



**eocco**

EASTERN OREGON  
COORDINATED CARE  
ORGANIZATION

## February THW Monthly Newsletter

Happy February! As the days start getting longer, take some time to engage in extra opportunities, with EOCCO, and in your community.

**February is American Heart Month**, a time to raise awareness about heart disease and promote heart health. Whether it's through regular exercise, eating a balanced diet, or managing stress, small changes can have a big impact on cardiovascular health. Let's come together this month to spread knowledge, share resources, and encourage each other to prioritize our hearts!

### EOCCO Resources:

- For encouraging regular exercise, members can request a gym membership through [EOCCO Flex Funds](#).
- To support healthy eating habits, eligible members can receive medically-tailored meals through [HRSN](#). Or explore the [Frontier Veggie Rx](#) program.
- To manage stress, visit [EOCCO | Self-care](#)
- To see all member benefits and how they can help your client, visit [EOCCO benefits by age overview](#)

## EOCCO Updates

### **REMINDER!** Refer Members to a Birth Doula | [Refer here](#)

If you're working with a pregnant EOCCO member who wants additional support throughout the pregnancy, labor, and postpartum process, refer them to one of our birth doulas! The member will be matched to a doula in their area within four weeks of referral (usually sooner).

### **NEW!** EOCCO's Birth Doula Cohort Interest List

EOCCO is gaining interest about joining its only birth doula cohort for 2025. If you're interested in training as a birth doula (~80 hours), email [THW@eocco.com](mailto:THW@eocco.com).

### **NEW!** EOCCO Community Benefit Initiative Reinvestment (CBIR) Grant

Open January 31- March 31, 2025 | [Learn more here](#)

The Community Benefit Initiative Reinvestment (CBIR) grants fund one-year long projects that aim to improve access to quality care. Applicants may apply for up to \$50,000 and must be able to demonstrate how EOCCO members directly benefit.

### **NEW! EOCCO Supporting Health for All through Reinvestment (SHARE) Grant**

Open January 31- March 28, 2025 | [Learn more here](#)

The SHARE application is designed to provide funding to projects addressing Social Determinants of Health and Equity (SDOH-E). SDOH-E projects include housing, transportation, food, utilities, safety, education, and community health beyond clinic walls. Funding ranges from \$15,000-\$250,000.

### **NEW! EOCCO THW Resource Directory | [Access here](#)**

EOCCO is creating a workspace for THWs to share resources, CBOs, clinics, and other organizations who support/serve EOCCO member and/or support THWs. Add your resources to the directory now to support other THWs and access additional resources!

### **EOCCO THW Directory | [Access here](#)**

EOCCO is creating an up-to-date directory with the THWs who work with EOCCO and/or in Eastern Oregon. Add your information to the directory now to connect with THWs and send/receive referrals and resources more easily!

### **EOCCO "Traditional Health Workers" Program Available on Unite Us for referrals**

EOCCO has created a THW program, which is now accepting referrals for birth doulas on Unite Us. EOCCO has already onboarded 11 doulas ready to receive client referrals! All THWs are welcome to join and receive/send referrals to this program. Email [THW@eoocco.com](mailto:THW@eoocco.com) with questions or with interest to join.

### **HRSN Benefits**

As of January 1st, 2025, EOCCO's Health-Related Social Needs (HRSN) nutrition benefit has launches. Eligible members can receive up to six months of medically tailored meals. For more information, visit EOCCO's website: [Health-Related Social Needs | EOCCO](#). Start referring your clients now!

### **Recruitment for the THW Workforce Committee | [Apply here](#)**

Want to help shape the future of THW work in Eastern Oregon? Join EOCCO's THW Workforce Committee to give your perspective and feedback, review/propose materials, and contribute to innovative project! The committee will be filled with THWs, community partners, and clinics. Meetings will take place monthly-- apply now!

## **Ongoing Opportunities**

- Join EOCCO's Searchable Provider Registry | [Join here](#)
- Onboard onto Unite Us | email [THW@eoocco.com](mailto:THW@eoocco.com)

- Personal Health Navigator Certification (Legacy Clause) | email [THW@eoocco.com](mailto:THW@eoocco.com)

## Resources

### Flyers

#### English

- [Birth Doula Flyer](#), *providers*
- [Birth Doula Flyer](#), *members*
- [Birth Doula Referral Form](#), *providers/members*
- [CHW Flyer](#), *members*
- [THW Flyer](#), *members*
- [THW Satisfaction Survey](#), *link for members*
- [THW Satisfaction Survey\\_postcard](#), *for members*

#### Spanish

- [Birth Doula Flyer](#), *providers*
- [Birth Doula Flyer](#), *members*
- [CHW Flyer](#), *members*
- [THW Satisfaction Survey\\_postcard](#), *members*

### THW Guides

- [EOCCO THW Quick-Start and Billing Guide](#)
- [EOCCO's Community Resource Guide](#)
- [Become an EOCCO DMAP Provider](#)

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## Community Updates

### **NEW!** 2025 Immigration Forum for Service Providers | [Register here](#)

February 12 | 9am-12pm | Virtual

Join the ninth annual Immigration Forum for Service Providers. The forum is organized by the Oregon Chapter of the American Immigration Lawyers Association (AILA) and nonprofit legal services organizations throughout Oregon. It is designed for those who work with the immigrant community in healthcare, education, nonprofit and religious organizations, government, and similar fields. Register ASAP.

### **NEW!** Rural Population Health Incubator Grant Program | [Learn more here](#)

This unique funding opportunity supports rural hospitals, clinics, public health agencies and CBOs in Oregon that are working to improve population health and health equity in their communities. The grant provides up to \$10,000 in funding to innovative programs that address pressing community health needs and bolster population health and health equity in rural communities.

## **NEW! 2025 THW Legislative Updates**

Oregon's 2024 Regular Legislative Session is in full swing, and there's a handful of THW-related bills preparing to be introduced and voted on. This includes:

- All THWs: SB 161, SB 529
- CHWs: HB 2216, HB 2751
- Doulas: SB 690, SB 692, SB 693, SB 691 & SB 695
- Peers: HB 2954

To track these bills, provide public comment, and get involved, visit the [Oregon State Legislature](#).

For information on the Oregon Legislative Process and how you can get involved, watch CLHO's overview at <https://www.youtube.com/watch?v=LWe8RHZhJL0> (start at 23:23).

## **NEW! Direct File Oregon | [Access here](#)**

Support members in free tax resources! Direct File Oregon is an interview-based software that allows most full year residents to file their personal state income tax return electronically directly with the Oregon Department of Revenue for free.

## **Rural Health Resource Hub | [Access here](#)**

The Oregon Office of Rural Health has created a Rural Health Resource hub for THWs and providers to easily gather information and resources to events, education, funding, and technical assistance across Oregon.

## **OHA Q&A Sessions | [Register here](#)**

OHA is offering monthly Q&A/Help sessions for THWs to get their questions answered, navigate the new [THW Provider Portal](#), and discuss application questions. More dates to be announced soon.

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# **Meetings**

## **EOCCO THW Collaborative**

3/20, 5/15, 7/17, 9/18, 11/20 | Third Thursday @ 11am PST | [Register here](#)

Join the redesigned THW Collaboratives! These meetings have been revamped and changed to a bi-monthly cadence to better suit the needs of you. New meetings will discuss real experiences THWs would like to work through and provide opportunity for feedback. Join our growing group and be in the know everything EOCCO!

- Submit a case study to discuss [here](#)
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# Training Opportunities

## Featured Trainings

### **Healthy Rural Oregon THW Trainings | [Learn more](#)**

Healthy Rural Oregon (HRO) funds multiple cohorts of THW training and community-based cohorts every year. Check out their website for more information and lists of upcoming trainings.

### **NEW! Oregon State University Health Care Interpreter (HCI) Training**

\$1150/\$805 | April 7 - June 15 | Hybrid (online & Ontario, OR) | [Register here](#)

OSU's 9-week interpreter training program is designed to prepare bilingual staff to meet Oregon Health Authority (OHA) requirements and become Qualified Health Care Interpreters. By equipping your team with professional interpreting skills, you position your clinic as a leader in equitable care while complying with nationally recognized standards. Must provide proficiency test results or take proficiency test through OSU before enrollment.

### **NEW! Mother Tree Birth Doula Training**

\$1100 | February 27-March 2, 8:30am-6:30pm PST | Virtual | [Register here](#)

This 40-hour live training provides the training necessary to start your journey with the core basics of becoming a birth doula. Meets requirements for OHA's birth doula certification. Scholarships may be available.

### **NEW! Central Oregon Community College Community Health Worker Training**

\$842/Free | April 11-June 6 | Hybrid | [Learn more here](#)

Become a CHW through COCC's hybrid Spring training program (in person sessions in Prineville). Learn the foundations of patient education and facilitation, relationship building, case management, public health essentials, and more! Scholarships are available for those who are enrolled in the class and full participation in the training.

## Featured Continuing Education

### **NEW! Mental and Behavioral Health**

\$200/\$150 | February 3-23 | Online | [Register here](#)

In this course, you will cover mental illness and addiction, including the risk factors, behaviors and stigma often associated with these conditions. You will explore evidence-based therapies and services for supporting people living with these conditions. You'll learn how you can assist people with mental illness or addiction through prevention, advocacy and promotion of positive mental health. 12 CEUs.

### **NEW! Mental Health for CHWs**

\$125 | February 18-21, 9am-3pm PST | Virtual | [Register here](#)

This virtual training will dive deep into the world of mental health and provide a foundation of knowledge around mental health for CHWs! Specifically designed for community health workers, the training will help expand knowledge and skills in

supporting communities with mental health challenges- all while staying within the scope of practice. 20 CEUs!

### **NEW! Sexual and Reproductive Health Training Series**

Free | February 18, 25, March 11 | Virtual | [Register here](#)

This free 3-session training series will provide in depth training in the following topics: Accessing Sexual and Reproductive Health Care & Services; Sexuality and Gender Diversity; and Pregnancy, Contraception, and Abortion Care. These sessions will increase participants' skill and expertise to support and empower their communities in navigating health care systems and engaging in conversations with individuals and families regarding gender affirming care. 3 CEUs each!

### **Workforce Wellness for Mid Level Leaders: Employee Wellness and the Trauma Informed Workplace**

\$100/\$25 | February 12, 9am-12pm PST | Virtual | [Register here](#)

Wellness at Work supports mid-level managers and other participants' efforts to create a culture and structure that leads to staff wellness, increases retention, and promotes safety and quality. 3 CEUs.

### **Other Trainings & Continuing Education**

For more training and CEU opportunities, follow [this link](#) to an updated Google Sheet. If you know of training opportunities you'd like to see in the sheet, please email [THW@eocco.com](mailto:THW@eocco.com).

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## **Good news**

EOCCO has hired a Behavioral Health Navigator to help providers and members connect with a behavioral health professional. If you need to schedule an appointment but don't know where to start or what professionals are available, the Navigator can assist in scheduling real-time appointments (Mon-Fri, 8 a.m.-5 p.m. PST), coordinate care, reduce wait times, and arrange transportation if needed.

Contact Maria Carrera at 541-206-2488 or [appointments@gobhi.org](mailto:appointments@gobhi.org) for more information! We look forward to supporting THWs and members in this additional care step.

**Have good news, a success story or want to be featured for your work?  
Submit your Good News here!**

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If there is something you would like to see in our Monthly THW Newsletter, please reach out to the THW Liaison by email at [THW@eocco.com](mailto:THW@eocco.com) or by phone at (503) 952-4995. TTY users, call 711.

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