## 2024 Midwest Stream Forum

Uniting Communities to Cultivate Change for Health Equity

#MIDWESTSF24



# Agricultural Worker Health 101

Presented by Farmworker Health Network

> Midwest Stream Forum April 2024



## Ice Breaker

What do you think is the most challenging aspect of being a Farmworker?



# Farmworker Health Network

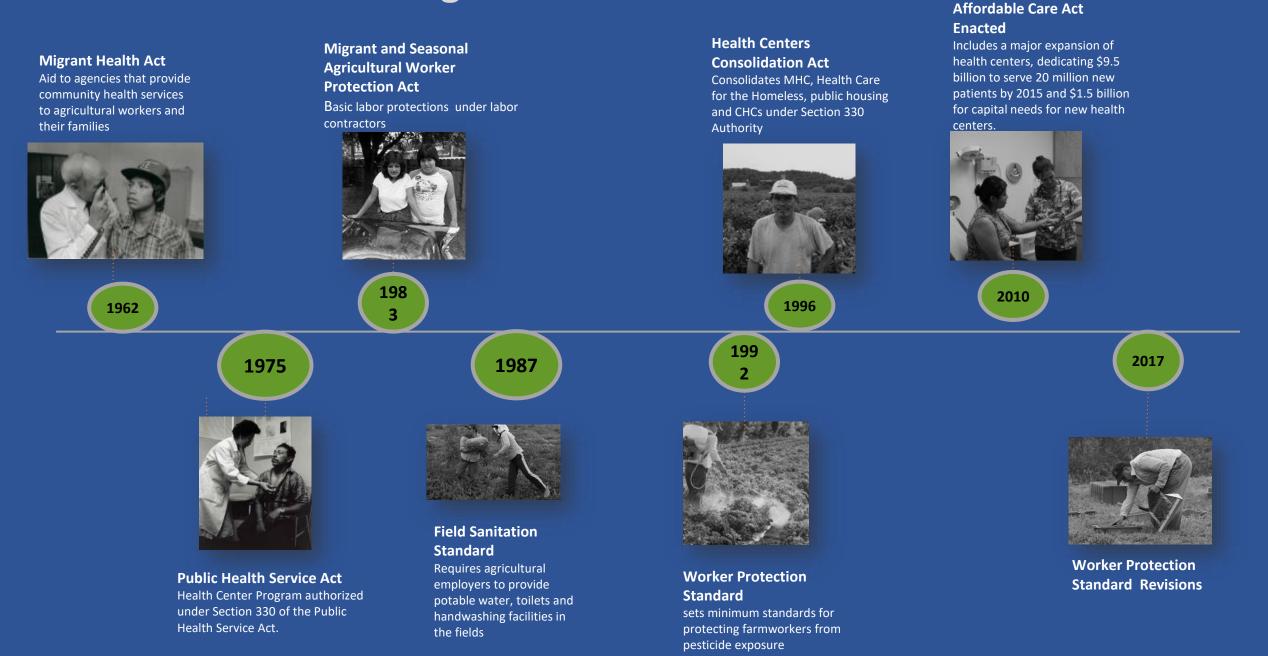
The Farmworker Health Network works cooperatively with HRSA to provide training and technical assistance to over a thousand Community & Migrant Health Centers throughout the U.S.



## Workshop Components

- Setting the Foundation: What is Agricultural Worker Health?
- Agricultural Workers Population
- Agricultural Workers Health Needs, Risks, Challenges, and Resilience
- Resources for Technical Assistance and Training

#### **Timeline of Legislative Action**



## Farmworker Exceptionalism

- Fair Labor Standards Act left out farmworkers
  - Child labor protections
  - Overtime
- Workers' compensation & minimum wage
- Few OSHA standards to protect farmworkers
  - Field Sanitation Standard, 1987
  - Only applies to farms with 11 workers or housing





### Occupational Safety and Health Protections

- Field Sanitation Standard (OSHA) 1987
  - Requires potable drinking water, toilets and handwashing facilities, and information on good hygiene practices
  - See Clinician's Guide to Field Sanitation Standard
- Worker Protection Standard (EPA) promulgated in 1992, updated in 2015
  - Requires employers to comply with minimum safety precautions when using pesticides on farms, and in nurseries, greenhouses, and forests
  - See <u>Clinician's Guide to Worker Protection Standard</u>
- <u>California</u>, <u>Oregon</u>, and <u>Washington</u>\* have a Wildfire Standard in place (\*Washington is in the process of finalizing a permanent rule)
- <u>California, Oregon</u>, <u>Colorado</u>, <u>Washington</u>\* have a Heat Standard in place (\*Washington is in the process of updating its regulations)</u>



#### Labor and Health Protections

Migrant and Seasonal Agricultural Worker Protection Act – 1983

 Provides basic labor protections for workers who work under labor contractors

#### Workers' Compensation

- Agricultural worker coverage varies by state. Only 14 states (and DC, the Virgin Islands, and Puerto Rico) require full workers' compensation coverage for agricultural workers. In all other states, coverage is either limited or optional.
- See Guide to Workers' Compensation for Clinicians Serving Agricultural Workers

#### Affordable Care Act – 2010

- 26% of workers were offered employerprovided health insurance \*
- 48% of workers have health insurance \*
- 44% of workers reported that a member of their household received Medicaid \*

## What is a 330 Program?



Section 330 of the **Public Health Service** Act created and authorized the health center program and permits the Health **Resources and Services** Administration (HRSA) to make grants to health centers.

### Public Health Section 330 Delivery Sites

- In 2022, the Bureau of Primary Health Care (BPCH) supported over 1,300 health care grantees including homeless, school based, public housing and migrant health (including look-alikes)
- In 2022, **176** of those were funded to provide services to the migratory and seasonal agricultural worker population
- 991,558 agricultural workers were reported as served by all Health Center Program

Grantees in 2022





## Definitions of Agricultural Workers in Section 330g of the Public Health Service Act

#### **Migratory Agricultural Worker**

- Principal employment is in agriculture
- Has been employed within the last 24 months
- Establishes a temporary home for the purpose of such employment

#### **Seasonal Agricultural Worker**

- Principal employment is in agriculture on a seasonal basis
- Does not migrate

#### Aged & Disabled Agricultural Worker

Individual who has previously been migratory agricultural worker but who no longer meets the requirements
 ... because of age or disability

#### **NAICS Codes**

Agriculture means farming in all its branches as defined by the Office of Management (OMB)-developed North America Industrial Classification System (NAICS), and includes migratory and seasonal agricultural workers employed in the agricultural sector within the following NAICS codes and all sub-codes.

111	Crop Production
1111	Oilseed and Grain Farming
1112	Vegetable and Melon Farming
1113	Fruit and Tree Nut Farming
1114	Greenhouse, nursery, and floriculture production
1119	Other crop farming, tobacco, cotton, sugarcane, hay, peanuts, sugar beets
112	Animal Production and Aquaculture
1121	Cattle Ranching and Farming
1122	Hog and Pig Farming
1123	Poultry and Egg Production
1124	Sheep and goat farming
1125	Aquaculture
1129	Other animal production, apiculture, horses, fur bearing animals, companion animals
1151	Support Activities for Crop Production
1152	Support Activities for Animal Production

#### Workers employed in the following industries are **not** eligible for the Agricultural Health Program:





(Industry 488999)





Landscaping (Industry 561730)



Meat and Meat Product Merchant Wholesalers (Industry 42447)

Photo Sources: 1, 2, and 3: Stock photos 4 and 5: www.earldotter.com

#### **Migrant Health Program Grantees + Satellite Sites\***

Migrant Health Centers 2020



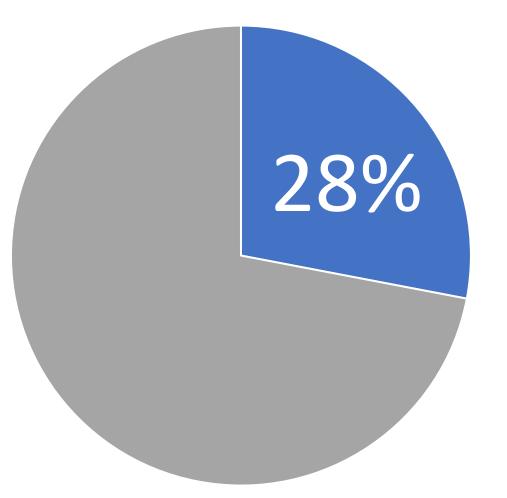
Source: www.ncfh.org



#### Required Services for 330 Programs

- Primary care services
- Preventive services
- Emergency services
- Pharmacy services
- Outreach and enabling services
- Sliding fee scale
- Patient-majority governing board

## **Health Center Funding**



Health Center budgets range between \$500,000 and \$25 million.

The Bureau provides approximately 28% of the health centers' total budget. For every dollar provided by the Bureau, the health center must raise three additional dollars.

## Workshop Components

- Setting the Foundation: What is Agricultural Worker Health?
- Agricultural Workers Population
- Agricultural Workers Health Needs, Risks, Challenges and Resilience
- Resources for Technical Assistance and Training

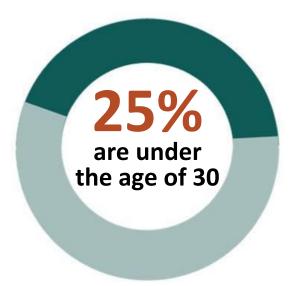
How many agricultural workers do you think there are in the United States?

#### **Agricultural Worker Demographics** 1,2,3



estimated popluation<sup>2.3</sup>



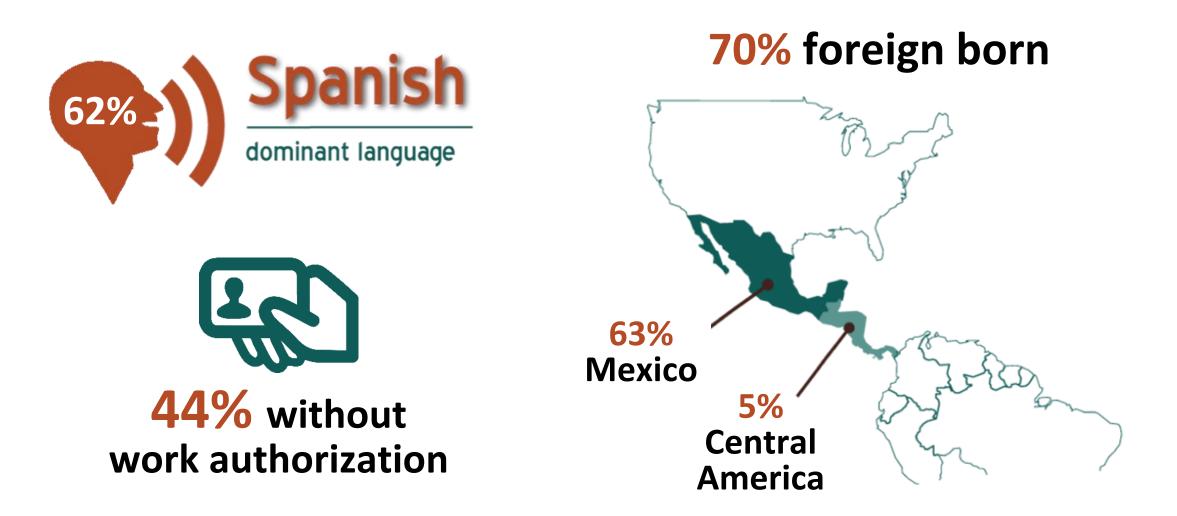


1. National Agricultural Workers Survey (NAWS) 2019-2020, https://www.dol.gov/sites/dolgov/files/ETA/naws/pdfs/NAWS%20Research%20Report%2016.pdf

2. Kandel W. Profile of Hired Farmworkers, A 2008 Update. Economic Research Service, US Department of Agriculture; Washington, DC; 2008. Economic Research Report No. 60.

3. Martin P. Immigration reform: implications for agriculture University of California, Giannini Foundation. Agricultural and Resource Economics Update. 2006;9(4)

#### Agricultural Worker Demographics <sup>1</sup>

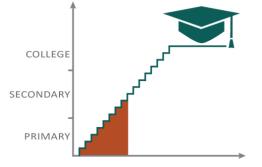




#### Indigenous Agricultural Workers

- Indigenous Mexicans and Central Americans are the fastest growing farmworker population in the United States
- The most common indigenous language groups in the United States – Mixteco, Triqui, and Zapotec – are from communities in southern Mexico.
- These distinct languages and cultural beliefs create barriers to healthcare that are more complex than the barriers experienced by non-indigenous Mexicans.

#### **Agricultural Worker Demographics**<sup>1</sup>



Foreign born workers, on average, have an 9<sup>th</sup> grade education



Mean and median individual income range from \$20,000 to \$24,999



**20%** of agricultural worker families had total family incomes below 100% of the Federal Poverty Level 52% reported not having health insurance

#### 29% had not visited a U.S. healthcare provider in last 2 years

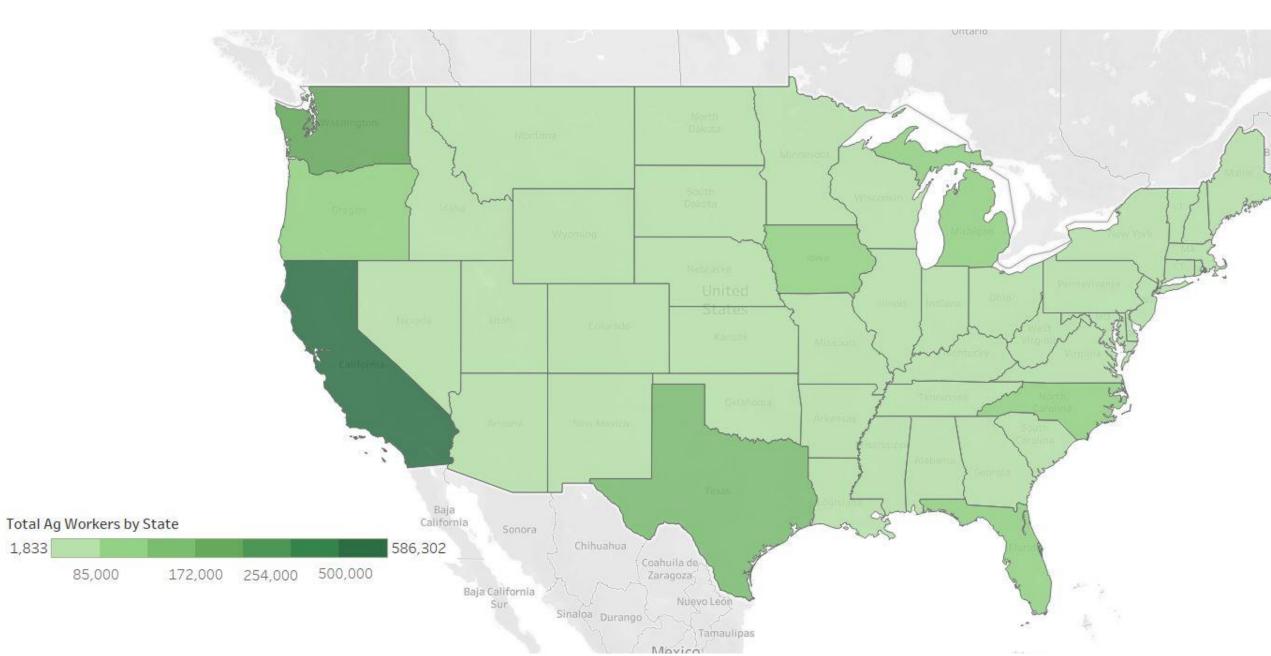
The H-2A program allows U.S. employers or U.S. agents who meet specific regulatory requirements to bring foreign nationals to the United States to fill temporary agricultural jobs.

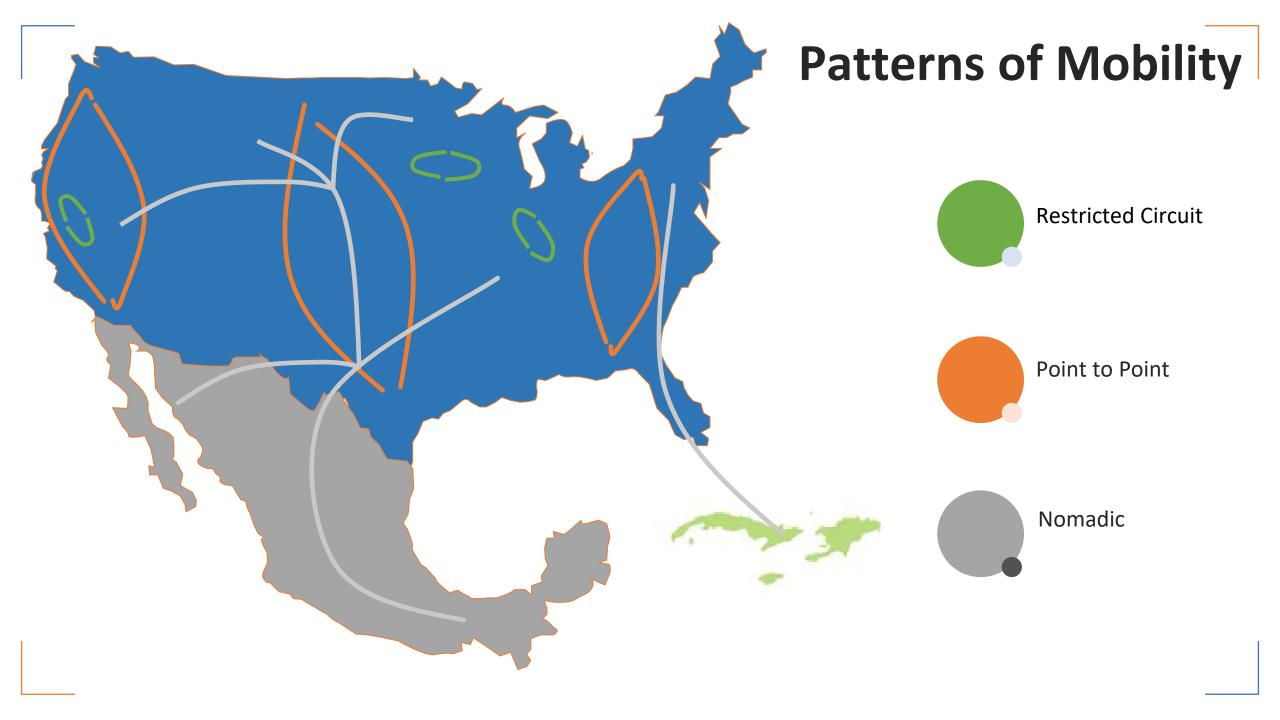
**378,613** H-2A positions were certified by Department of Labor in 2023

DOL -

https://www.dol.gov/agencies/eta/for eign-labor/performance

#### Number of Agricultural Workers by State





## Workshop Components

- Setting the Foundation: What is Agricultural Worker Health?
- Agricultural Workers Population
- Agricultural Workers Health Needs, Risks, and Challenges
- Resources for Technical Assistance and Training

# Case Study

#### Case Study

Yesenia is a fifty-year-old woman living in Yuma, Arizona. She has been an agricultural worker for 30 years and mostly works in seasonal row crops.

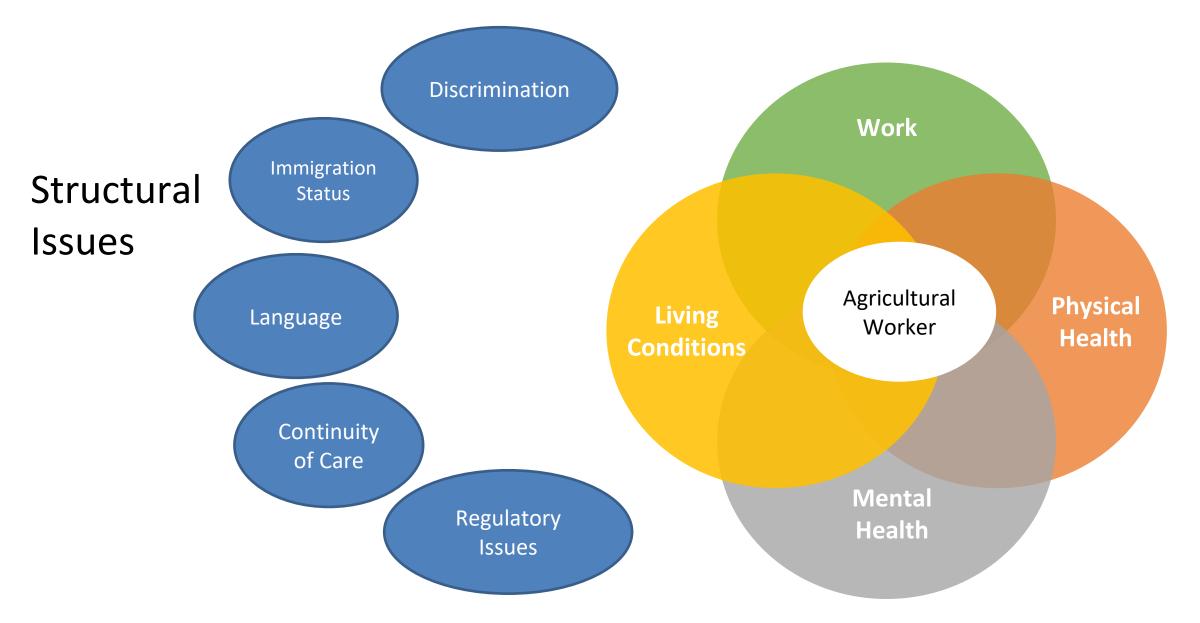
Several years ago, Yesenia started experiencing knee pain. She has health insurance through her employer, but there is a copay for specialists, and she has to miss work for the appointments. She went to various specialists, which was expensive and time-consuming. All of the doctors told her different things—one even accused her of making up the injury. In the end, she couldn't obtain a diagnosis that would qualify her for disability benefits, even though crouching down to pick lettuce caused constant pain.

Now, she has carpal tunnel syndrome in her dominant arm. She crossed the border to see a doctor in Mexico, which was cheaper and also guaranteed that the doctor spoke Spanish. However, after her experience with the knee injury, she has decided not to pursue disability benefits. She continues working and makes an informal arrangement with her mayordomo, so that she doesn't have to do the work that's hardest on her arm. She does still have to use sharp tools, though, and she's worried that she'll lose her grip and cut herself. When her arm hurts too much to even hold the tools, she skips work. Not being able to work makes Yesenia depressed; her coworkers are her friends. She is also worried about her family's finances.

#### **Case Study Questions**

- 1. What challenges is Yesenia facing?
- 2. What resources does Yesenia have available to address these challenges? What resources is she lacking?
- 3. What social determinants of health are influencing Yesenia's situation?
- 4. What are other social determinants of health that could affect situations such as Yesenia's?
- 5. How would you (or your organization, clinic, or community) support Yesenia in this situation?

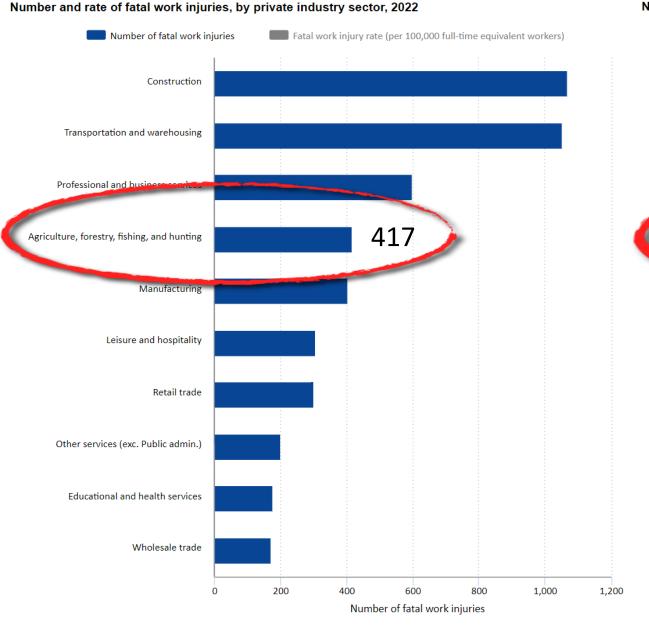
#### What Impacts Agricultural Worker Health?



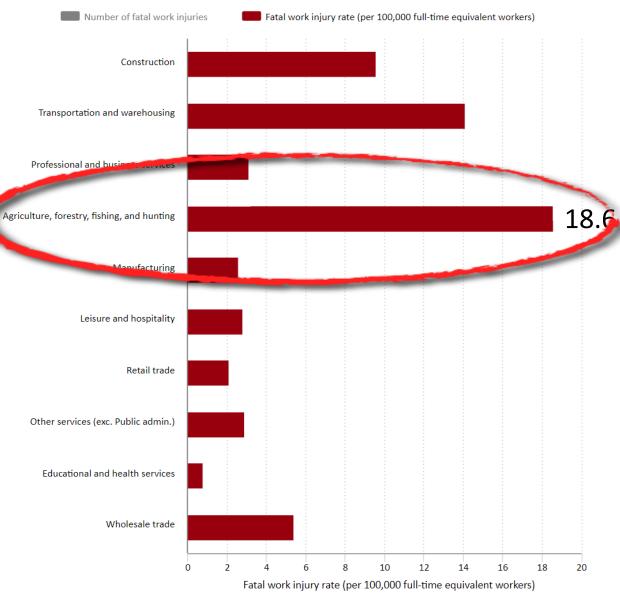


#### Work-Related Health Risks

- Musculoskeletal injuries
- Heat stress
- Farm equipment
- Transportation to and from work
- Lacerations from sharp equipment and hand tools
- Slips, trips, and falls
- Eye injuries
- Insect/rodent/snake bites



#### Number and rate of fatal work injuries, by private industry sector, 2022



Fatal work rate injury (Per 100,000 full time equivalent workers) In 2022, 417 agricultural workers died of workrelated injuries

Bureau of Labor Statistics, Census of Fatal Occupational Injuries, Number and rate of fatal work injuries, by private industry sector (bls.gov)



# Pesticide exposure in the fields and at home

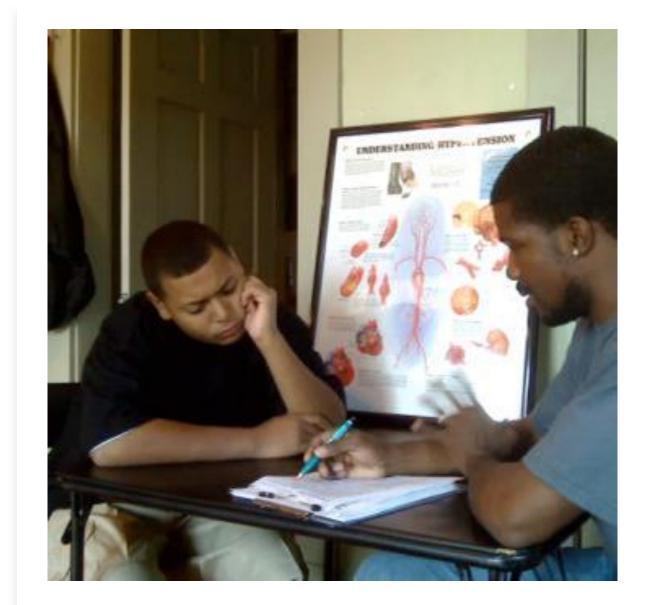


## **Physical Health**

The health issues that face migrant and other mobile underserved populations are similar to those faced by the general population but are often magnified or compounded by their migratory lifestyle, living conditions, and occupation.

### Management of Health Concerns

- Diabetes
- Hypertension
- Cancer
- HIV/AIDS
- Tuberculosis
- Asthma





# Mental Health

- Anxiety
- Depression
- Stress
- Substance abuse
- Family violence



### Contributing Factors to Mental Health Challenges

- Separation from families
- Isolation
- Discrimination
- Fear due to immigration status
- COVID-19

### Illnesses Related to Substandard Housing

- Gastrointestinal diseases
- Infectious diseases
- Intestinal parasites
- Conjunctivitis
- Lead poisoning



# Case Study

### Case Study

Rachel is a doctor at a clinic in North Carolina. She has been treating agricultural workers for about five years.

Rachel speaks decent Spanish. However, increasingly her clients are temporary H-2A workers from Guatemala; their first language isn't Spanish but Ixil or Mam—Mayan languages. Rachel is accustomed to using the language line and medical interpreters, but she has been unable to find very many people who speak both English and a Mayan Language.

Even when clients speak Spanish, Rachel has discovered that there are cultural communication barriers. One agricultural worker, who has diabetes, was confused about why his blood sugar levels were so high even after he stopped drinking soda and eating candy. It took several long conversations before he understood that corn products, such as tortillas and tamales, also contain sugars. Rachel still isn't sure that the patient has stopped eating tortillas; he is accustomed to having three of them with every meal, and corn is essential to many traditions in Mexico and Central America.

### Case Study

- 1. What challenges does Rachel face in treating farmworker patients?
- 2. What resources does Rachel have available to address these challenges?
- What resources or training would be helpful for her or her clinic to improve the quality of care they provide?
- 3. What other cultural practices or norms do you know of that could influence Rachel's ability to treat farmworker patients?
- 4. What social determinants of health have you witnessed or heard about that influence farmworker health?

# What are the barriers to care and healthy lifestyles for agricultural workers?



- Language
- Lack of social support
- Food insecurity
- Poverty
- Limited job security

- Mobility
- Immigration status
- Discrimination
- Confusion about U.S. health systems



# Issues experienced by essential workers before, during and after a disaster or public health emergency

COVID-19 served to highlight that Farmwork is considered "essential"

#### Challenges adhering to COVID-19 guidelines:

- Overcrowding with many people in small spaces
- Ability to isolate if exposed to or infected by COVID-19
- o Limited or no PPE provided
- Limited access to testing, treatment, and vaccinations

Access to public benefits, including emergency benefits (housing, food, medical care)

- O Lack of Information or misinformation about what is available
- Eligibility
- o Language

Additional challenges related to working and living conditions:

O Transportation to and from the fields and into town
O Fear of accessing health care/taking sick leave due to employer retaliation



# **Service Delivery Challenges**

### **Continuity of Care**

- Agricultural workers may seek care only when necessary
- Agricultural workers may move during treatment
- Communication between MHCs and other providers is difficult

### **Culture and Language**

- Provision of multi-lingual services (reception, health education, prescriptions,, bilingual staff/translators, etc.)
- Relevant training and continuing education for staff

# **Service Delivery Challenges**

### **Operations**

- Integration of walk-in patients into appointment system
- Health Center hours of operation
- Demand/Capacity
- Provision of transportation in rural areas

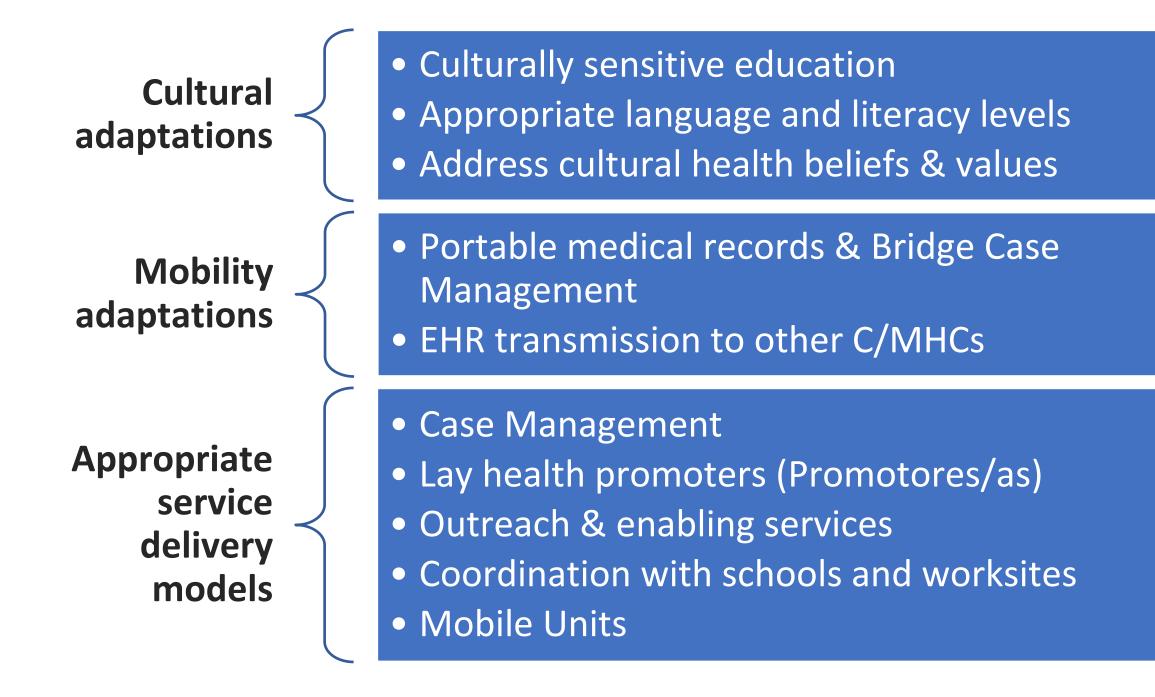
### Costs

- MHCs must remain competitive despite the escalating costs in the healthcare industry
- Lack of insurance coverage of the population
- Outreach and enabling services are often not reimbursable





### **Exploring Effective Adaptations for Mobility and Culture**



# Easy Access to Care

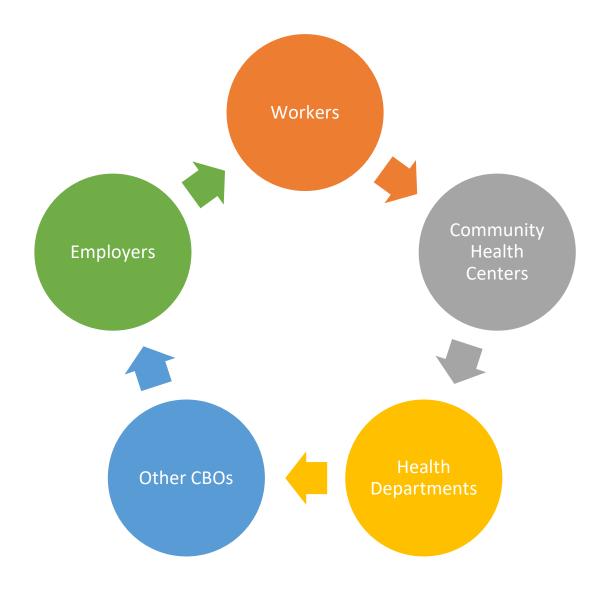
- ✓ **Orient** all patients to the scheduling protocols, recognizing that patients may be unfamiliar with scheduling practices or U.S. healthcare systems.
- ✓ **Document** the numbers of agricultural workers in your area by month, typical work hours and transportation options.
- ✓ Open Access scheduling permits an influx of mobile agricultural worker patients to be seen during seasonal variance.
- ✓ Accommodate the work hours, transportation and geographic barriers experienced by mobile workers.



### Voucher Model Service Delivery System in Health Centers

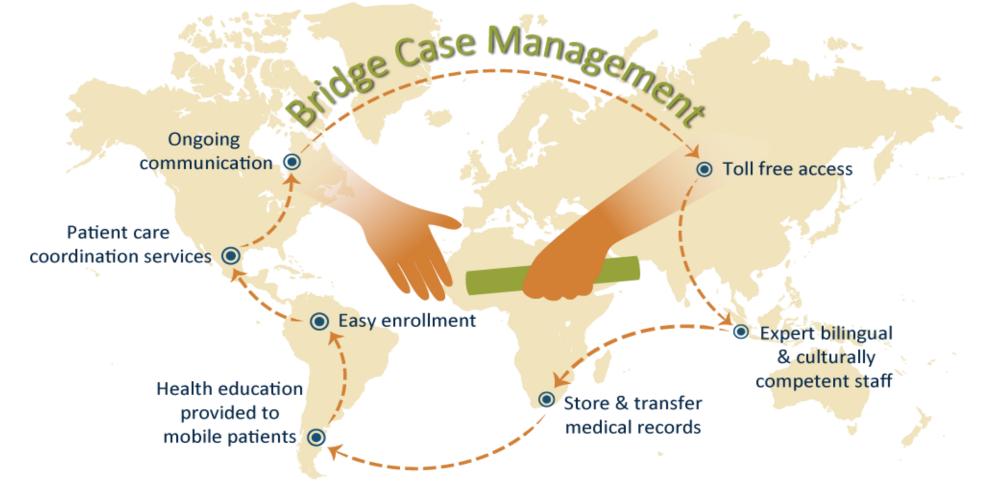
- Used where a traditional model may not be the best option.
  - ✓ Short growing seasons
  - ✓ Lower numbers or density of Agricultural Workers
- Provide services to Ag Workers through either one or some combination of a service coordinator model, nurse staffed model, or mid level practitioner staffed model
- An organized outreach program is critical to increase access to services

# **Partnerships**





### "Mobile-Friendly" Care Management AND Referral Tracking and Follow-up Health Network



# Workshop Components

- Historical Perspectives and Legislation
- Agricultural Workers Population
- Agricultural Workers Health Needs, Risks, Challenges and Resilience
- Resources for Technical Assistance and Training

## **Resources for Training and Technical Assistance**



**Farmworker Justice** www.farmworkerjustice.org

Health Outreach Partners www.outreach-partners.org

> **MHP** Salud www.mhpsalud.org

MCN www.migrantclinician.org MIGRANT CLINICIANS NETWORK

NATIONAL ASSOCIATION OF Community Health Centers

**MHP** Salud

National Association of Community Health Centers www.nachc.com

National Center for Farmworker Health www.ncfh.org





Health





#### MIGRANT CLINICIANS NETWORK



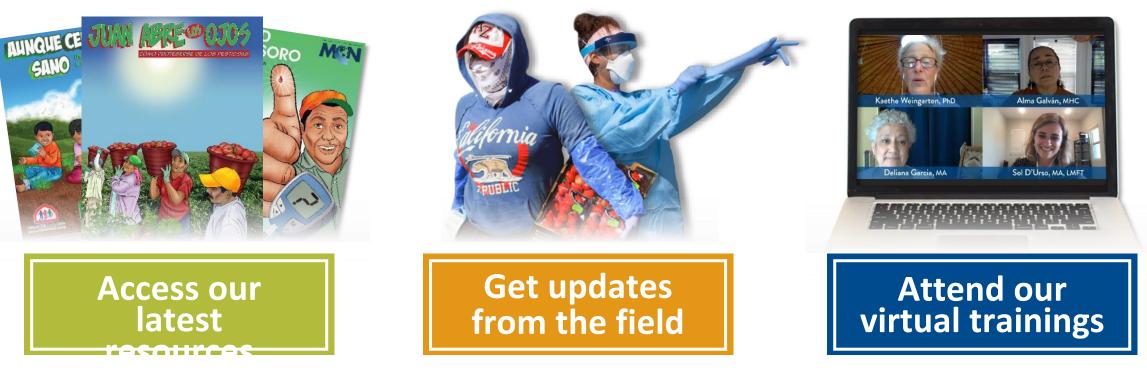
A force for health justice

Somos una fuerza dedicada a la justicia en salud

**Our mission** is to create practical solutions at the intersection of vulnerability, migration, and health.

**We envision** a world based on health justice and equity, where migration is never an impediment to well-being.

# Connect with MCN!



# and a lot more at www.migrantclinician.or

f @migrantclinician



in @migrantcliniciansnetwork

### Health Outreach Partners www.outreach-partners.org

WE SUPPORT HEALTH OUTREACH PROGRAMS by providing training, consultation, and timely resources.

#### **OUR MISSION IS TO BUILD STRONG, EFFECTIVE, AND SUSTAINABLE HEALTH OUTREACH MODELS**

by partnering with local community-based organizations across the country in order to improve the quality of life of lowincome, vulnerable and underserved populations.

**WE SERVE** Community Health Centers, Primary Care Associations, and Safety-net Health Organization



## Health Outreach Partners (HOP) Training/TA

- Services offered: Consultation, Training, Workshops, Learning Collaboratives, Webinars
- Resources offered: Curriculums, Toolkits and Starter Kits, Manuals, Articles, Innovative Outreach Practices & Case Studies

### • Topics covered:

- Outreach & Enrollment
- Organizational Self-Care
- Program Planning and Evaluation
- Structural Competency
- The Business Value of Outreach (OBV)
- Social Determinants of Health (Transportation Barriers)
- Trauma-Informed Care

At Health Outreach Partners

we are a creative team guided and informed by our core values:









Compassion Empowerment





Collaboration

Commitment to Learning Work-Life Balance



### Health equity is at the center of your care. We are here to bring that within reach.

LEARN MORE

www.outreach-partners.org

Keep up with the latest news from Health Outreach Partners

Sign up for HOP's mailing list.

First

Last

Email

**MHP Salud** Since 1983, MHP Salud, a national non-profit organization, has been dedicated to strengthening underserved communities by improving access to health care and social services. We believe that every person has the unique skills, talents, and experiences that are key to creating and <u>implementing solutions</u> to community needs. That is why Community Health Workers are at the center of everything we do. Developing and implementing innovative CHW programs with a firm commitment to collaboration and resource-sharing have remained key organizational strategies. We serve communities by embracing the strengths and experiences of individuals and families, engaging them to achieve health and well-being.

We offer FQHCs...

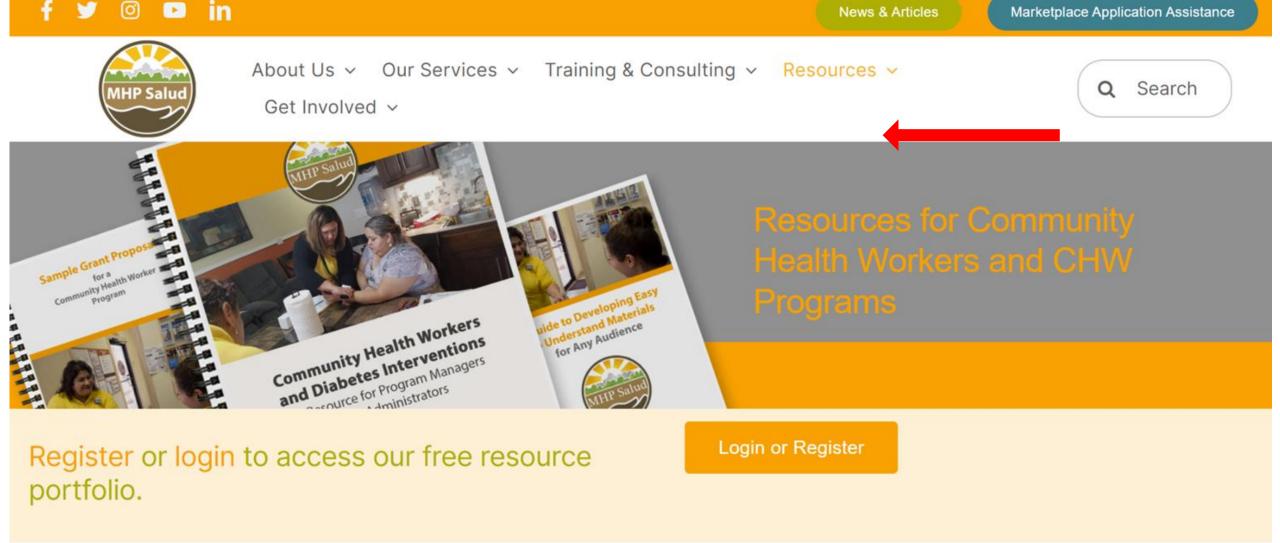
•Resources on emerging issues related to MSAWs and their families

•Technical assistance on how CHWs improve health outcomes for MSAWs

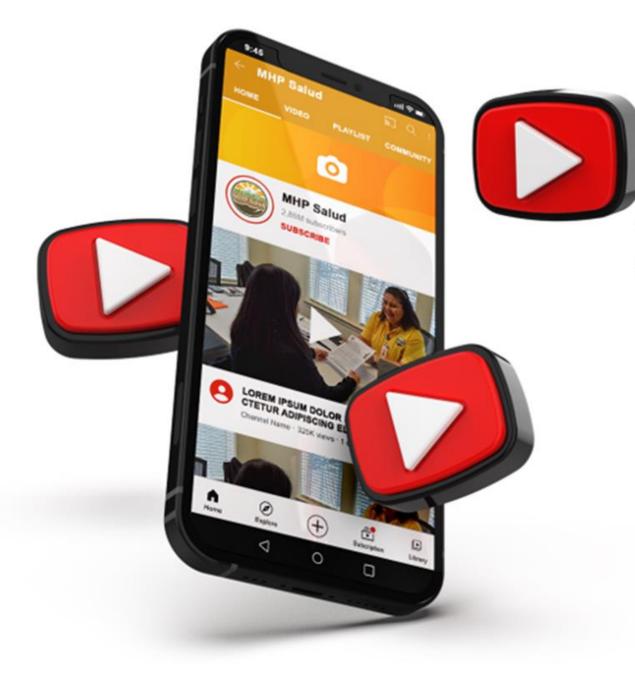
•Learning opportunities on how health centers can integrate CHWs into the clinical care team

956.968.3600 nttap@mhpsalud.org www.mhpsalud.org





### Resources and Reference Materials for Community Health Worker Programs



# Subscribe!

MHP Salud has officially launched it's Youtube account! Subscribe to our channel to watch videos of all the hard work you do out in the community, informative interviews, and much more!

> Subscribe at www.youtube.com/@mhpsalud



**Farmworker Justice** is a nonprofit organization that seeks to empower farmworkers and their families to improve their living and working conditions, immigration status, health, occupational safety, and access to justice.

Using a multi-faceted approach, Farmworker Justice engages in litigation, administrative and legislative advocacy, training and technical assistance, coalition-building, and public education.

Washington, DC 202-293-5420 www.farmworkerjustice.org



As an NTTAP, FJ's T/TA to health centers focuses on:

- **Community mobilization** promote health care utilization through community partnerships
- Information dissemination create materials and resources for health center staff, CHWs/promotores de salud, and farmworkers
- Policy provide T/TA on policy affecting farmworker access to health care as well as their occupational health and any emerging health needS



#### Welcome to the Resource Center!

SEARCH RESOURCES

**Immigration & Labor** 

Bracero Program (1942-1964)

Current Guestworker

Immigration Enforcement

International Labor Issues
Labor Rights for Farmworkers

Legislative Proposals on

Programs

and DACA

Use the search bar on the right to search using key words, or browse through all of our resources by topic by clicking on the drop-down menus on the left. Some of our featured resources are posted below.



#### Issue brief: Promoting Health Care Access for LGBTQIA+ Farmworkers (2022 Update)

This issue brief discusses the unique challenges faced by LGBTQIA+ farmworkers and the importance of health centers recognizing and addressing ...

↓ LGBTQIA Farmworkers Issue Brief 2022





#### Georgia: Make Your Vote Count! ¡Haga que su voto cuente!

On December 6, 2022, Georgians will vote in a runoff election to select their U.S. Senator for the next six ...

- Georgia\_ Make Your Vote Count
- ✤ Georgia Make Your Vote Count\_Spanish



### **FJ Resources**

- Issue Briefs and Fact Sheets
- Training-of-trainer curricula
- Educational materials for agricultural workers in English, Spanish, Haitian Creole, and indigenous languages

Topics include - health centers, health insurance, medical-legal partnerships, climate change, heat stress, pesticides, workers' compensation, diabetes, skin cancer, etc.

https://www.farmworkerjustice.org/resource



# National Center for Farmworker Health

### The <u>National Center for</u> <u>Farmworker Health</u> is a private, not-for-profit organization located in Buda, Texas, whose mission is "To improve the health of farmworker families."

A national initiative to increase the number of Migratory & Seasonal Agricultural Workers & their families served in Community and Migrant Health Centers.

http://www.ncfh.org/ag-worker-access.html

We Care. We serve America's Ag Workers.

The product is the leposte at the two first of the start of the late of the difference of the start of the start of the late of the difference of the start of the late of the difference of the start of the late of the difference of the start of the late of the difference of the start of the late of the difference of the start of the late of the difference of the start of the late of the difference of the



Facebook and Twitter: @NCFHTX Instagram: @Farmworkerhealth YouTube: National Center for Farmworker Health Linkedin: company/national-center-for-farmworker-health-ncfh-/



#### **National Center for Farmworker Health**

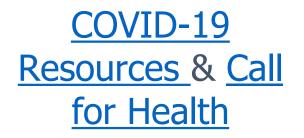
Migrant Health Centers 2020







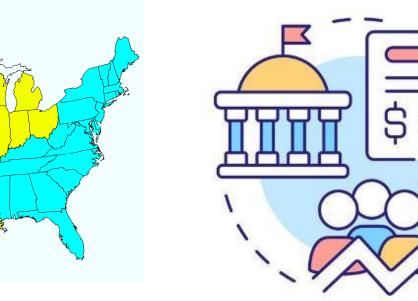
Population Specific Data, Research, & Factsheets Patient Health Education, Resource Hubs, & Digital Stories





#### National Center for Farmworker Health



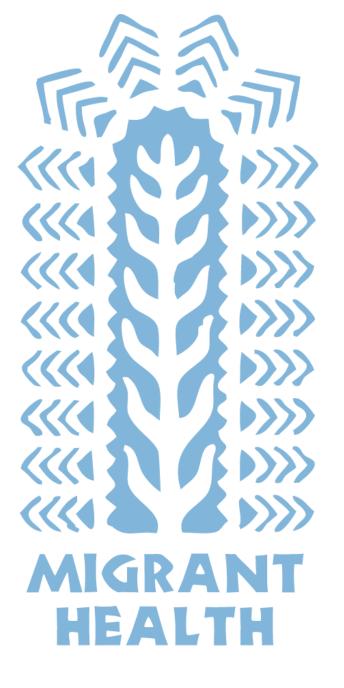


Workforce Development & Learning Collaboratives

Regional Stream Forums <u>Governance Training,</u> <u>Tools, & Strategic</u> <u>Planning</u>



National Association of Community Health Centers, Inc. (NACHC) represents the nation's network of approximately 1,400 Federally Qualified Health Centers (FQHCs) which serve almost 30 million people through 14,500 sites located in all of the 50 states, Puerto Rico, the District of Columbia, the U.S. Virgin Islands and Guam.



# Agricultural Worker Forums & National Conference

#### National Conference on Agricultural Worker Health

• National Association of Community Health Centers

#### East Coast Migrant Stream Forum

• North Carolina Community Health Center Association

#### **Midwest Stream Forum for Agricultural Worker Health**

• National Center for Farmworker Health

#### Western Forum for Migrant and Community Health

• Northwest Regional Primary Care Association

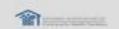


### THE NACHC MISSION

#### America's Voice for Community Health Care

The National Association of Community Health Centers (NACHC) was founded in 1971 to promote efficient, high quality, comprehensive health care that is accessible, culturally and linguistically competent, community directed, and patient centered for all.





U.S. Department of Health and Human Services	www.hrsa.gov
HRSA Health Center Program	Advanced Search
Program Quality Program Requirements Improvement Opportunities	Health Center Federal Tort About Health Data Claims Act Centers
Bureau of Primary Health Care	
Find a Health Center W Health Centers provide high quality preventive and primary health care, even if you have no insurance. Search for locations near you >> S	Vews & Announcements     HRSA announces \$63 million in ACA funding to expand quality improvement (08/25/2015)     HHS announces additional \$169 million in ACA funding for health centers (08/11/2015)     FY 2016 Substance Abuse Service Expansion     Supplement Technical Assistance (06/16/2015)     FY 2016 SAC Technical Assistance (06/16/2015)
Funding opportunities for BPHC program participants, information to support Health Center Program look-alikes, and information about joining the Health Center Program.	Health Center Program Requirements Resources to help current and prospective health centers understand program requirements.
Health Center Quality Improvement Information on support networks, performance measures, and quality initiatives to support Health	Health Center Data & Reporting Information on the Uniform Data System (UDS) for Health Center Program grantees and look-alikes, and access to health center data.

### **BPHC-Funded NTTAPs** Special and Vulnerable Populations



### **BPHC-Funded** NTTAPs

Capacity Development



## Health Center Resource Clearinghouse



### www.healthcenterinfo.org

### Farmworker Health Network

2023 Key Resources For Agricultural Worker Health











# 2023 FHN Key **Resources Document**



**CONTACT** 

Aba Anison-Amoo, aba@outreach-partners.org

Theressa Lyons-Clampitt, tlyons@migrantclinician.org

Alexis Guild, aguild@farmworkerjustice.org



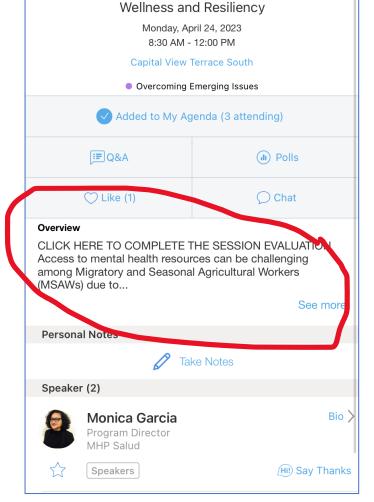


# Session Evaluation (in mobile app)

Intensive: Building Agricultural Worker

### Please complete the evaluation for this session.

To do so, click on the link above session description on the Whova platform. In the mobile app, select session and expand description to access the evaluation link.



#### CLICK HERE TO COMPLETE THE SESSION EVALUATION

Access to mental health resources can be mallenging among Migratory and Seasonal Agricanural Workers (MSAWs) due to varied cultural conceptions of mental illness that can also limit their access to mental health care. The Community Resiliency Model (CRM) aims to help create trauma-informed and resiliency-focused communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach. This interactive workshop will provide health center staff and Community Health Workers (CHWs) who work with MSAW populations with information and resources to promote self-care, community resiliency, and access to mental health well-being. Participants will practice the core CRM wellness skills: (1) Tracking, (2) Grounding, (3) Resourcing, (4) Gesturing, (5) Shift & Stay and (6) Help Now! - used to bring our bodies, mind, and spirit back into a state of balance. Participants will also have the opportunity to engage in peer-to-peer discussions on mental health concerns and address how these wellness skills can be made accessible to MSAWs and their families to build and restore resiliency.

Learning Objectives:



# Session Evaluation (QR Code)



https://www.surveymonkey.com/r/8297H96



# Thank you for attending today's session!

# Enjoy the rest of the Forum

**Uniting Communities to Cultivate Change for Health Equity** 

## **#MIDWESTSF24**