

May Monthly Newsletter

Welcome to this month's THW Connection! As spring picks up across Eastern Oregon, we're sharing community events, field wins, new resources, and a few ways to support your own wellbeing while doing this important work.



THW Spotlight: Meet Your EOCCO THW Liaison

For our very first spotlight, I wanted to introduce myself and share what this section will be all about moving forward.

My name is Marina Banderas, and I serve as the EOCCO THW Liaison, supporting THWs across all EOCCO counties. I have been working as a Traditional Health Worker since 2023, and have been in community-serving roles supporting members since 2021.

One of my favorite parts of THW work is collaborating with other THWs in the field. There is so much wisdom in the work happening across our communities, and I love creating opportunities for us to learn from one another.

A recent win I'm especially excited about is bringing back the THW newsletter so we can stay connected, celebrate each other, and share tools that support the important work happening across Eastern Oregon.

On a personal note, I'm a huge dog lover and have a beagle named Bruno, who keeps life fun and busy.

I also have extended family roots in several Eastern Oregon counties, which makes this work especially meaningful and close to home for me.

Want to be featured?

This section is here to celebrate the amazing THWs doing work across our region.

Future spotlights can be:

- about yourself
- a shout-out for another THW
- a team success story
- anonymous, if preferred

Please send spotlight ideas, stories, or nominations to thw@eoocco.com.



THW Member Feedback Form

Member Feedback Opportunity

EOCCO invites members to share feedback about their experience receiving CHW services. This feedback helps improve care quality, supports THW workforce sustainability, and informs system improvements.

Please share this form with members you are serving:

<https://app.smartsheet.com/b/form/52abab9643fe43229eae1f13a21f4a56>

THW Newsletter Archive

Want to find a previous THW newsletter? Now you can! 2024 and 2025 newsletters are now available on the EOCCO Provider Education webpage,

<https://www.eoocco.com/providers/Education>

Refer Members to a Traditional Health Worker

<https://app.smartsheet.com/b/form/019dcbbc9c02777e9a89b7c9859e4652>

If you are working with an EOCCO member who needs additional support and standard referral pathways are not working, you can use the THW Referral Request Form to request help connecting them with a Traditional Health Worker. EOCCO will review the request and follow up to determine the most appropriate THW support.

Member Social Needs Screening Referral Form

<https://uniteustailstg.wpengine.com/networks/oregon/get-help/eoocco>

EOCCO has developed a user-friendly social needs screening form for members, enabling them to easily complete and submit an assessment. After submission, an

EOCCO staff member will promptly reach out to offer support, assistance, and resource connection.

THW Training Suggestions

<https://app.smartsheet.com/b/form/d64132388fbd47f38786b6215a3c762f>

Is there a training you wish you had as a THW, or one that could benefit your organization or community? Or a CEU opportunity you'd like to see offered? Let EOCCO know! The new THW CEU Suggestions form allows EOCCO to hear directly from THWs and work on developing needed support.

EOCCO Resources

Flyers English

- [Birth Doula Flyer](#), Members
- [THW Referral Request Form](#).
providers/members
- [Community Health Worker Flyer](#),
members
- [THW Flyer](#), members
- [THW Member Satisfaction Survey](#),
link for members
- [Traditional health worker
Satisfaction Survey Postcard](#), for
members

Flyers 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](#)



Resource Corner

Monthly Tool Highlight

Transportation Support: EOCCO Non Emergent Medical Transportation (NEMT)

Transportation continues to be a common barrier for members accessing care. EOCCO offers Non Emergent Medical Transportation (NEMT) for eligible Oregon Health Plan members who need rides to covered medical appointments.

NEMT can support members with rides to and from appointments such as primary care, behavioral health, specialty care, and other medically necessary services.

Helpful links to share with members:

- EOCCO NEMT overview:

<https://www.eocco.com/members/your-resources/non-emergent-medical-transportation>

- NEMT Rider Guide (eligibility and requirements):

English- <https://www.eocco.com/-/media/EOCCO/PDFs/Member/EOCCO-NEMT-Requirements-Rider-Guide.pdf>

Spanish- <https://www.eocco.com/-/media/EOCCO/PDFs/Member/EOCCO-NEMT-Requirements-Rider-Guide-Esp.pdf>

This is a great resource to review with members who report transportation challenges or missed appointments due to lack of reliable rides.

Training Opportunities



May 2026

Ongoing training and professional development are important for sustaining the Traditional Health Worker workforce. Below are selected training opportunities that may be of interest to CHWs, peers, and other THWs serving EOCCO members. Brief descriptions are included to help you quickly identify what may be most relevant.

Oregon Family Support Network (OFSN)

Virtual | Mix of free and low-cost | English

OFSN offers trainings focused on family support, system navigation, and the Wraparound model of care. These trainings are often relevant for Family Support Specialists, CHWs, and peer professionals working with families.

Highlighted upcoming offerings include:

- **Wraparound Phase 2**

A virtual training focused on Initial Plan Development and the role of the Family Support Specialist. Explores best practices for turning family strengths, needs, and vision into an actionable plan of care.

Cost: \$39.19

Register: <https://www.eventbrite.com/e/family-centered-crisis-planning-for-the-workforce-tickets-1986654069802>

- **Partners in Possibility (FSS Modules 1 and 2)**

A free, two-part virtual training designed for Family Support Specialists. Focuses on Wraparound fidelity, family voice, and strengthening partnerships.

Prerequisite: Completion of SOCI's Wraparound Foundations series

Register: <https://www.eventbrite.com/e/partners-in-possibility-the-fss-role-in-wraparound-tickets-1982051207517>

- **Wraparound TAG Coaching: Persistence**

A free monthly virtual group coaching space for Family Support Specialists to connect, share support, and deepen understanding of Wraparound principles and competencies.

Register: <https://www.eventbrite.com/e/wraparound-tag-coaching-persistence-tickets-1983269355029>

Check out additional OFSN trainings here:

<https://ofsn.org/training/training-opportunities/>

NAADAC Webinars

Virtual | Free | CEUs available

NAADAC offers national webinars related to behavioral health, substance use, ethics, and workforce wellness. Many sessions are free, offered live or on demand, and provide continuing education hours.

Highlighted offerings include:

- **Breaking the Cycle: Preventing Substance Use Disorders in Children and Youth**

An on-demand webinar exploring prevention strategies and protective factors for children and families affected by substance use.

Earn 1.5 CEUs

More info: <https://www.naadac.org/breaking-the-cycle-preventing-substance-use-disorders-in-children-and-youth>

- **Supporting Individuals Engaged in Opioid Use Disorder Treatment for Peers**

A live virtual training for peer professionals focused on engagement, trust-building, and recovery support. Wednesday, May 13, 2026, 12:00 to 1:30 pm ET

Earn 1.5 CEUs

More info: <https://www.naadac.org/supporting-individuals-engaged-in-opioid-use-disorder-treatment-for-peers>

View all April through June NAADAC webinars here:

<https://www.naadac.org/2026-april-june-webinars>

FolkTime

Virtual | Peer-focused | English

FolkTime provides trainings grounded in peer support, intentional peer support, and healing-centered approaches. These offerings are especially relevant for Peer Support Specialists and Peer Wellness Specialists.

There are no FolkTime trainings scheduled for May at this time. We will continue to share updates as new offerings become available.

Learn more about FolkTime trainings here:

Mental Health Association of Columbia Basin and Oregon (MHACBO)

Virtual and in-person | Behavioral health and peer services

MHACBO regularly hosts trainings related to behavioral health, peer services, trauma-informed care, and recovery-oriented practices. Topics, cost, and format vary throughout the year.

View current MHACBO training opportunities here:

<https://www.mhacbo.org/en/education/>

Pink Lemonade Project

Virtual | Free | English and Spanish

The Pink Lemonade Project offers CHW-focused trainings that emphasize culturally responsive care, community engagement, and health equity, with a focus on cancer education and navigation.

Upcoming offerings include:

- **PLP / OHSU General Cancer 101 (English)**

Virtual training on cancer basics, prevention, screening, and how CHWs can support patients and survivors.

Monday, August 10, 2026, 6:00 to 7:30 pm PDT

Register: <https://events.humanitix.com/plp-ohsu-general-cancer-101-english-aug>

- **PLP / OHSU Cáncer General 101 (Español)**

Spanish-language virtual training covering cancer education, prevention, and screening in a culturally responsive format.

Tuesday, August 11, 2026, 6:00 to 8:00 pm PDT

Register: <https://events.humanitix.com/plp-ohsu-cancer-general-101-espanol-aug>

See more and future Pink Lemonade Project trainings here:

<https://pinklemonadeproject.org/community-health-worker-project/>

Oregon State University Community Health Worker Training Program

Virtual and in-person | CHW-focused

EOCCO partners with Oregon State University on Community Health Worker training and professional development opportunities. Offerings may include foundational CHW training and continuing education.

Learn more about OSU CHW training opportunities here:

<https://workspace.oregonstate.edu/community-health-worker-training-program>

Reminder: Training availability, cost, and eligibility may change. Please review each site directly for the most up-to-date information and registration details.

Eastern Oregon Community Feature: Baker County

For our **May Community Feature**, we're highlighting **Baker County** — a community rich in history, agriculture, resilience, and strong local connections.

From **Baker City to Halfway, Haines, Huntington, Richland, and Sumpter**, Baker County communities continue to show the strength and resourcefulness that make Eastern Oregon special. Spring brings longer days, travel, and more community

gathering opportunities, making May a great time for outreach and relationship-building.

What's happening in May

As the weather warms up, Baker County begins to see more:

- **spring community fairs and local markets**
- **youth livestock and rodeo events**
- **school end-of-year family activities**
- **outdoor health and wellness events**
- increased tourism in historic downtown Baker City

This season can be a great time for THWs to connect members with local family events, youth programs, and wellness opportunities.

Seasonal considerations for THW work

May is also an important transition season for many families:

- agricultural and ranch work begins picking up
- some members may begin seasonal work shifts
- transportation needs may increase for families in rural areas
- outdoor labor can impact chronic health conditions
- allergy season and changing weather can affect respiratory symptoms

This is a great month to check in on:

- transportation plans
- medication refills before busy work seasons
- child care barriers
- food access as routines shift into summer
- early wildfire preparedness conversations before smoke season

Baker County's strong agricultural roots and community pride make it a meaningful place to build trust and support members where they are.

Learning Bite: Motivational Interviewing

Try the "What matters most to you right now?" question

Motivational interviewing works best when we focus less on "fixing" and more on understanding what is driving the member's choices.

This month's bite:

Ask open-ended questions that invite the member to guide the conversation.



A simple phrase to try:

“What feels most important for us to focus on today?”

This helps:

- build trust
- reduce resistance
- uncover real barriers
- center the member’s priorities
- strengthen follow-through on goals

THW tip: When a member seems overwhelmed, reflecting back their own words can be more powerful than giving advice.

Example:

“It sounds like transportation has been the biggest thing getting in the way.”

That small reflection often opens the door to real change talk.

Just for Fun: May Trivia Corner

Baker County Trivia Question

What famous gold rush-era town in Baker County is known for its historic downtown and narrow-gauge railroad history?

Think you know it? Hold onto your answer — we’ll reveal it in the **June newsletter**.

Sneak Peek: June Fun Feature

Show Us Your THW Desk Setup!

For June’s fun section, we want to feature **THW desk setups, work bags, mobile office car kits, or favorite field essentials**.

Whether it’s:

- your desk at home
- your clinic workspace
- your outreach backpack
- your favorite pens, planner, or sticky-note system
- your car setup for rural visits

We’d love to see how you make your workflow your own.

 **Send your desk setup photos or workspace snapshots for June to:**

thw@eocco.com

This is a fun way to share ideas, organization tips, and a little personality across our THW network.



THW Monthly Collaborative Scheduling Input

We are planning our upcoming THW Monthly Collaborative and would love your input. These monthly gatherings are intended to support collaboration among Traditional Health Workers, provide space for shared learning and discussion, and gather feedback to help guide EOCCO's THW work.

To help us choose a meeting time that works best across our region, please take a moment to complete a short scheduling feedback form. The form asks about preferred days of the week and times of day.

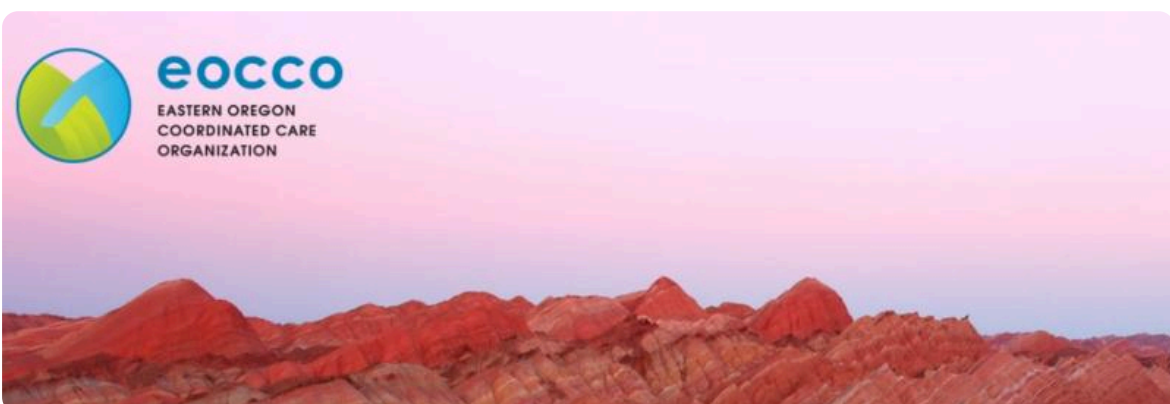
Thank you for sharing your availability and helping shape a collaborative space that best supports THWs across the EOCCO service area.

[THW Monthly Collaborative Scheduling Feedback – Fill out form](#)



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