

## Train-the-Trainer Curriculum Overview

This training was co-developed by Community Catalyst and our partners from the Northwest Bronx Community and Clergy Coalition (NWBCCC) and the Bronx Community Development Initiative (BCDI). It builds upon Community Catalyst's earlier training, [\*Putting People First: Working with Hospitals to Improve Community Health\*](#), which introduces concepts related to community health and building partnerships with hospitals to address community priorities. *Social Determinants of Health:101*, takes one step back from a more applied approach to introduce a broader framework for understanding how the physical, social and economic environments in which we live impact our health and well-being. Developed with grassroots community members in mind, the training is built around the framework that each individual, and every community, brings personal knowledge and resources to the table that they can use to advocate for change.

The learning goals for this training are to:

- Introduce the concept of social and economic determinants of health.
- Identify factors locally that affect health outcomes, apart from health care access and individual choices.
- Gain an understanding of the roles and responsibilities of our local health system.
- Explore the role of individuals, communities and government in addressing social and economic issues that relate to health through advocacy, including policy change.
- Identify local resources and opportunities to partner with others in the community to build on what already exists to address challenges and barriers to health.

Specifically, the curriculum pieces focus on the following components and goals:

*Individual centering and dealing with trauma:*

- Help participants center and focus on the training and being present.
- Help understand the impact the training might have on bringing up trauma for participants.

*Getting to know each other (Lifeboat activity):*

- Help identify who is and who is not in the room and create understanding about why that's important to remember within the structure of the workshop today.
- Help participants get to know each other and provide an introduction to thinking about different perspectives of a group or community.

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*What is health and how does where we live affect it (includes individual activity):*

- Increased understanding of what it means to be healthy, including the biological, social, economic, and environmental conditions in which are born, grow, live, work and age.
- Ability to identify factors that influence health beyond access to health care, including where we live and the resources we have access to.
- Demonstrate understanding that health equity requires acknowledging upstream causes of inequity.

*Causes of the causes diagramming activity:*

- Be able to identify the root causes and effects of relevant local health issues and how they do not exist in isolation from each other.
- Increased knowledge about the value of focusing on the causes of the problem and not just the consequences.

*Asset mapping:*

- Demonstrate how easy it is to get stuck in a mindset that only focuses on what is needed by an individual person or community.
- Generate a comprehensive list of assets, wealth, and capital locally.
- Encourage participants to search for and see assets in their own communities.
- Practice thinking creatively, collaboratively, and strategically about assets and wealth generation.
- Contrast the gifts and talents and many manifestations of wealth to the “needs” participants describe.
- Connect concepts from Causes of the Causes activity to asset based community development.

*Overcoming obstacles to health: what's our role?:*

- Obstacles to health can only be addressed by broadening our focus to consider the social and economic factors that so powerfully influence behaviors and determine who becomes sick in the first place.
- In order to address social determinants of health, we must build upon existing community capacity in a way that encourages broad community participation.

Supporting materials and a Trainer's Manual, including sign-in sheets, written evaluations, a facilitator's agenda, and activities can be made available by request.