

Schedule for CHLF Program

Week 1 – Who is C2H and why this work?

- Introduce Community Coalition for Health as a faith-rooted, people-centered nonprofit serving the Eastern Crescent since 2014; share mission, vision, and core values (dignity, faith in action, justice, collaboration, sustainability).
- Present the Intergenerational Health Leadership Navigator Pipeline overview and two-tier model (college interns + high school youth), connecting to Central Texas inequities and C2H's broader health/climate/justice agenda.

Week 2 – Health inequities and social determinants

- Use “State of Black Health” and health disparities slides to show concrete data on mortality, chronic disease, and access gaps in Texas and Travis County, especially for Black and Latino communities.
- Introduce social determinants of health, allostatic load, and structural drivers (policy, environment, economics), then connect these to C2H's neighborhood work and the need for navigators.

Week 3 – Faith, community, and authenticity in leadership

- Draw from “Authenticity and leadership,” “Race and the state of the church,” and “Promoting community health through faith-based nonprofits” to explore faith-rooted leadership, authenticity, and cultural humility.
- Discuss how interns will partner with churches, CHWs, and community leaders as trusted messengers and how their own stories, identities, and spiritual/ethical commitments shape their leadership.

Week 4 – Role of a Health Navigator and CHW basics

- Define health navigation and Community Health Worker roles, using your white paper, patient engagement, and outreach presentations to clarify tasks: outreach, education, referrals, MAP and insurance help, follow-up, and advocacy.
- Introduce core CHW competencies (communication, cultural competence, documentation, boundaries, trauma-informed practice) and how this internship aligns with CHW certification pathways.

Week 5 – Systems navigation: MAP, Central Health, local resources

- Walk through Central Health/MAP, CommUnityCare, clinics, hospitals, and community-based services, using your Central Health proposal and outreach/clinic orientation slides.
- Practice basic navigation scenarios: helping someone check eligibility, find a clinic, schedule an appointment, and understand follow-up instructions.

Week 6 – Community engagement and outreach methods

- Use “Community Engagement” and “Community Outreach” presentations plus African American male survey/focus group protocol to teach relational engagement, listening, surveying, and focus group basics.
- Have interns design a small outreach plan (goals, audience, message, partners, logistics) for a specific C2H site like Dessau, Silver Springs, or a partner church.

Week 7 – Communication skills, authenticity, and cultural humility

- Return to authenticity/leadership content and patient engagement materials to practice one-on-one conversations, motivational interviewing basics, and culturally responsive communication.
- Role-play challenging scenarios (mistrust, stigma, sensitive topics like mental health or vaccines) and debrief what authenticity, empathy, and boundaries look like in each case.

Week 8 – Trauma, allostatic load, and resilience

- Teach allostatic load, chronic stress, and trauma-informed care using your navigator concept document and resiliency community meetings overview.
- Introduce resilience strategies (coping skills, community assets, faith/spiritual resources), emphasizing how navigators protect both community and their own well-being; incorporate simple practices (grounding, debrief norms).

Week 9 – Intergenerational mentoring and youth engagement

- Use the intergenerational mentoring proposal and pipeline slides to define the intern’s role as mentor and teacher for high school freshmen/sophomores.
- Cover adolescent development, age-appropriate engagement (gamification, projects, storytelling), and equity-centered classroom management in preparation for the six-week youth program.

Week 10 – Curriculum design for the 6-week youth program

- Guide interns in mapping the six-week youth curriculum (personal/mental wellness, nutrition, healthcare systems, navigation, accessibility, allostatic load, determinants) into modules with clear objectives and activities.
- Integrate your navigation design strategies (modules, progress tracking, choice, UDL, bilingual tools) and plan specific interactive elements (field trips, simulations, campaigns).

Week 11 – Project management and partnership coordination

- Use the CST project management sheet, strategic design decks, and Moody–Mia mix document to introduce basic project management: timelines, roles, communication, risk management, and documentation.
- Map out actual semester deliverables: outreach events, data collection, partner check-ins, and pre/post surveys for both interns and youth, clarifying accountability and reporting to C2H/Central Health.

Week 12 – Evaluation, storytelling, and next steps

- Teach evaluation basics using LOI/white paper language and survey/focus group tools: pre/post measures, qualitative feedback, dashboards, and how C2H reports impact to funders and partners.
- Have interns craft short narratives (“success stories”) and a personal leadership statement, then outline their next steps: launching the youth program, supporting faith-based cohorts, and continuing in the intergenerational leadership pipeline.

If you tell the primary audience (college interns only vs. mixed with faith leaders/youth), a version of this can be quickly adjusted with more or less CHW technical depth or theological content.