

Health and Wellness

Northwest Community Healthcare in collaboration with POC presents POC's Health and Wellness programs and services.

The **Behavioral Health Navigator** (BHN) is available to persons seeking assistance in finding mental health services and provides psychosocial information to the patient's clinical team, assuring integration of coordinated services within health center operations. Patients are referred directly to the BHN by community clinics, Northwest Community Healthcare and collaborative partners.

The **Community Health Nurse** coordinates the Promotoras de Salud (Community Health Workers) and provides the following services:

- Chronic disease management
- Infant and child health and wellness services
- General health education services, such as finding affordable healthcare, choosing healthy and low-cost foods, stress management techniques, safety and fitness
- Referrals for patients with special healthcare needs
- Domestic violence and abuse referrals

Contact the nurse by calling 847-776-9570

Promotoras de Salud Program

The Promotoras de Salud Program (Community Health Promoters), under the direction of the Community Health Nurse brings health education to the growing population of Latino families in our area. All Promotoras have received leadership and development training and extensive training on particular health topics that are prevalent in the Latino community. The Promotora use these skills and knowledge to lead small group presentations and health discussions with members of their community.



Class topics include Diabetes/Nutrition, Well Child, Breast Feeding Support and Domestic Violence Prevention. Classes are sponsored by Northwest Community Hospital and POC with assistance from many valuable partners.

If you are interested in taking a class, call 847-776-9559 and ask to speak with the Community Health Nurse.

For Prenatal Support and Breastfeeding Classes or to speak with a Breastfeeding

Peer Counselor in Spanish call 847-776-9559.

Classes are offered in both English and Spanish.