

Welcome to the Level One Community Health Worker Training

Haylee Heinsberg,
Director of Education,
Center for Rural and Community Health

Welcome! I'm Haylee Heinsberg and I serve as the Director of Education for the Center for Rural Community Health at the West Virginia School of Osteopathic Medicine. Congratulations on making the decision to be trained as a Community Health Education Resource Person, also known as CHERP. The CHERP training is the foundation to the Community Health Worker program here at WVSOM. In CHERP Level 1: Wellness, you will become a knowledgeable resource to help community members understand the concepts of personal health and answer questions about basic nutrition and physical activity behaviors. You will practice professional ethics, good communication skills, and learn how to maintain confidentiality and support people to develop healthier lifestyles. The CHERP at this level will help guide the community member to access health care and help dispel common myths about nutrition and exercise. Regardless of whether you have chosen to take this training to increase your personal knowledge, train as a CHERP at Level 1, or advance to another level, you will gain valuable health information and a sense of fulfillment as you work for better personal health and the health of your family, friends, and community.

Happy learning.