky" problems in professional communication. Negotiation is at the core of conflict resolution and mediation. This training offers tools of how to become skilled in ways of communication and negotiation, with a focus on consultative negotiation.

Learning Objectives:
- Discuss the four components of negotiation.
- Review the stages of negotiation.
- Explore the assumptions and expectations when negotiating.
- Examine an application of negotiating.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 10/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=103

ARCHIVED WEBINAR

LEADERSHIP TRAINING: PUBLIC HEALTH LAW

WITH LEILA BARRAZA

This training will provide the learner with an introduction to the Network for Public Health Law and how to define public health law as well as understanding and accessing it. The training will also review tools to navigate and implement public health law, describe the the source and scope of powers and the application of public health law.

Learning Objectives:
- Identify different forms of law.
- Describe tools of public health law.
- Examine an application of public health.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 10/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=97

ARCHIVED WEBINAR

LEADERSHIP TRAINING: SUCCESSION PLANNING

WITH JOHN WIESMAN

Succession planning is an important component to have as part of an organization's strategic plan. This training offers a model and best practices on how to implement elements of succession planning systematically

Learning Objectives:
- Distinguish between replacement planning vs succession planning.
- Describe the leadership pipeline model and its components.
- Identify best practices in developing a leadership pipeline.
- Discuss the elements of implementing a succession planning program.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 10/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=107

SELF-PACED COURSE

MAKING THE MOST OF MENTORING

Mentorship programs have the potential to boost employee engagement, train future leadership, and improve retention. Learn about the benefits of mentoring and motivational interviewing as an approach for mentors to guide mentees in clarifying their goals and values and for enhanced communication. This course also presents considerations for ethical practices in mentoring relationships, choosing a mentor, and how to evaluate progress during a mentoring relationship. Many scenario examples are presented throughout the training for perspective and context.

Learning Objectives:
- Define mentoring and its benefits
- List and demonstrate motivational interviewing techniques to enhance communication
- Differentiate mentee and mentor roles and goals as well as the mentoring versus coaching approach
- Evaluate techniques for choosing a mentor and the format: face-to-face or virtual
- Describe ways to evaluate mentoring using a tracking form

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES; 1.0 CPEU for Registered Dietitians

Created/Updated: 1/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=426

SELF-PACED COURSE

PERFORMANCE MANAGEMENT FOR SUPERVISORS

Performance management is an important piece to a successful workplace. Through performance management, supervisors work together with their employees to help them be successful in their assigned position. This training will focus on performance management skills for supervisors working in behavioral health organizations. Participants will learn components of, and tools for, effective management skills to help their employees succeed in the workplace.

Learning Objectives:
- Review the importance of and list effective strategies for identifying and developing employee skills.
- Identify successful approaches for effective employee evaluations.
- Discuss the importance of and methods for providing employee feedback and frequency.

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES

Created/Updated: 7/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=334

SELF-PACED COURSE

PROFESSIONAL DEVELOPMENT FOR SUPERVISORS

Professional development and continual learning is critical to developing new skills, staying up-to-date on best practices, and advancing careers. This training will review techniques to motivate, guide, and develop staff. Participants will learn of workforce development opportunities to guide employees within behavioral health organizations.

Learning Objectives:
- Recognize the importance of motivating employees and identify appropriate methods of motivating employees.
- Describe the most successful approaches for guiding employees and expanding their knowledge and skill levels.
- Identify personal strengths and areas of improvement and know who and how to ask for help when needed.

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES

Created/Updated: 10/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=336

SELF-PACED COURSE

RELATIONSHIPS & INTERPERSONAL COMMUNICATION SKILLS IN THE WORKPLACE

Almost all activities in the workplace take place in the context of relationships. Relationships are built and maintained, bettered or worsened, through communication. Interpersonal communication skills are core competencies for those who are in charge to accomplish the work of the organization. This training will focus on communication and relationships between supervisors and supervisees in behavioral health organizations. Participants will learn components of, and tools for, effective communication to help support successful relationships in the workplace.

Learning Objectives:
- Identify appropriate active listening techniques to use in the workplace.
- Discuss the importance of communication n building and maintaining relationships among supervisors and supervises in behavioral health organizations.
- Identify and use effective conflict management techniques in the workplace.
- Discuss cultural and generational differences at work and identify techniques to improve cooperation and understanding across cultures and generations.

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES

Created/Updated: 7/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=310

SELF-PACED COURSE

SETTING YOURSELF UP FOR SUCCESS AS A SUPERVISOR

Designed to help prepare you to supervise others, this course includes tips for building positive relationships with your team, setting expectations, and reflecting on performance. Whether you're new to supervising others or need a refresher to boost motivation in the workplace, this training will give you an overview of important considerations. You will learn ways to build trust with your team and gain ideas for what to discuss during one-on-one meetings with staff. This training also presents a six part tool that can be used to help employees think about their performance or for your own performance. As your supervisory experience grows, this training will help you consider ways to be more influential in your role. We explain the "Four I's" of transformational leadership originally described by Bernard A. Bass in 1985, which have been used as a guide for countless supervisors to help employees go above and beyond instead of merely completing tasks.

Learning Objectives:
- Describe ways to build rapport and trust with your team.
- Recognize ways to support your team's success.
- Describe how to set expectations for your team.
- Identify ways to evaluate your performance.
- Describe ways to create a motivating work environment.
- Discuss factors that lead to transformational leadership.

Duration: 45 minutes

Continuing Education Information: 0.75 Continuing Competency Credits for CHES, 0.75 CPEUs for Registered Dietitians

Created/Updated: 11/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=421

SELF-PACED COURSE

SYSTEMS THINKING FOR CHILDHOOD OBESITY PREVENTION

One in five children in the US are affected by obesity. Childhood obesity results from multiple factors ranging from individual genetics to national policies. There is not a simple or single solution for the prevention of childhood obesity. Systems thinking is an approach to solving complex problems promoted by researchers and policy makers. This training guides you through taking a systems approach to childhood obesity prevention, and presents ways to think about evaluating your approach.

Learning Objectives:
- Explain how to identify critical leverage points within a system.
- Explain methods for evaluating effectiveness of systems approaches.
- Practice taking a systems approach for childhood obesity prevention.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 11/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=274

SELF-PACED COURSE

TOWARDS A HEALTHY WORKPLACE CULTURE: MANAGEMENT STRATEGIES & TOOLS

Build on your knowledge of a healthy and fair workplace culture and learn strategies to make improvements. This course will prepare you to take steps towards improving workplace culture through assessment and management of psychosocial factors key to a healthy workplace culture: psychological safety, meaning and purpose, inclusive leadership, autonomy, flexibility, and fairness.

Start with our foundational training on "*Creating a Healthy and Fair Workplace Culture*".

Examples of evidence-based interventions and evaluation strategies will be featured in this course. We will conclude with a test of competency and leave you with numerous useful resources for continued learning.

Learning Objectives:
- Identify major psychosocial factors and their impact on employee health and engagement
- Plan and conduct a psychosocial risk assessment
- Evaluate healthy culture interventions and measure outcomes

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES; 0.75 CPEUs for Registered Dietitians

Created/Updated: 10/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=522

SELF-PACED COURSE

EIGHT STEPS FOR DEVELOPING A PROGRAM BUDGET

WITH DARYL MELVIN

Daryl Melvin takes a broad approach to developing an understanding of how to create a budget and the key steps to apply in a budget process in this course. The presentation is intended for all levels of program staff and uses narrative elements to discuss budgeting elements. It highlights that at the core of budget creation is an organization's mission and will assist participants in recognizing mission alignment and outcomes with budget creation.

Learning Objectives:
This presentation was developed to aid public health workers in understanding how to develop and monitor a program budget. After participating in this presentation, learners will be able to:
- Define a program budget and its function.
- Distinguish the relationship between a program's mission and budget.
- Identify the key steps in creating a program budget.

Duration: 20 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 11/2017; 12/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=289
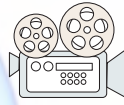
RECORDED PRESENTATION

RETURN ON INVESTMENT

This blended learning series details the different topics relating to Return on Investment. Join Dr. Patrick Bernet as he lectures on topics ranging from Introduction to Cost Effectiveness to Creating a Research Project and topics in between. The following is a list of courses in this series:
- Introduction to Cost Effectiveness
- Working with Costs
- Principles of Cost Effectiveness Analysis
- Health-Related Quality of Life Measures
- Calculating Quality Adjusted Life Years (QALYs)
- Finding the Data You Need
- Probabilities and Models
- Working with Data
- Sensitivity Analysis
- Presentation and Reports

Learning Objectives:
- Provide learners with the tools to effectively train users on calculating return on investment topics.

Duration: 8 hours

Continuing Education Information: 8.0 CECH for CHES

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=175

SELF-PACED COURSE

WRITING A PERSONAL BUDGET: STRATEGIES & CONNECTIONS TO HEALTH

Do you want to improve your personal finances or help others improve theirs? This training will provide you with tools to create a personal budget and identify ways to improve your financial health. The training also provides information about health behavior theory as it relates to improving financial health and background information about financial health and stress. We also present ideas for incorporating budgeting trainings into public health programs.

Learning Objectives:
- Describe the negative effects of financial stress.
- Apply health behavior theory to personal financial health.
- Create a personal budget and identify ways to improve personal financial health.
- List public health programs that may incorporate personal budgeting concepts as part of health promotion.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 3/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=291

SELF-PACED COURSE

ADOLESCENT OBESITY PREVENTION IN SCHOOLS

In the United States, the percentage of adolescents affected by obesity has more than triples since the 1970s. A comprehensive approach incorporating nutrition and physical activities in schools best supports the health and well-being of adolescents. This training will review physical activity and healthy eating guidelines for adolescents and how they can be implemented in schools to promote health.

Learning Objectives:
- Discuss the prevalence of adolescent obesity in the U.S.
- Discuss the components of MyPlate.
- Communicate recommendations for physical activity for adolescents.
- Demonstrate ways to improve "seat time" at schools for adolescents.
- Describe policies that promote adolescent obesity prevention.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 2/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=290

SELF-PACED COURSE

ASTHMA 101 FOR SCHOOLS

Asthma is a common chronic disease that affects up to 20% of children in the United States, depending on geographic region. Caregivers of children, including school staff, should have a basic understanding of what asthma is, what asthma triggers are, and a general knowledge of its management. This e-learning course provides training for school personnel who may interact with children with asthma.

Learning Objectives:
This training has been developed to provide a basic overview of asthma and its management. After completing the course, learners will be able to:
- Understand the basic pathophysiology of asthma and identify potential asthma triggers.
- Explain the different between quick relief medication (e.g., albuterol) versus chronic controller medications in the management of asthma.
- Describe how asthma control can be measured or monitored.
- Understand the purpose of an asthma action plan.
- Identify indicators of good asthma control.
- Recognize signs and symptoms of acute asthma and describe basic management.

Duration: 16 minutes

Continuing Education Information: n/a

Created/Updated: 1/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=232

ARCHIVED WEBINAR

CHILDREN'S FOOD INSECURITY IN THE SUMMER: THE ROLE OF CLINICIANS AND HEALTH PROVIDERS IN CONNECTING CHILDREN TO THE SUMMER MEALS PROGRAM

This webinar highlights how clinicians and other healthcare providers who care for vulnerable children can play a role in addressing hunger in the summer months. Presenters discuss food insecurity and describe how to connect children to resources such as the USDA's Summer Meals Program and HRSA's Community Health Center network. Additionally, participants will learn how a community health center can serve as a place where children access meals during the summer months and also be connected to important health and social services.

Learning Objectives:
- Explain how food insecurity impacts children and vulnerable families.
- Describe the purpose of the USDA's Summer Meals Program.
- Identify how children can be connected to sites that serve meals.
- Describe the role clinicians and healthcare providers play in connecting children to summer meals.
- Discuss the role community health centers can play in providing summer meals to children need.

Duration: 1 hour 20 minutes

Continuing Education Information: n/a

Created/Updated: 6/2016

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=100

SELF-PACED COURSE

CHILDREN WITH SPECIAL HEALTH CARE NEEDS

CEREBRAL PALSY

Overview and background information on Cerebral Palsy, medical implications, education and health systems, and home care and treatment.

- Duration: 20 minutes
- Created: 12/2017
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=148

INTELLECTUAL DISABILITY

This presentation provides an overview of the clinical care of children and adults who have intellectual disability, including symptoms and treatment options. The depth of care needed and health systems that can be accessed for care will be discussed along with additional resources for further study.

- Duration: 20 minutes
- Created: 6/2018
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=180

SPINA BIFIDA

This short course provides an introductory overview of Spina Bifida. Signs and symptoms of Spina Bifida will be discussed, as well as treatment approaches that address the emotional, mental, and physical well-being of individuals diagnosed with Spina Bifida.

- Duration: 15 minutes
- Created: 12/2017
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=147

PSYCHO-SOCIAL NEEDS OF PARENTS CARING FOR CHILDREN WITH SPECIAL HEALTH CARE NEEDS

This presentation provides an overview of children with special health care needs and information to help understand challenges for parents and families. Resources for parents and families in southern Arizona are provided.

- Duration: 20 minutes
- Created: 6/2018
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=184

ARCHIVED WEBINAR

HAWAI'I EARLY LEARNING PROGRAMS FOR CHILDREN: CREATING THE SYSTEM OUR CHILDREN & FAMILIES DESERVE

WITH BARBARA DEBARYSHE

A strong early learning system is a wise public investment, returning $3-$8 in long-term benefits for every dollar spent. High quality childcare and preschool programs enhance school readiness, reduce achievement gaps between privileged and disadvantaged children, and can even have lasting effects on learning, behavior, and health in adulthood. Reliable, affordable childcare is also a necessity for working parents. Results of a recent statewide assessment of availability, cost, and quality identified bright spots, as well as critical needs in our learning landscape. Come and learn about hallmarks of quality programs, which of our communities are childcare deserts, and resources for families.

Learning Objectives:
- Review the ways in which high quality early learning programs promote child and family wellbeing.
- Discuss the current state of Hawai'i's early learning system for children age 0-5.
- Share stories about innovative programs in Hawaii and resources to help families locate and pay for preschool and childcare.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 10/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=201

HAWAI'I PUBLIC HEALTH INSTITUTE

ARCHIVED WEBINAR

IMMUNIZATION: SURROUND OUR BABIES WITH VACCINATED FAMILIES

WITH MELINDA WHARTON

Dr. Melinda Wharton, deputy director of the National Center for Immunizations and Respiratory Diseases at the Centers for Disease Control and Prevention, speaks to students and faculty at the Mel and Enid Zuckerman College of Public Health during National Infant Immunization Week (NIIW) in 2011.

Learning Objectives:
Learners will develop an understanding of a strategy used to protect young persons from certain diseases by vaccinating people who come into contact with the child.

- Identify diseases from which we protect young people by vaccinating adults and others around them ("cocooning").
- Describe the rationale for the cocooning strategy.
- Describe the recent epidemiology of pertussis.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 4/2011

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=229

SELF-PACED COURSE

KYAH'S EPICOURSE

Anaphylaxis is life-threatening when students do not have the tools to treat symptoms effectively. Schools keep stock epinephrine auto-injectors in the event that a student is experiencing any symptoms associated with anaphylaxis and do not have access to their own epinephrine auto-injector. This e-learning course provides mandatory training for school personnel designated to administer the epinephrine auto-injector.

Learning Objectives:
This training was developed to assist in teaching school staff about food allergies, anaphylaxis, and the use of stock epinephrine auto-injectors. After completing this course, learners will be able to:
- Define keywords and identify common trigger foods.
- Recognize symptoms of severe allergic reactions and anaphylaxis.
- List the steps for administering an epinephrine auto-injector in an emergency.
- Explain the purpose of the School Surveillance and Medication Program in Arizona school systems.
- Explain the significance these statements: 1) Epi First, Epi FAST; 2) ReACT; 3) Step In, Step Up, Save a Life

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES

Created/Updated: 5/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=495

SELF-PACED COURSE

ORAL HEALTH IN CHILDREN

The purpose of this online short course is to provide students with a brief history of dental health for children, to address key issues in dental health for the maternal and child health population, and to connect Maternal Child Health public health professionals with available disease preventative services.

Learning Objectives:
- Explain the determinants of oral diseases.
- Examine the connections between oral infection and systemic disease in MCH populations.
- Identify disease prevention programs available to MCH public health professionals.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 5/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=178

SELF-PACED COURSE

STOCK ALBUTEROL INHALER TRAINING FOR SCHOOL PERSONNEL

Asthma is life-threatening when students do not have the tools to manage symptoms effectively. The stock albuterol inhaler program provides an albuterol inhaler to be kept in the school health office (e.g., stock albuterol) in the event that a student is experiencing respiratory distress and does not have access to their own rescue inhaler. This e-learning course provides mandatory training for school personnel designated to administer the stock albuterol inhaler.

Learning Objectives:
This training has been developed to assist in teaching school staff about asthma and administration of the stock albuterol inhaler. After completing the course, learners will be able to:
- Understand the basic pathophysiology of asthma and identify potential asthma triggers.
- Explain how quick relief medications (e.g., albuterol) work to treat respiratory distress.
- Recognize mild-moderate and severe respiratory distress.
- Demonstrate the correct technique for administering a metered dose inhaler with a spacer or valved-holding chamber.
- Determine the course of action for managing mild-moderate and severe respiratory distress
- Describe maintenance of the stock rescue inhaler.

Duration: 45 minutes

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 8/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=496

SELF-PACED COURSE

DOMESTIC ABUSE SCREENING & MANAGEMENT FOR PRIMARY CARE

Intimate Partner Violence (IPV) or domestic violence is extremely common affecting women, and sometimes men, of all ages, ethnicities, and sexual preferences. IPV can have physical, mental, and emotional short and long term consequences. Effective screening and assessment is key in identifying the abuse and supporting the victim to access resources to interrupt the cycle of violence. This course provides a toolkit with detailed information for public health providers to become more knowledgeable in screening, documentation, and management practices and patient resources for domestic abuse. The toolkit was developed using California Health and Safety codes and reporting laws and can be revised to reflect the codes and laws of a given state.

Learning Objectives:
- Articulate the pervasiveness and consequences of intimate partner violence.
- Utilize best practices regarding intimate partner violence screening, documentation, and reporting in clinic settings.
- Locate intimate partner resources for clinical settings.

Duration: 1 hours

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 4/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=72

SELF-PACED COURSE

INTIMATE PARTNER VIOLENCE

This training presents information about intimate partner violence and the role of healthcare providers. The assessment includes a virtual role play, where you will have a chance to apply the knowledge and skills you learned in the training.

Learning Objectives:
- Understand the definition of intimate partner violence and the types of controlling and coercive behaviors.
- Identify common medical conditions and clinical signs associated with intimate partner violence, as well as behavioral cues of both the patient and the abuser.
- Develop techniques for effectively screening for intimate partner violence, including responding to disclosures and non-disclosures.

Duration: 45 minutes

Continuing Education Information: n/a

Created/Updated: 1/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=177

LARSON INSTITUTE
HEALTH IMPACT AND EQUITY

SELF-PACED COURSE

SERVING IMMIGRANT VICTIMS OF SEXUAL AND DOMESTIC VIOLENCE

Learners will develop an awareness of the dynamics of domestic violence and sexual violence specific to immigrant populations, to be able to implement appropriate interventions for victims of domestic and sexual violence.

Learning Objectives:
- Understand how the "Power and Control Wheel" defines and outlines intimidation characteristics used by abusers to control their victims.
- Guide immigrant victims of sexual and domestic violence to agencies and resources that support this population.
- Describe to clients the process of applying for residency in the U.S. through VAWA self petitions and U Visas.
- Understand the difference between Legal Advice and Legal Information.
- Practice counseling and guiding clients in understanding the self-petition process outlined in the trainings.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 1/2017

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=96

SELF-PACED COURSE

SEXUAL VIOLENCE TRAINING FOR COMMUNITY HEALTH WORKERS/ PROMOTORAS

This course introduces basic knowledge and skills useful in assisting and responding to victims of sexual violence. The course consists of six self-paced modules, which include reflection activities, videos, self-check questions, and a role-play scenario. A collection of comprehensive resources for further use are included.

Learning Objectives:
- Identify sexual violence and define types of sexual violence.
- Respond appropriately to victims of sexual violence.
- Relate your role to the role of other community partners in responding to and supporting victims of sexual violence.
- Recognize signs of burnout and vicarious trauma and ways to cope.

Duration: approximately 2 hours

Continuing Education Information: 2.0 CECH for CHES

Created/Updated: 11/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=423

This course is also available in Spanish:

CAPACITACIÓN DE VIOLENCIA SEXUAL PARA TRABAJADORES COMUNITARIOS DE SALUD/PROMOTORAS

Este curso presenta conocimientos básicos y habilidades útiles para ayudar y responder a las víctimas de violencia sexual. El curso consta de seis módulos a su propio ritmo, que incluyen actividades de reflexión, videos, preguntas de autocomprobación y un escenario de juego de roles. Se incluye una colección de recursos integrales para su uso posterior.

https://learn.wrphtc.arizona.edu/course/view.php?id=449

RECORDED PRESENTATION

2019 NOVEL CORONAVIRUS: AN INFORMATION SESSION

View the recording from a panel discussion of experts from the University of Arizona's College of Public Health, Campus Health, Banner Health, and the Maricopa and Pima County Health Departments demystifying the 2019 Novel Coronavirus.

Learning Objectives:
- Foster better understanding of the 2019-nCoV outbreak using epidemiologic principles.
- Share reliable information and information sources regarding risk, prevention, diagnosis, and treatment from the WHO, CDC, ADHS, Pima County Health Department, and UA
- Campus Health.
- Promote evidence-based preventative strategies.

Duration: 1 hour 25 minutes

Continuing Education Information: n/a

Created/Updated: 2/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=295

SELF-PACED COURSE

ADDRESSING FLU VACCINE HESITANCY DURING THE COVID-19 PANDEMIC

Seasonal flu vaccination is more important than ever amidst the COVID-19 pandemic. Unfortunately, vaccine hesitancy is a common issue that health care professionals encounter. This training will describe seasonal flu, the flu vaccine, and the synergistic epidemics of COVID-19 and influenza, and introduce strategies to address vaccine hesitance.

Learning Objectives:
- Describe seasonal flu and seasonal flu vaccination.
- Discuss the importance of seasonal flu vaccination during the COVID-19 pandemic.
- Identify reasons for vaccine hesitancy.
- Introduce strategies to address seasonal fly vaccine hesitancy.

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES

Created/Updated: 12/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=370

ARCHIVED WEBINAR

ARIZONA SURGE LINE: A 24/7 TRANSFER SERVICE THAT CROSSES COUNTIES, REGIONS & HOSPITAL SYSTEMS

WITH LISA VILLARROEL

The Arizona Surge Line is a 24/7 toll-free call line that expedites the transfers of patients with COVID-19 across the state of Arizona, load-leveling, and protecting hospitals. The Arizona Surge Line was created and protocolized by the collaboration between Chief Medical Officers and Hospital Transfer Centers across the state and continues to shift and expand over time. The first strategy focused on transfers to higher levels of care and later expanded to lower levels of care to increase the availability of hospital beds. There are now real-time clinical consultations offered, backup transportation provided, a dashboard of all available beds in post-acute care facilities offered, and a novel surge staffing initiative is currently being implemented. The Arizona Surge Line has been referenced extensively in the press by the hospitals themselves and has been partially credited for the sheer amount of collaboration between systems, counties, county, and federal facilities.

Learning Objectives:
- Learn how the load-leveling of resource-heavy patients across hospitals in the state was a collaborative, beneficial project that kept the healthcare system afloat in a state.
- Consider how a similar model could be implemented in public health departments across the country for a minimal cost.
- Explore how a centralized transfer line could be leveraged in other public health emergencies that would cause stress on the healthcare system.

Duration: 25 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=369

ARCHIVED WEBINAR

HOW COVID-19 HAS EXPOSED SOCIETY'S FAILURES TO PROTECT PUBLIC HEALTH

WITH BARRY S. LEVY

The COVID-19 pandemic has starkly exposed what public health workers have known for years: We, as a society, have failed to assure the conditions in which people can be healthy. In his keynote, Dr. Barry Levy will discuss the ways in which COVID-19 has revealed society's failures to protect public health and describe strategies to address these failures to strengthen public health.

Learning Objectives:
- Identify at least five ways in which COVID-189 has revealed society's failures to protect public health.
- Describe at least three ways to strengthen public health.

Duration: 30 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=364

RECORDED PRESENTATION

HOW TO HELP CLIENTS LIVING WITH COMMUNICABLE DISEASES: A GUIDE FOR PEERS & COMMUNITY HEALTH WORKERS

The purpose of this training is to help peers and Community Health Workers (CHWs) understand their role in effectively supporting their clients living with communicable diseases. This training will inform peers and CHWs about high-risk health conditions associated with substance use disorders, special considerations when working with clients who have been diagnosed with a communicable disease, and their role in supporting these clients. In addition, this training will equip peer specialists with appropriate resources to which they can refer their clients when additional support is warranted.

Learning Objectives:
- Describe the basic traits of each of the common communicable diseases among those with substance use disorders.
- List and describe at least three barriers to medication adherence.
- Identify risk factors associated with co-occuring disorders.
- Explain the role of the peers in reducing stigma associated with the common communicable diseases.
- Explain the importance of confidentiality.
- List at least two harm reduction strategies.
- List local resources that are available and appropriate for clients.

Duration: 30 minutes

Continuing Education Information: n/a

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=186

SELF-PACED COURSE

INFECTIOUS AGENTS EXPOSURE REDUCTION TRAINING FOR FIRST RESPONDERS

Learn best protocols to avoid infection, particularly in the context of pathogen exposure prevention for firefighters and EMS responders. Created in collaboration with Dr. Kelly Reynolds, Professor and Chair in the Department of Community, Environment, and Policy, and Director at the Environment, Exposure Science, and Risk Assessment Center (ESRAC), the Tucson Fire Department (TFD), and the Western Regional Public Health Training Center (WRPHTC) at MEZCOPH. Make sure to download the exposure mitigation checklist following the course!

Learning Objectives:
- Identify highly infectious pathogen-specific hazards
- Understand common exposure pathways for first responders
- Compare strategies for reducing exposure potentials
- Distinguish effective infection control protocols

Duration: 10 min.

Continuing Education Information: n/a

Created/Updated: 3/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=431

SELF-PACED COURSE

THE ZUCKERMAN COLLEGE OF PUBLIC HEALTH CONTACT TRACING PROGRAM

The Zuckerman College of Public Health Contact Tracing Program is a 7-module training for Contact Tracers in the State of Arizona. These modules include:
1. Introduction to Contact Tracing
2. Epidemiology of COVID-19
3. Communication Skills
4. Incident Command system
5. Understanding MEDSIS for Contact Tracing
6. Economics of Contact Tracing
7. State Politics of a Pandemic and Contact Tracing

Learning Objectives:
- Describe the purpose of contact tracing
- Identify the four main steps involved in the contact tracing process
- Describe how human to human transmission of COVID-19 occurs
- Recognize individual and population level risk factors
- List at least six effective communication skills
- Describe assertive, passive, and aggressive behavior
- Explain the structure and principles of the ICS
- Navigate the parts of the MEDSIS system relevant to contact tracing
- Explain the economic value of contact tracing
- Assess political values and how they impact the implementation of contact tracing strategies

Continuing Education Information: n/a

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=343

SELF-PACED COURSE

GENETIC COUNSELING & TESTING FOR HEREDITARY CANCER

Identifying individuals at high risk for hereditary cancer is an important public health issue. Genetic counseling and testing can help identify individuals with genetic mutations to help them identify personal and family risks, navigate prevention and early detection of hereditary cancer, and guide individualized treatment options for individuals with hereditary cancer. Health departments can provide information to patients and providers on what hereditary cancer is and the importance of genetic counseling and testing.

Learning Objectives:
- Describe hereditary cancer and hereditary cancer syndrome, including how they are inherited and the increased risk of cancer an individual with a hereditary cancer syndrome has.
- Define genetic counseling and genetic testing and discuss the benefits and limitations of testing.
- Discuss the public health implications, policies, and guidelines surrounding genetic counseling and genetic testing related to hereditary cancer.

Duration: 45 minutes

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 1/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=379

ARCHIVED WEBINAR

A COMMUNITY RESPONSE TO HOARDING DISORDER

WITH LISA O'NEILL

Join Lisa O'Neill, DBH, Associate Director of Research and Education for the University of Arizona Center on Aging, to discuss health and safety issues, assessment tools, and treatment options related to Hoarding Disorder. Curriculum topics and facilitation tips learned from the HOPE Workshop, a 10-week facilitated workshop for people struggling with hoarding behaviors, will be identified.

Learning Objectives:
- Discuss the psychological experience of acquiring and discarding material goods for individuals with Hoarding Disorder.
- Describe key health and safety issues related to a hoarding environment.
- Identify critical curriculum topics and facilitation tips for community-based workshops for adults struggling with hoarding behaviors.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 7/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=256

ARCHIVED WEBINAR

A PRACTICE IN COPING SKILLS: ADDRESSING STRESS & ANXIETY

WITH AMANDA MARTINEZ

Review the importance of self-care and coping skills to manage anxiety with this recorded webinar. Amanda Martinez discusses three distinct ranges of anxiety and skills to use in addressing anxiety at each level. Coping skills for self, others, and keiki are identified and online community resources are briefly discussed.

Learning Objectives:
- Participants will be able to understand the importance of self-care
- Participants will learn skills that are helpful in managing anxiety at the 0-40, 40-60, and 60-100 ranges
- Participants will be able to identify skills for self, others, and keiki
- Participants will be able to identify crisis resources that are available

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES; 1.5 CPEUs for Registered Dietitians

Created/Updated: 3/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=440

HAWAI'I PUBLIC HEALTH INSTITUTE

ARCHIVED WEBINAR

BREATHE & LET GO: MINDFUL FORGIVENESS AS A DAILY LIVING SKILL TO LIVE LIFE ON PURPOSE

WITH JOYI RHYSS

The Mindful Forgiveness workshops is a professional development training designed to teach & promote mindfulness and forgiveness as foundational daily living skills using two research based tools: "Forgive for Good" by Dr. Fred Luskin and "Mindfulness in Daily Living" by Dr. Thao Le. Participants will be introduced to concepts, tools and practices that will allow them to implement a daily mindfulness practice and learn the steps to the Forgive for Good process. Participants will leave with a better understanding of how to let go of unhelpful thinking and be freer to have a more productive relationship with coworkers, family members and clients.

Learning Objectives:
- Practice 3 ways to cultivate mindfulness.
- Identify the 7 steps to forgiveness.
- Identify the importance of the embodied practice of these steps.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES; 1.5 CPEUs for Registered Dietitians

Created/Updated: 4/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=399

ARCHIVED WEBINAR

EMBRACING ALOHA: OPPORTUNITIES FOR COMMUNITY ENGAGEMENT & RESILIENCE

WITH MESTISA C. GASS

Our country has struggled with the negative impact of COVID-19, with widespread disruption in access to mental health care, economic stability, and social connectivity. Hawaiʻi has led the country in positive public health results but continues to struggle with the economic impact, job loss, and the crisis faced by our small businesses. How do we continue to build community engagement and resilience? This presentation will review the factors specific to our island community that has helped create these positive public health and mental health outcomes. It will examine what factors can be considered in other communities, the elements that have been successfully used during this first wave, and helpful tools to consider implementing.

Learning Objectives:
- Discuss factors impacting community engagement and resilience, specific to Hawai'i
- Examine community factors to consider in a public health approach
- Review elements used to build interconnectedness and resilience during COVID-19
- Identify helpful tools to consider for your community

Duration: 35 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=360

ARCHIVED WEBINAR

ESTABLISHING NEW NORMS: ADDRESSING BEHAVIORAL HEALTH NEEDS POST-PANDEMIC

WITH MICHELLE CABRERA

Mental health issues have greatly increased during the COVID-19 pandemic. Michelle Cabrera shares experiences, trends, and lessons learned from the California County Behavioral Health Directors Association.

Learning Objectives:
- Learn how COVID-19 has impacted the delivery of safety net behavioral health services in California
- Learn how California's Public Safety Net has adapted to address shifts in the financing, care delivery, and community needs post-pandemic.
- Share how the public behavioral health safety net can support the role of public health in addressing the needs of both the workforce and affected communities.

Duration: 35 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=361

ARCHIVED WEBINAR

FIRES, MUDSLIDES, EARTHQUAKES, SHOOTINGS: PROMOTING PERSONAL & COMMUNITY RESILIENCE AFTER MASS TRAUMA

WITH PATRICIA HAYNES

Dr. Haynes, an associate professor at the Mel and Enid Zuckerman College of Public Health at the University of Arizona, is a licensed clinical psychologist and behavioral sleep medicine specialist with an expertise in cognitive behavioral therapies for PTSD, depression, and insomnia. She has substantial experience training mental health providers in the areas of sleep and stress recovery. She has a well-established partnership with the Tucson Fire Department, providing services to fire service members and assisting in the establishment of behavioral health policies and programs design to foster firefighter mental health and stress resiliency. During this webinar, she discusses evidence-based approaching to promoting resilience for trauma-exposed individuals.

Learning Objectives:
- Formulate ideas to promote connectedness and hope within your community.
- Describe evidence-based approaches to the promotion of resilience for trauma-exposed individuals.
- Identify five essential elements of short-term mass trauma intervention.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 12/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=233

ARCHIVED WEBINAR

GETTING AHEAD OF HOLIDAY STRESS

WITH ADAM COLES

The holiday season can be a very difficult time for patients, healthcare providers, and families due to increases of personal and professional obligations. This training will educate participants to practice self-care management and de-stress techniques.

Learning Objectives:
- Analyze environmental changes and human circadian rhythms during the holidays.
- Gain knowledge on the psychological impact of the holidays on different populations.
- Understanding the cultural vs. personal meaning of Holy-days.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 12/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=287

ARCHIVED WEBINAR

LIVE YOUR LIFE WELL DIGITALLY

WITH AMANDA MARTINEZ

Reflect and focus on your self-care routines during this recorded webinar with Amanda Martinez, MPH, from Mental Health America of Hawai'i. She discusses 10 proven tools to help better cope with stress, improve one's outlook on life, and have healthy relationships.

Learning Objectives:
- Learn the physiological symptoms of stress.
- Learn helpful tools to address stress.
- Identify digital tools to use when experiencing stress/anxiety.
- Identify resources to support mental wellness.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES; 1.5 CPEUs for Registered Dietitians

Created/Updated: 2/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=439

ARCHIVED WEBINAR

MENTAL HEALTH MINI-TALKS (2020)

THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH, AMY MENDOZA, DBH

We are constantly surrounded by technology. As these devices have evolved to become more integral in our lives, we too have evolved and it's important to consider the ramifications of this evolution. We will discuss negative and positive impacts of social media on mental health, key components necessary to improve healthy uses of technology, and the importance of identifying social service and public health use of social media on specific platforms.

ACES & TRAUMA-INFORMED CARE IN BEHAVIORAL HEALTH, HILARY MAHONEY, MPH

Arizona is above the national average in frequency of Adverse Childhood Experiences (ACE). The foundational ACE Study found a significant link in a high number of these incidents and the presentation of health and mental health symptoms. This presentation will include the ACE science and a brief introduction to understanding behavior health symptoms using a trauma informed lens.

SOCIAL CONNECTIVITY AND MENTAL HEALTH, MELISSA FLORES, PHD

In the past 50 years, science has quantified the robust association of interpersonal social capital on health and well-being. This talk will review compelling evidence linking social connectedness and mental health as well as offer ways to foster social connection both personally and professionally.

THE SHORT- & LONG-TERM EFFECTS OF SEXUAL ASSAULT ON HEALTH & WELLBEING, LISA KISER, DNP

This talk will focus on the incidence of sexual assault in the United States and the short and long term health effects of surviving a sexual assault. It will also address healthcare provider interventions for improving health outcomes for survivors.

THE TRAUMAS THAT ASYLUM SEEKERS FACE, DIEGO PIÑA LOPEZ, MSW, MPA

In the last 4 years, we have seen more extreme changes within policies that will have an everlasting effect. Casa Alitas has served 23,000 asylum seekers who are released from ICE/ Border Patrol and are free to unite with their sponsors (family or friend) within the United States. We recognize that the challenges our guests face to their mental and physical wellbeing are always being determined by policies that are deterrent based and are meant to affect the psych of the migrants.

Duration: 1 hour

Live Event: 1/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=293

ARCHIVED WEBINAR

MENTAL HEALTH MINI-TALKS (2022)
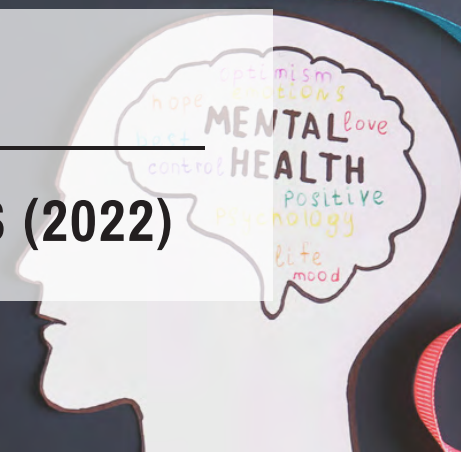
COPING STRATEGIES FOR PUBLIC HEALTH PROFESSIONALS

- Speakers: Patricia Haynes, PhD, and Thaddeus Pace, PhD
- Duration: 1 hour
- Continuing Education Information: 1.0 CECH for CHES; 1.0 CPEU for Registered Dietitians
- Date Released: 2/2022
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=434

ORGANIZATIONAL WELLNESS FOR PUBLIC HEALTH DEPARTMENTS

- Guest(s): Altaf Engineer, PhD, and Rebecca Wolf, PhD candidate
- Duration: 1 hour
- Continuing Education Information: 1.0 CECH for CHES; 1.0 CPEU for Registered Dietitians
- Date Released: 2/2022
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=437

TRAUMA-INFORMED PUBLIC HEALTH PRACTICE

- Guest(s): Patrick Goodman, MC, and Laura Turner, MSN, MHS, RN, PHN
- Duration: 1 hour
- Continuing Education Information: 1.0 CECH for CHES; 1.0 CPEU for Registered Dietitians
- Date Released: 2/2022
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=438

ARCHIVED WEBINAR

MENTAL HEALTH MINI-TALKS: LATINX MENTAL HEALTH (2022)

SLEEP IN LATINX COMMUNITIES, DENISE RODRÍGUEZ ESQUIVEL, PHD, DBSM

Healthy sleep is important to both physical and emotional health and well-being. Sleep in Latinx communities has been understudied, but steps are actively underway to understand the sleep of our community. This talk will discuss some of the ways sleep impacts emotional and physical health, as well as evidence-based techniques to address sleep concerns and ways these techniques are being extended to the Latinx community.

RESILIENCE AND MENTAL HEALTH IN LATINX COMMUNITIES, KARINA DUENAS, MSW

Many Latinx communities face stressors that significantly impact health and wellbeing. These stressors can increase risk of chronic disease and mental illness amongst this population. Latinx communities, however, have innate qualities that help to buffer the impact of stressors on health outcomes. This presentation will provide an overview of stress and social determinants of health impacting the Latinx border communities and sources of resilience present.

YOUTH MENTAL HEALTH IN ACTION, ANNA CAROLINA ORTIZ, MPH

Aliento serves Arizona's vulnerable student population who experience a disproportionate impact of COVID-19– those who come from mixed-immigration status families. Learn about Aliento's Arts and Healing Program which consists of workshops designed to help participants identify their emotions and provide them with coping strategies to help them process immigration-based trauma using a trauma-informed and data-driven model. One of our youth participants shares their experience, learnings, and observations from participating in the program.

MENTAL HEALTH & SUBSTANCE USE DISORDER STIGMA IN THE HISPANIC COMMUNITY, FRANCISCO MORENO, MD

Mental health and substance use disorder stigma and discrimination are pervasive in many societies and cultures, with a special focus on Hispanics in the Southwest. We will define stigma, sociocultural aspects facilitating stigma, and speak of potential strategies that can help shift the negative subjective appraisal often attached to people with lived experience by members of their community, health and social service providers, and the individuals with lived experience.

Duration: 1 hour 45 minutes

Live Event: 11/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=470

ARCHIVED WEBINAR

MENTAL WELLNESS: MENTAL HEALTH SCREENING TOOLS & SOLUTIONS

WITH TRISHA KAJIMURA

Mental wellness is becoming increasingly tricky to maintain in our busy lives, even as stigma decreases and access to care increases. One in five people in the U.S. have a diagnosable mental health condition yet many do not seek treatment. Early intervention is key to both prevention and successful recovery. Screening tools are widely available and can be used to identify potential needs in a variety of settings, including primary care. Mental Health America (MHA) has made ten screening tools easily available to the public online: depression, anxiety, bipolar, PTSD, youth, parent (for child concern), alcohol or substance use, psychosis, eating disorder, and work health survey. Their Screening to Support (S2S) initiative offers users the ability to self-screen and connect with supports in their community.

Learning Objectives:
- Examine MHA's online mental health screening tools and how to interpret individuals' results.
- Discuss screening results and recommendations for both national Hawai'i trends.
- Review Hawai'i-based tools, resources, and information for mental health.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 8/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=199

HAWAI'I
PUBLIC
HEALTH
INSTITUTE

SELF-PACED COURSE

MINDFULNESS-BASED STRESS REDUCTION: BREATHE IN, BREATHE OUT

Stress is a universal experience. If not addressed, stress can have negative effects on our mental health. To help people reduce stress and improve the mind-body relationship for overall health, Jon Kabat Zinn, PhD, developed formal mindfulness practices, termed Mindfulness-Based Stress Reduction (MBSR). By taking this training, public health professionals will learn MBSR techniques and explore ways to implement MBSR into public health practice.

Learning Objectives:
- Describe MBSR and how it can be an approach in mental health issues.
- Identify different MBSR techniques and their benefits.
- Describe how MBSR applies to public health programs.

Duration: 45 minutes

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 10/2019; updated 5/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=501

ARCHIVED WEBINAR

MITIGATING THE FEAR OF THE UNKOWN: RESILIENCE BUILDING STRATEGIES FOR PUBLIC HEALTH PROFESSIONALS

WITH MICHAEL FASER

COVID-19 presents numerous challenges to the public health workforce, including fear, anxiety, potential burnout and stress, and a great deal of uncertainty. These challenges have an impact on an individual's health and well-being, on our individual relationships, and on our work performance. This session will share strategies to build individual resilience as we continue to respond to COVID-19. Participants will leave the session with practical tools to prepare for the "next normal," not the "new" normal, by committing to self-care, resilience, and adaptive leadership in the days and months ahead.

Learning Objectives:
- Explain the healthy and unhealthy functions of anxiety, fear, and stress.
- Describe three self-care skills to help address anxiety and uncertainty.
- Apply resilience-building strategies to your professional experience in public health.

Duration: 40 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=362

ARCHIVED WEBINAR

RECOVERY APPROACHES & IMPROVING ATTITUDES FOR SUCCESSFUL LIVING

WITH KATHLEEN RHOADS MERRIAM

Recovery approaches for anyone includes a range of interventions, strategies, treatments, and individual behavior changes. The strengths approach helps many recovering individuals focus on improving their emotional wellbeing and attitudes about how they live their lives.

Learning Objectives:
- Examine various types of recovery approaches for different situations.
- Discuss factors to improve emotional wellbeing and attitudes.
- Examine success stories from DOH's Case Management and Program Support Services.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 3/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=194

ARCHIVED WEBINAR

SLEEP & SOCIAL RHYTHMS: IMPORTANT HEALTH CONSIDERATIONS AFTER INVOLUNTARY JOB LOSS

WITH PATRICIA HAYNES

Dr. Haynes reviews early findings from the NIH-funded Assessing Daily Activity Patterns through occupational Transitions (ADAPT) study and discusses why the promotion of sleep and consistent daily routine might be especially salient for individuals lacking daily time structure imposed by regular employment.

Learning Objectives:
- Define social rhythms.
- Apply information about sleep and social rhythms to stressful life events and experiences associated with the COVID-19 pandemic.
- Give examples of behavioral interventions informed by chronobiology.

Duration: 35 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 8/2020

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=359

ARCHIVED WEBINAR

SUPPORTING YOUTH MENTAL HEALTH

WITH AMANDA MARTINEZ

Nationally, the alarm has been raised about increases in mental health issues among youth and there is a growing awareness of youth needs and vulnerability. In this session, the presenters will give you an overview of the state of youth mental health in Hawai`i, share possible solutions and available resources available both locally and nationally.

Learning Objectives:
- Identify some of the impacts COVID-19 has had on youth's mental health
- Learn risk factors and protect factors related to mental health
- Learn strategies that are useful for supporting youth's mental health
- Identify resources (crisis and non-crisis) that are available for youth

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 5/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=441

ARCHIVED WEBINAR

THE RESTLESS MIND: FINDING PEACE & SUPPORT IN A BUSY WORLD

WITH MESTISA C. GASS

Worry and distress are feelings that many people feel occasionally when faced with potential harm. Others may live with more chronic anxiety about upcoming events in their lives by feeling tensions and ongoing nervousness. Anxiety can cause distress and un-ease in dealing with everyday life. Many different ways exist to gain more ease, improve anxious feelings, and/or even prevent anxiety.

Learning Objectives:
- Review the definitions of anxiety, stress, and trauma.
- Examine the symptoms of anxiety, including the impact of anxiety on health and the factors that can affect stress.
- Identify assessment and screening tools for anxiety with linking referral resources for support and treatment.
- Evaluate the importance of self-care and how to use self-care tips to mediate stress.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 7/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=254

HAWAI'I PUBLIC HEALTH INSTITUTE

SELF-PACED COURSE

TRAUMA-INFORMED CARE FOR UNDOCUMENTED IMMIGRANTS

It is estimated that over 11 million undocumented immigrants live in the United States; over 2.5 million of those immigrants live in California, Arizona, or Nevada. Because many are involved in essential work but do not qualify for most state or federal relief, undocumented immigrants have largely been left to fend for themselves while facing increased economic and health risks.

This course will describe the health status of the undocumented population in the United States and discuss the need for Trauma-Informed Care (TIC) when planning and providing services. It will outline the Trauma-Informed Care model as a way to approach undocumented clients that are facing trauma.

Learning Objectives:
- Define undocumented immigrants and families as a vulnerable population needing specific strategies for care and support.
- Discuss the model of Trauma-Informed Care as it applies to care of immigrants.
- Identify specific interventions to improve the health of undocumented immigrants and their families.
- Create a community model of care for undocumented immigrants that connects the immigrants population to resources on a local and state level that promote their health and wellness..

Duration: 1 hour 15 minutes

Continuing Education Information: 1.25 CECH for CHES

Created/Updated: 10/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=469

ARCHIVED WEBINAR

UNDERSTANDING SELF-NEGLECT AND RESPONSIVE APPROACHES TO CARE AND SUPPORT

WITH PAUL NEEDHAM & SHARON ADRIC

This recorded webinar raises awareness of self-neglect among vulnerable adults in Hawai'i. Speakers provide an overview of self-neglect, self-neglect statistics in Hawai'i, responsive interventions and helpful resources, and the role of Adult Protective Services.

Learning Objectives:
- Understand how self-neglect is defined by Hawai'i law and who is an Adult Protective Services client;
- Identify and assess key indicators of self-neglect.
- Understand ethical values and principles in working with people who self-neglect and "capacity to consent."
- Distinguish key types of intervention for people who self-neglect.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES; 1.5 CPEUs for Registered Dietitians

Created/Updated: 6/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=502

HAWAI'I PUBLIC HEALTH INSTITUTE

ARCHIVED WEBINAR

WAITING FOR CHANGE: A DIRECT SERVICE PROVIDER'S GUIDE TO SELF-CARE & GRIEF LITERACY

WITH MESTISA C. GASS

The past year has been filled with challenges and opportunities for growth. While we continue to move forward as a community, there are unique needs for those providing direct service care. How do we help others heal while we are also experiencing the same stressors? This presentation will review the impact of COVID-19 on mental health, address the unique challenges of providing direct service care, discuss self-care for self and others, and review grief related coping skills and education.

Learning Objectives:
- Describe the negative impact of COVID-19 on mental health.
- Discuss protective factors and risk factors for anxiety and grief.
- Identify self-care and coping skills to address anxiety and grief.
- Review crisis resources available to the community.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 9/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=427

HAWAI'I
PUBLIC
HEALTH
INSTITUTE
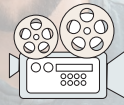
RECORDED PRESENTATION

A NEW ERA OF TREATMENT FOR SUBSTANCE USE/OPIOID USE DISORDER

WITH MARK A. GRANT, MD

Few providers are eligible to prescribe controlled substances to treat pain and/or substance use disorders, and many that are eligible do not prescribe these treatments. In order to respond to people with substance use disorder (SUD) or opioid use disorder (OUD) increased access to care is necessary. Dr. Grant walks through evidence-based policies, programs, and pharmaceutical options for treating people with OUD.

Learning Objectives:
- Identify the continuum of services for responding to chronic and the inherent interplay between pain, and SUD in rural settings (e.g., dependence vs. addiction).
- Examine recent guidance for opioid prescribing, regulatory changes, and requirements for offering medications to treat substance use/opioid use disorder.
- Apply latest information about SUD/OUD treatment through case study.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 11/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=512

Comprehensive Pain & Addiction Center

ARCHIVED WEBINAR

ADVANCING RACIAL EQUITY IN THE SUBSTANCE USE FIELD

This two-part pre-recorded racial equity training series focused on the substance use field includes: 1) The Opioid Response Network: Developing a Shared Language For Diversity, Equity and Inclusion (66 minutes) and 2) Systemic Racism and Substance Use Disorder: Anti-Racist Strategies (72 minutes).

The Opioid Response Network: Developing a Shared Language For Diversity, Equity and Inclusion training is to provide you with an opportunity to enhance your knowledge and awareness of diversity, equity, and inclusion (DEI) issues. We will explore the potential impact of these issues on our beliefs towards those with backgrounds different from our own and how those beliefs can impact the people we serve and the continuum of care for substance use disorder. This training is an opportunity to reflect on ways to create more welcoming and inclusive places of business for our staff and clients, as well as look at ways organizations can support DEI efforts.

The Opioid Response Network: Systemic Racism and Substance Use Disorder: Anti-Racist Strategies training builds on the initial training by providing a recap of the key points and the real-world implications of racism in our personal and professional worlds. We then highlight steps and strategies that individuals and organizations can make to become anti-racist.

Learning Objectives:
- Review baseline language to ground us in a shared understanding of DEI issues
- Explore equity data on the impact of DEI issues on health care access, experiences, and outcomes
- Unpack myths about DEI and those impacted by these issues
- Review situational examples and their implications for opioid, stimulant, and substance use disorder
- Identify individual action steps for being anti-racist, anti-racism organizational steps, and leadership strategies for addressing racial equity.

Duration: 2 hour 20 minutes

Continuing Education Information: n/a

Created/Updated: 6/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=447

Comprehensive Pain & Addiction Center

ARCHIVED WEBINAR

BEHIND THE HEADLINES: WHAT IS REALLY HAPPENING WITH OPIOID USE AND TREATMENT IN HAWAI'I

WITH HEATHER LUSK & CHRISTINA WANG

Use of opioids such as heroin, morphine, and prescription pain relievers has expanded to levels of dependency in many individuals. Several factors contribute to the breadth and complexity of this urgent problem: severe chronic pain, greater use of prescriptions, aggressive marketing by pharmaceutical companies, among others. Updates about treatment, services, solutions, and resources exist here in Hawaiʻi to reduce harm and improve quality of life for all.

Learning Objectives:
- Identify approved medications to treat opioid use disorder.
- Discuss opioid intervention and updates about management of opioid use disorder.
- Appropriately refer patients to resources and services to treat opioid-dependent clients.
- Appropriately coordinate care for patients that are opioid dependent.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 9/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=272

SELF-PACED COURSE

CARING FOR INFANTS WITH NEONATAL ABSTINENCE SYNDROME & MOTHERS WITH OPIOID USE DISORDER

Expand your foundational knowledge for using non-pharmacological approaches when caring for infants with Neonatal Abstinence Syndrome (NAS) and working with mothers with Opioid Use Disorder (OUD) in hospital settings. This course covers three topics relevant to working with infants with NAS and mothers with OUD. Learners will gain an understanding of 1) NAS and its long-term effects, 2) Trauma-informed approaches to care, and 3) Medication-assisted recovery for mothers with OUD.

Learning Objectives:
- Communicate the current recommendations for long-term monitoring of infants with NAS.
- Describe the prevention interventions that can help mitigate any potential long-term effects of NAS.
- Communicate the current science on potential long-term health and educational outcomes for infants with NAS.
- Practice using terms and preferred language to help reduce stigma and discrimination around substance use and recovery.
- Describe SAMHSA's three E's of Trauma: Events, Experience, and Effect of trauma.
- Explain how health care settings can apply Trauma-Informed Care (TIC) principles.
- Discuss common misconceptions about medication-assisted recovery and strategies to address them.
- Communicate national guidance for managing pregnant and postpartum women with OUD.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 7/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=401

ARCHIVED WEBINAR

COMMUNITY CONNECTIONS: THE DANGEROUS COMBINATION OF MENTHOL AND VAPING

WITH YI ZHUO, VALERIE SAIKI, SUN CHOI, & JOSHUA CHING

New research by a team of University of Hawaiʻi at Mānoa experts shows that menthol in e-cigarettes can be harmful to respiratory health. The findings come as e-cigarette use is on the rise among Hawaiʻi's youth, with about one third of all high schoolers being regular users. This session will explore the increasing research evidence, especially longterm toxicological data that emerged only in recent years, has suggested that e-cigarettes are an immediate threat to lung health.

Learning Objectives:
- Identify biological risks associated with e-cigarette use and menthol.
- Define key data used to determine risk associated with e-cigarette use.
- Identify key public health program and policy solutions to reduce e-cigarette usage.

Duration: 2 hours

Continuing Education Information: 2.0 CECH for CHES; 2.0 CPEUs for Registered Dietitians

Created/Updated: 1/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=477

SELF-PACED COURSE

ELECTRONIC CIGARETTES & THEIR IMPACT ON PUBLIC HEALTH

Electronic (e-) cigarettes are evolving rapidly, providing consumers with various products to choose from: e-cig-a-likes, mini-cartridge devices, and tank systems filled with liquid nicotine. These devices are legally available to adults (21 years and older) and have grown in popularity among youth (14-19 years old). E-cigarette use poses a significant and avoidable health risk to young people in the United States. There is much unknown about these products and their adverse effects on public health. In this short training, produced in collaboration with the Arizona Center for Tobacco Cessation, we will define and classify the types of e-cigarette. We will then compare the impact of e-cigarettes on health to combustible cigarettes, followed by health consequences.

Learning Objectives:
- Generalize the prevalence of electronic (e-) cigarette use among adults and youth.
- Classify the types of e-cigarettes.
- Describe the impact of e-cigarettes on health.
- Distinguish the impact of e-cigarettes n health to combustible cigarettes.

Duration: 35 minutes

Continuing Education Information: 0.5 CECH for CHES

Created/Updated: 1/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=381

Arizona Center for Tobacco Cessation

ARCHIVED WEBINAR

FENTANYL AND ADDICTION: GETTING STRAIGHT TO THE POINT

WITH DR. KIMO ALAMEDA

Dr. C Kimo Alameda will provide a presentation on the fentanyl epidemic and how addictions impact the brain and solutions to address drug experimentation, addiction, and overdose deaths.

Learning Objectives:
- Identify what is fentanyl and how it is seen in Hawai'i.
- Identify leading causes of fentanyl experimentation, addiction, and overdose.
- Assess an opioid addiction and how to respond safely and effectively.
- Recognize key legislation efforts that may help reduce addiction and overdose.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 Credits for CHES, 1.5 CPEUs for Registered Dietitians

Created/Updated: 3/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=493

HAWAI'I PUBLIC HEALTH INSTITUTE

SELF-PACED COURSE

HARM REDUCTION: A PUBLIC HEALTH APPROACH TO OPIOID USE DISORDER

This course consists of 5 modules that provide an overview of opioid use disorder and the use of harm reduction strategies to mitigate the risk and stigma associated with opioid use. These modules include:

1. Introduction to Opioid Use Disorder
2. Principles of Harm Reduction
3. Understanding Behavior Change
4. Opioid Overdose: Prevention & Response
5. Harm Reduction Implementation

Learning Objectives:

- Describe the social determinants of health and mental health factors that influence opioid use disorder.
- Define harm reduction and give examples of harm reduction strategies specific to opioid use.
- Describe the stigma and systemic barriers encountered by people who use drugs.
- List and define the components of the stages of change model.
- Apply the stages of change model to real-life scenarios.
- Describe the signs and symptoms of an opioid overdose and appropriate overdose response.

Duration: 1 hour

Continuing Education Information: 1.0 CECH for CHES

Created/Updated: 8/2019; 4/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=241

ARCHIVED WEBINAR

INTERVENING IN THE OPIOID EPIDEMIC IN THE US: EDUCATING HEALTH PROFESSIONALS

WITH NORMAN KAHN

View the recorded webinar of Norman Kahn, MD, CPE, where he discusses the role of health professionals in addressing the opioid epidemic.

Learning Objectives:
- Understand the magnitude of the opioid epidemic and how the U.S. got into this crisis.
- Understand the scope of organizations and agencies engaged in addressing the opioid epidemic in the U.S.
- Identify successful interventions and strategies that are being used to address the opioid epidemic in the U.S.
- Become aware of interventions used in other countries, which have saved lives from opioid overdoses.
- Recognize the role of stigma in complicating the use of effective interventions in the opioid epidemic.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 7/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=251

ARCHIVED WEBINAR

OPIOID STEWARDSHIP PROGRAMS: AN ORGANIZATIONAL STRATEGY FOR ADDRESSING PAIN AND ADDICTION

Opioid Stewardship Programs have the potential to respond to pain and addiction throughout an entire organization. Yet, only a small percentage of hospitals have implemented them. This training provides an organizational view of implementing OSPs into rural healthcare organizatons.

Learning Objectives:
- Review the relevance for OSP implementation in rural settings.
- Examine the evidence for the 11 Opioid Stewardship Program strategies.
- Evaluate the feasibility for implementation in rural healthcare settings.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 8/2023

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=517

ARCHIVED WEBINAR

OPIOID USE, ABUSE, & SOLUTIONS

WITH HEATHER LUSK

A wave of opioid addiction is affecting communities both in Hawai'i and on the U.S. continent. Use of opioid such as heroin, morphine, and prescription pain relievers has swelled to levels of dependency in many individuals, and being cut off by well-meaning providers causes many to seek elsewhere. Several factors contribute to the breadth and complexity of this urgent problem: severe chronic pain, greater use of prescriptions, aggressive marketing by pharmaceutical companies, among others. Services, solutions, and care management exists here in Hawai'i to reduce harm and improve quality of life for all.

Learning Objectives:
- Discuss current trends in opioid use, dependence, and abuse.
- Review the psychosocial and pharmacologic treatment options for clients with substance abuse/dependence.
- Summarize what services are available for opioid dependent clients in Hawaii and how to assist in the coordination of care.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 9/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=200

HAWAI'I PUBLIC HEALTH INSTITUTE

SELF-PACED COURSE

OVERDOSE EDUCATION AND NALOXONE DISTRIBUTION TO PREVENT FATAL OPIOID OVERDOSES

This training consists of a presentation given by Karla D. Wagner, Ph.D, assistant professor at the University of Nevada, Reno School of Community Health Sciences. After the presentation, you will be asked to complete a role playing exercise where you provide information based on the material covered in the presentation.

Learning Objectives:
- Describe basic trends in opioid overdose death rates at the national and local level.
- Identify factors that elevate patients'/clients' risk for opioid overdose.
- Understand how overdose education and naloxone distribution programs impact health outcomes.
- Develop a preliminary plan for integrating overdose education into existing services.

Duration: 1 hour

Continuing Education Information: n/a

Created/Updated: 7/2018

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=95

LARSON INSTITUTE
HEALTH IMPACT AND EQUITY

SELF-PACED COURSE

OVERDOSE FATALITY REVIEW TEAMS: AN INTRODUCTION

Overdose fatality reviews can be critical to developing expertise on and solutions to the prevention of overdose deaths. This course describes the need for overdose fatality review teams, the general nature of those teams, and factors to consider when developing them.

Learning Objectives:
- Describe how overdose fatality review (OFR) teams are structured.
- List the types of experts that commonly participate in OFR teams.
- Identify the kinds of data measures considered by OFR teams.
- Discuss case studies of OFR teams.
- Identify additional resources for developing an OFR team.

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES

Created/Updated: 5/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=333

SELF-PACED COURSE

REDUCING AMBIVALENCE TO QUIT SMOKING WITH MOTIVATIONAL INTERVIEWING

Motivational Interviewing (MI) is a communication strategy that can increase the likelihood of a patient considering, initiating, and maintaining change strategies to reduce harmful behavior. Learn to assess client readiness to change behavior and effectively apply MI to help support patients, using the example of tobacco cessation.

Learning Objectives:
- Review the history of Motivational Interviewing.
- Describe how Motivational Interviewing is an evidence-based cessation practice.
- Identify when to use Motivational Interviewing with clients.
- Utilize Motivational Interviewing skills to assist individuals ambivalent about quitting smoking.

Duration: 1 hour

Continuing Education Information: 1.5 CECH for CHES; 1.25 CPEUs for Registered Dietitians

Created/Updated: 8/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=453

Arizona Center for Tobacco Cessation

SELF-PACED COURSE

TOBACCO USE & HEALTH CONSEQUENCES

This training, produced in partnership with the Arizona Center for Tobacco Cessation, focuses specifically on commercial tobacco, which contains many additional substances and chemicals, to define and classify tobacco, present the prevalence of tobacco use among diverse populations, describe the adverse health effects caused by tobacco use, and then share the positive health effects of quitting.

Learning Objectives:
- Generalize the prevalence of tobacco use among diverse populations.
- Classify the types of tobacco products.
- Describe the adverse health effects caused by tobacco dependency.
- Explain the positive health effects associated with quitting tobacco.

Duration: 45 minutes

Continuing Education Information: 0.75 CECH for CHES

Created/Updated: 5/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=380

Arizona Center for Tobacco Cessation

SELF-PACED COURSE

TOOLS TO SUPPORT CLIENTS TO REDUCE NICOTINE DEPENDENCY

Understanding the clinical pharmacology of nicotine provides a basis for improved nicotine dependency prevention and treatment. This course, produced n partnership with the Arizona Center for Tobacco Cessation, will help tobacco cessation coaches and specialists, nurses, medical and behavioral health practitioners gain profound knowledge of the addiction process and tools to support clients to quit smoking. The content of the course is applicable to e-cigarettes or vapes as well as conventional tobacco products.

Learning Objectives:
- Define the process of nicotine dependency.
- Describe the biological, psychological, and socio-cultural chain of addiction.
- Identify patients' level of nicotine dependency.
- Understand the "Stages of Change" model to assess patients' readiness to reduce tobacco use.
- Utilize tools to help motivate a patient to reduce nicotine dependency.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 6/2021

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=397

Arizona Center for Tobacco Cessation

SELF-PACED COURSE

TREATING OPIOID USE DISORDER IN THE EMERGENCY DEPARTMENT

Uncertainty about laws and supported treatment strategies often leave patients experiencing Opioid Use Disorder (OUD) mistreated and under-treated. This course aims to clarify supported treatment methods used in Emergency Departments to support better health outcomes.

Learning Objectives:
- Understand the regulation around MAT in the ED and hospital
- Learn an algorithm for starting MAT & understand its supporting research
- Discuss operational solutions to challenges around continuity of care
- Gain the tools to implement harm reduction strategies such as Naloxone distribution

Duration: 45 minutes

Continuing Education Information: n/a

Created/Updated: 11/2021; updated 8/2022

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=456

Comprehensive Pain & Addiction Center

ARCHIVED WEBINAR

VAPING 101

WITH FORREST BATZ

This presentation will help attendees orient to the current youth vaping epidemic in Hawai'i..

Learning Objectives:
- Compare national, state, and local Hawai'i youth vaping rates.
- List the top three reasons youth use electronic smoking devices (ESDs).
- Describe the health effects of nicotine in youth.
- Discuss potential health impact of vaping.
- Discuss recent changes in ESD technology that increase the vulnerability of youth to ESD use and nicotine addiction.

Duration: 1 hour 30 minutes

Continuing Education Information: 1.5 CECH for CHES

Created/Updated: 8/2019

Link: https://learn.wrphtc.arizona.edu/course/view.php?id=255

PODCAST
KEEPING UP WITH PUBLIC HEALTH

Tune in to conversations with Sana Khan and the most active public health researchers about the latest developments in public health, from vaccinations to foodborne illness to tobacco policies. Learn about practical applications of the latest research underway at the University of Arizona's Mel and Enid Zuckerman College of Public Health.

EPISODE 1: CREATING ENVIRONMENTS THAT PREVENT SEXUAL AGGRESSION
- Guest(s): Dr. Elise Lopez
- Duration: 42 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 9/2019
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=270

EPISODE 2: SHIFTING THE FOCUS OF WOMEN'S HEALTH FROM PROCREATION TO GYNECOLOGIC ISSUES
- Guest(s): Dr. Leslie Farland
- Duration: 45 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 9/2019
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=271

EPISODE 3: CONNECTING CLIMATE CHANGE WITH PUBLIC HEALTH
- Guest(s): Dr. Kacey Ernst
- Duration: 30 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 9/2019
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=275

EPISODE 4: GETTING DOWN & DIRTY WITH ENVIRONMENTAL HEALTH CONCERNS
- Guest(s): Dr. Kelly Reynolds and Dr. Jonathan Sexton
- Duration: 30 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 9/2019
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=276

EPISODE 5: PUTTING THE FOCUS ON EQUITY, TRUST, & COMMUNITY IN PROGRAM PLANNING

- Guest(s): Dr. David Garcia
- Duration: 42 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 10/2019
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=277

EPISODE 6: NAVIGATING POLITICS TO ADVANCE PUBLIC HEALTH POLICY

- Guest(s): Dr. Richard Carmona
- Duration: 43 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 10/2019
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=279

EPISODE 7: TALKING ABOUT THE PRIVILEGE IN HEALTH FOOD ACCESS & PHYSICAL ACTIVITY

- Guest(s): Dr. Douglas Taren
- Duration: 30 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 10/2019
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=280

EPISODE 8: GOING BEYOND STATISTICS IN MATERNAL CHILD HEALTH

- Guest(s): Dr. Priscilla Magrath
- Duration: 38 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 10/2019
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=281

EPISODE 9: ALL ABOUT ANTIMICROBIAL RESISTANCE

- Guest(s): Dr. Kate Ellingson
- Duration: 30 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 10/2019
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=282

EPISODE 10: USING DATA IN DISEASE OUTBREAK INVESTIGATIONS

- Guest(s): Dr. Kristen Pogreba-Brown
- Duration: 1 hour
- Continuing Education Information: 1.0 CECH for CHES
- Date Released: 11/2019
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=283

PODCAST

KEEPING UP WITH PUBLIC HEALTH: PANDEMIC RESPONSE

Listen in as experts at the University of Arizona (with special guests from Arizona State University) close the distance between sciences, news, and pandemic response in Season 2 of Keeping Up with Public Health, with hosts Caitlin Meyer Krause and Erich Healy.

EPISODE 11: SURFACE CONTAMINATION, HYGIENE, & PPE
- Guest(s): Dr. Kelly Reynolds and Dr. Jonathan Sexton
- Duration: 20 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 5/2020
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=311

EPISODE 12: DEVELOPING TESTS AND DONATING PLASMA DURING COVID-19
- Guest(s): Dr. Kacey Ernst, Dr. Janko Nikolich-Zugich, and Dr. Deepta Bhattacharya
- Duration: 30 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 5/2020
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=312

EPISODE 13: DEVELOPING VACCINES
- Guest(s): Dr. Brenda Hogue and Dr. Bert Jacobs
- Duration: 20 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 5/2020
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=313

EPISODE 14: COMMUNICATION AND MESSAGING
- Guest(s): Dr. Stephen Rains and Dr. Laura Gronewold
- Duration: 30 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 5/2020
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=314

EPISODE 15: ZOONOTIC DISEASE, FORECAST MODELING, & THE HEALTHCARE SYSTEM

- Guest(s): Dr. Keith Joiner and Dr. Joe Gerald
- Duration: 30 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 6/2020
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=315

EPISODE 16: COVID-19, COLLEGE STUDENTS, & SEXUAL ASSAULT

- Guest(s): Dr. Mary Koss and Dr. Elise Lopez
- Duration: 30 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 6/2020
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=316

EPISODE 17: BUILDING RESILIENCE & CONNECTION DURING A PANDEMIC

- Guest(s): Dr. Patricia Haynes and Dr. Nicole Yuan
- Duration: 40 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 6/2020
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=317

EPISODE 18: ADDRESSING WICKED PROBLEMS IN PUBLIC HEALTH: CLIMATE CHANGE

- Guest(s): Dr. Mona Arora and Dr. Andrew Comrie
- Duration: 45 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 7/2020
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=338

EPISODE 19: THE IMPACT OF COVID-19 ON HEALTH DISPARITIES

- Guest(s): Agnes Attakai, Sheila Soto, and Dr. Paloma Beamer
- Duration: 35 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 9/2020
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=371

EPISODE 20: LESSONS LEARNED FROM THE PANDEMIC RESPONSE TO COVID-19

- Guest(s): Dr. Joe Gerald, Dr. Kristen Pogreba-Brown, and Dr. Kate Ellingson
- Duration: 40 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 9/2020
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=372

PODCAST

KEEPING UP WITH PUBLIC HEALTH: CROSS-SECTOR COLLABORATIONS

Tune in to conversations with professionals working across sectors for health promotion. From the role of art in building resilience to decreasing the digital divide, our *Keeping Up with Public Health* Season 3 host, Dr. Allison Root, will examine practical approaches for working across sectors to achieve health equity.

EPISODE 21: ACTIVE TRANSPORTATION
- Guest(s): Dr. Joey Iuliano and Jeffrey Rosenhall
- Duration: 34 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 4/2023
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=476

EPISODE 22: ARTS & PUBLIC HEALTH
- Guest(s): Adriane Ackerman, Anne Bluethanthal, Rabbi Nancy Epstein, Sadie Shaw
- Duration: 40 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 4/2023
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=480

EPISODE 23: ONE HEALTH INITIATIVES
- Guest(s): Steve Farley and Crystal Giesbrecht
- Duration: 35 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 5/2023
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=481

EPISODE 24: DIGITAL EQUITY
- Guest(s): Dr. Jody Early and Dr. Colin Rhinesmith
- Duration: 40 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 5/2023
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=482

EPISODE 25: UNIVERSAL DESIGN & HEALTH PROMOTION

- Guest(s): Dr. Yochai Eisenberg, Dr. Lindsey Mullis, Austin Nugent, and Morgan Turner
- Duration: 50 minutes
- Continuing Education Information: 1.0 CECH for CHES
- Date Released: 4/2023
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=488

EPISODE 26: REDUCING FOOD WASTE & INCREASING FOOD ACCESS

- Guest(s): Lindsay Aguilar, Peter Friederici, and Dipa Shah-Patel
- Duration: 30 minutes
- Continuing Education Information: 0.5 CECH for CHES
- Date Released: 4/2023
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=489

EPISODE 27: SUSTAINABLE FOOD SYSTEMS

- Guest(s): Courtney Buzzard, Jane Coghlan, Adrienne Udarbe, and Dr. Diana Winters
- Duration: 40 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 4/2023
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=490

EPISODE 28: STREET MEDICINE PROGRAMS

- Guest(s): Jeffery Hanna, Dr. Robert Fauer, Brett Feldman, Catherine Miller, and Dr. Justin Zeien
- Duration: 45 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 5/2023
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=499

EPISODE 29: CLIMATE CHANGE & HEALTH

- Guest(s): Dr. Diane Garcia-Gonzales, Dr. Shasta Gaughen, and Melissa Miyashiro
- Duration: 40 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 7/2023
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=491

EPISODE 30: STRATEGIES & RESOURCES FOR WORKING ACROSS SECTORS

- Guest(s): Ruben Cantu and Melissa Jones
- Duration: 40 minutes
- Continuing Education Information: 0.75 CECH for CHES
- Date Released: 5/2023
- Link: https://learn.wrphtc.arizona.edu/course/view.php?id=500